

## Island Kung Fu's Summer Safety Tips for Children

By Sifu Ian Clarke

As a parent of two young children, I am very aware of the fear many parents have, the attempted abduction of their child. Research tells us that crimes of violence, including child abductions, are generally committed by someone known to the victim, however, it is always surprising to me how children actually perceive and describe a "stranger". For several years now Island Kung Fu has worked together with many of the Cowichan Valley schools teaching students of all grades the **8 Tips to Street Safety**. Last year while teaching the program to my 5 year old son's class it amazed me they were already describing a stranger as a man dressed all in black, with scars, tattoos and knives, and even snakes for hair! It made me realize that there were already a lot of stereotypes out in the world misleading young children as to who is dangerous and who is safe. Our non-physical safety tips teach children to firstly be aware and confident as to not attract the attention of a stranger and to help them realize that a stranger can be anyone. The key to your Childs safety is communication, so by discussing the **8 Tips to Street Safety** with your child on a regular basis it will help their confidence and understanding of who a stranger really is.

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### Island Kung Fu's 8 Tips to Street Safety for Children

#### 1. Be Aware

Look, listen, and feel. Know what is happening around you.

#### 2. Walk With Confidence

Portray positive body language by standing and walking tall.  
Avoid looking down, slumping forward, or dragging feet.

#### 3. Play With A Buddy

There is safety in numbers.  
Avoid playing alone. Invite others to join in games.

#### 4. Don't Talk To Strangers

Once engaged in conversation, manipulation and confusion can happen. It is not impolite to ignore a stranger's request to converse.  
If you use a code word system, remind your child that code words are only for use with people known to your child (friends & family). Assure your child that you would never send a complete stranger to pick them up.

#### 5. A Stranger Can Look Like Anyone

Man, woman, big, small, well dressed or scruffy. Dispel stereotypes.

#### 6. Don't Fall For Tricks

Predators may use distractions such as money, gifts, candy, or animals (lost or injured) to distract and gain trust. Sometimes the ego is used rather than gifts ("you're so strong, pretty, etc...")

#### 7. Run To A Safe Place

If lost or in trouble go to a place where there are others. Avoid isolated places (hiding places that no one knows about). There is safety in numbers

#### 8. Scream

If a stranger grabs your child, they should try to gain the attention and help of other adults by screaming loud and clear, "No, Stop, 911. You're not my mom, you're not my

dad.” This should be repeated until help is received.

If you have any questions about these tips or would like more information about personal safety for your child or yourself, please contact us at the address listed below or visit our website at [www.islandkungfu.com](http://www.islandkungfu.com).

**Island Kung Fu**  
Sifu Ian Clarke  
750 Jubilee Street,  
Duncan, BC. V9L 1X8  
**250.701.0222**