

STOP!!

You don't know
me like that

FORWARDED IS FOR ARMED

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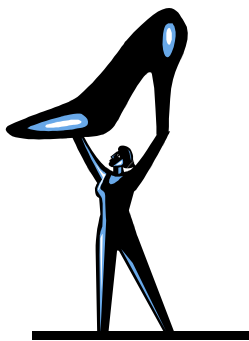
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Jackie- Chan in Black Stilettos

Some people think the lipstick and nail polish makes me cute
But I got Jackie-Chan power in my stilettos to boot
And cause I like to decorate my face
Don't be mad if you get bust because you invaded my space
If I don't know you I aint talking
So you can get to walking
Don't be mad at me cause I'm worried
Bout my safety

Mykala Daniel

Age: 11



STOP

Stop, I don't know you
Talk all you want but I'm not listening
On my way out the door
Please stop I know I am pretty but don't stare

Denise Feliz

Age: 11



SELF DEFENSE

The jumpstart fifth grade learned about self defense and martial arts. Self defense is about confidence. We learned how to decide when something was just bother to threatening and scary to really dangerous. We learned how to use our new self defense at the right time so that we don't hurt anybody. This book has our ideas about safety to keep our community safe and it also has pictures we drew about things that we think are unsafe. We want everyone to know there are times when things are not safe and that there are ways to get out of those situations.

Bothering could be anything that is starting to feel like it is not a good situation. Drunk people in our apartments or someone trying to touch you is one of them. We made a chart to give some examples.

BOTHERING	THREATENING/SCARY	REALLY DANGEROUS
Drunk people Touching Too much talking Bullies	Alone in parks Home alone Basement/laundry room Bullies-pushing Beating up Gangs	Break ins Weapons Touching Drunk people Following you Child abuse Domestic violence Murder Rape Slapping Molesting

Bothering leads to dangerous things and situations if we aren't careful. We want to try to stop the situation before it gets really dangerous! There are bullies that can start at just being annoying by talking and saying those mean things but it can turn into something very dangerous if you are not careful. So the key is to be very smart and think before you act.

Bullies just want your stuff. We learned the safest thing to do is to just give it to them. And run away. Yelling is excellent. It will help them get more attention and they don't like that when they are trying to get your stuff.

YELLING!!!!

When you are yelling you should remember that you want to use words that will make people pay attention to you. You should not yell something that people will not pay attention to or stuff you yell when you are playing all the time. You should yell "call 911" because people will do that.

Using Your Voice

Using our voice is very important because it helps us get help so that we won't stay in those bad situations. There are four things to remember when using verbal self defense.

Here they are:

1. Use your voice, body, and face-keep a serious face, this is very important.
2. Say what you want! And mean it!
3. Repeat yourself
4. Get more intense

GO AWAY!

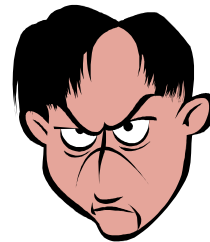
We also learned about matching. Matching is when you act the same way the person does or the stranger does that is near you. So if the stranger is not yelling you should not start yelling at him for no reason. That might just make him mad and then he may really try to hurt you. So instead you should be matching the stranger's voice.

Leave me alone!

Also don't use any put downs or cursing.

Just be very direct in your commands and tell the stranger what you want

-you want them to go away and leave you alone!



Our Safety Tips

Safety Steps are important! We should try to be safe all the time!

There are some tips you should be aware of to stay safe! This is important no matter who you are because strangers attack men and boys too!

- ✓ Be aware of where you are going.
Avoid anybody
- ✓ Avoid ATM banks
- ✓ Carry a flashlight if you are going somewhere in the dark.
- ✓ Always lock your doors and windows
- ✓ Think before you say your information to anyone
- ✓ Don't go in the door if someone is there
- ✓ Close the blinds if you are alone
- ✓ Make sure you have gas in your car, so you do not have to walk alone
- ✓ Never curse at anyone no matter what they say to you
- ✓ Don't let people get close enough to harm you
- ✓ Do not let anyone in the door if you are alone
- ✓ Do not tell people you are going to be home alone
- ✓ Always do things in pairs, if you can to have someone with you



*That's enough
Thank you for the compliment but I got to go
I don't feel okay around you
Hey hold up there are certain things I won't talk about or do
Even though your family
I will get tough
Okay
Alright
That's enough*

*Mykala Daniel
Age :11*



PEACE

*People die for people trying to show off
Everybody dies, why?
Always in the news, brothers and sisters killing each other
Can't people care for each other rather than killing each other
Every day living in a world without peace...*

*Denise Feliz
Age:11*

STOP

Step back (but you only step back with one foot) - you are kind of going to be defensive. Then you put your hands up. Your elbows should be in because the person may grab you if they are not. And your hands up should be close to your body because the stranger can grab those too if they are close to him. Then you say "STOP". Your face should be really serious so they person does not think you are just kidding around and playing. No smiling!

In this position you are telling the stranger stop in three ways

1. you are saying stop with your voice
2. your hands and body are saying stop
3. your face is saying stop



If the person does not listen after you do this, then you have to yell louder and if that does not work then you do the next move. You have to just move your back foot a little bit up and then take your hand and move it up to hit their nose. You have to pretend that you are carrying a tray and the bottom of your hand should hit their nose. Aim straight not in a circle.



The third position that will really help is when you are in position one-the STOP position then you have to take your hands and put all your fingers together like you are going to pinch someone. When you have done that then you quickly take them and jab your hands into his eyes.



The person is trying to get you and this is if they are really getting dangerous then you can use this move. The hand you write with, this is the foot that should be back a little. Put both of your hands on the opposite shoulder with the hand you write with. Bring your hand you write with and bring their body down. Then bring your knee up and hit their groin. It does not matter if the person is a boy or girl.



When you already kick them in the groin the person will be bent over to the side of the body you kicked them at. Push their head towards the knee while lifting your knee to their head. Make their head collide with the knee.



When someone grabs your arm you will move your whole arm in a circle. You move it in the direction that they have their thumb grabbing you. No matter how strong they are the person will have to let go. Then you can run.



If the person is getting too close you can push them. You should be in the first position and if they get too close then you take both your hands and push very quickly and very hard. Then you run away. Running away is important because if you don't run away the stranger will get you so you need to scream "call 9 1 1" and run.





We want our community to be a safe place to play, and have fun, and hang out with our friends. Only we can make those changes. Only we can do things to learn how to be safe and stop people when they try to hurt us.

We don't want to end up in gangs because they are not safe. We do not want to be afraid to walk down the street because someone from a gang may hurt us. We know gangs are not the type of friends we need. We want to go and finish school and rule the world... one girl at a time!

WE ARE PHENOMINAL AND WE ROCK THE FIFTH GRADE!