



# STREET SMART

## Self-Defense Tips for Children

www.ChrisWelbonKarate.com

**Parents, take the time to review these basic steps with your children. It could save their life!**

**Don't** let a stranger trick you into trusting them. Don't trust any stranger unless your parents say it is O.K. BAD strangers can look like ordinary people and will act nice in order to gain your trust. Always be cautious and keep your distance.

**Don't** accept gifts such as candy or presents from anyone not specifically OK'd by your *parents*. This is another trick bad strangers do to trick you into trusting them.

**Don't** go anywhere with a stranger, or even someone you know. Unless your parents have specially said it's OK to go with that person.

**Don't** leave the area where your parent say you are allowed to play. They know the areas that are dangerous and the ones that are not.

If you have to walk or ride a bike on the public streets, stay on the sidewalk and watch out for cars. Never get near a car that may pull up. If the stranger attempts to get out of the car and come near you run the opposite way the car is facing.

Listen to your parents, because they're teaching you self-defense daily, when they tell you:

- where you should be,
- what time to be home,
- and to come directly home.
- **Parents do this out of love for you.**

Listen to your teachers when they tell you where to go and what to do around school grounds, because that's self-defense, too.

**Get immediate attention of anyone nearby if you feel threatened.**

- **Don't be afraid to SCREAM** as loud as you can, even if the bad person tells you not to. There have been many tragic instances where children have been taken, because they didn't scream.
- **Don't be afraid to draw attention to yourself!**
- **Don't be afraid to fight!!** Even *hit, kick, bite, or break a window*, if necessary.

**Do whatever it takes to get away.**

**Parents, make sure to discuss what to do, and where to go, if your children get lost or feel scared. Role play some of the above situations with them and review your phone#**

**Chris Welbon has over 20 years of experience in martial arts training**

Evening Program  
Tuesday & Thursday  
HCC Plant City Campus

P.O. Box 2452  
Dade City, FL 33526  
cwkc@mindspring.com



**813.340.6122**  
Fax: 352.523.0688

Day Program  
Private Schools & Daycares  
Summer Camps - Private Lessons