

Revved Up Kids[®]

Be Smart → Be Strong → Be Safe

This document is a resource for parents of teens who have participated in the Revved Up Kids Personal Safety Seminar. Below is an overview of what your child learned in the seminar, along with dialogue starters and additional resources for improving your family's safety.

Program Overview ~ Revved Up Kids Personal Safety Seminar for Middle School

The Revved Up Kids Personal Safety Seminar covers the following concepts and skills:

- ➔ Participants were made aware of who can be a predator and how to recognize predatory behavior.
- ➔ Participants learned that predators are usually very "normal" people in all aspects of their lives, which makes them more difficult to identify. Participants learned many of the typical tactics that predators, both strangers and people they know, may use to lure a victim.
- ➔ Participants were taught simple safety behaviors that can be incorporated into daily life, and they were taught how to use voice and body with power to deter a threat.
- ➔ Additionally, the seminar instructor demonstrated a number of simple self-defense techniques that can be used to injure and escape an attacker.

Keeping Your Teen Safe ~ Information for Parents

Simple personal safety strategies to reinforce with your teen:

- ➔ It is always safer to be around people and activity than to be alone or isolated.
- ➔ Instinct is a powerful safety tool. If it doesn't feel right, then it probably isn't.
- ➔ Bus stops can be dangerous for children and teens. Never wait alone at the bus stop and always have a "missed bus" plan. Never get into anyone's vehicle without notifying your parents first.
- ➔ Be smart about social media. "Friends of friends" are strangers. People are not always who they appear to be online. It is unsafe to connect with people online who you haven't met in real life.
- ➔ Keep in mind cell phones with GPS functions activated allow parents to keep track of children, but it also makes it easy for social media connections to locate your children.
- ➔ Romantic attention from an older teen or adult is not normal and should be reported to a trusted adult immediately.
- ➔ Always make sure that a trusted person knows where you are and when you will return. If you sneak around and something bad happens, no one will know where to start looking for you.
- ➔ You are never at fault if you are attacked, and you should never self-blame or second guess your own behavior. The criminal who chooses to attack you is **always** the one to blame for the situation. Holding the criminal accountable, even if it is someone you know or love, can prevent another person from being victimized. Predators tend to have multiple victims because of the low reporting rate.

Safety begins at home. Here are some ways you can continue the conversation that was started in the seminar:

-  Use the frequent news stories about predators and their victims as conversation openers, ask your child if she would do anything differently to alter the outcome.
-  Be vigilant about your child's use of social media and the internet. If possible, know the user names and passwords on all sites your child visits or maintains an account and check them periodically. Google your child's name periodically, put the name in quotes and search it with and without any nicknames, search at least the first ten pages of results to see if anything alarming comes up. You should also consider it a red flag if your child is spending excessive amounts of time online and being secretive about it.
-  Be aware that the child sex industry generates over \$32 *billion* in revenue annually. Traffickers are exceptionally good at luring children, especially children who are unhappy. If your child is expressing self-doubt, feeling depressed, acting out, etc., we advise you to seek professional help immediately as this could be a precursor for a dangerous situation.
-  If your child has a cell phone, implement a household rule that allows you to read the text messages on the phone as often as you like. Monitor your bill and question excessive texting or phone calls to numbers that are not familiar to you.

Revved Up Kids, Inc. works diligently to help you keep your children safe. Please take advantage of the many resources we offer. Visit the Parent Resources page on our website, subscribe to our blog, and follow us on Facebook and Twitter.

If you have any questions about the program or would like additional information about our personal safety/self-defense programs for children, teens and adults, please don't hesitate to contact us.

Be Smart, Be Strong & Be Safe,

Alli & David Neal, Co-Founders
Revved Up Kids, Inc.

Revved Up Kids Family Safety Community Links:

Website: revvedupkids.org

Facebook: facebook.com/revvedupkids

Twitter: @revvedupkids

Safety Blog: Find the RevvedUpMom blog on our website

web: revvedupkids.org phone: 678.526.3335 e-mail: contact@revvedupkids.org