

# REVVED UP KIDS SAFETY TIPS FOR TEEN GIRLS

## THE FACTS:

- ⇒ Over 90% of the time, predators know their victims. Don't let your guard down just because someone is familiar to you. If he gets aggressive, don't give him the benefit of the doubt, just get out of the situation as quickly as possible. If you need to, you should hurt him so you can escape.
- ⇒ Teen girls face a higher risk of violence from strangers, and teen girls are attacked at alarming rates by dating partners, friends and acquaintances.
- ⇒ 1/3 of high school girls who are in a relationship experience physical, sexual or emotional abuse at the hands of their dating partner.
- ⇒ Most predators and rapists hurt many victims before they are caught. If you are hurt by a predator, telling a trusted adult is the first step in preventing him from hurting other kids.

**DON'T BE A VICTIM!** Practice personal safety every day to avoid being an easy target for an attacker.

## General Safety Rules

- ⇒ Be prepared at all times and have a plan to respond to a threat. Use your voice (safe voice) and body language (stand strong) to convey that you are not an easy target. Keep at least 5 feet away (safe space) from strangers and also from people you know who make you uncomfortable.
- ⇒ You are half as likely to be targeted for crime if you're with just one other person.
- ⇒ Guard your social media! No one should be allowed to follow you and see your content unless you know and trust them in your offline world. Set all of your profiles to the highest level of privacy.

## When a threat escalates into an attack, be prepared to take action!

**GOAL:** Injure your attacker and escape from the situation. Your element of surprise is three seconds; take action quickly and capitalize on that three second window. Yell repeatedly in your safe voice to overcome freezing from fear, injure a vulnerable body part and escape to safety.

Remember to use the OODA loop (Observe→Orient→Decide→Act) to your advantage, disrupt your attacker's OODA loop in one of these ways: thought disruption (do helicopters eat their young?)/throw something/make noise/create chaos. Once you have disrupted the OODA loop, RUN as fast as you can.

## TARGETS & WEAPONS

### Primary Targets = Eyes, Ears, Groin

**EYE POKE: Best Target!** Poke the eye quickly and firmly using all of the fingers in a "chicken beak" formation. If the attacker has glasses on, is taller, is behind you, it will be easier to hurt a different target.

**EAR PULL:** Grab as much of the ear as you can with your hand (curling the fingers behind the ear) and pull downward quickly and firmly toward your chest.

**EAR SLAP:** Cup the hand and use a whipping motion to slam it against the ear. This will cause an echoing pain in your attacker's head (equivalent to the pain of 3-5 closed fist punches). This motion can also be followed with the ear pull.

**GROIN SLAP:** This move is used when your attacker is behind you. Use the same cupped hand (as in the ear slap) and hit as hard as you can on the groin. The pain will reverberate throughout your attacker's abdomen. A fist or elbow to the groin is also effective; but the pain is localized to the groin.

**KNEE TO GROIN:** Using your knee like a battering ram, get your power from your hip. Lift your foot up high under your buttocks and slam your knee into the groin.

**SCOOP KICK TO GROIN:** Using a backward bicycle motion, scoop your foot forcefully underneath the groin and pull it back toward you quickly.

### Secondary Targets

**NOSE:** When punching the nose, use your fist like a hammer so your hand bones are protected if you miss your target.

**THROAT:** Punch straight into the center of the throat using your shoulder for power, damaging the airway.

**KNEES:** Kick the knee with all of your strength. The knee is weak, you can kick it anywhere and cause damage.

**SHINS:** Scrape the shin with the inside or outside edge of your shoe. Scrape from the knee down to the ankle.

**FEET:** Stomp hard on the foot at the point where it meets the ankle.