



GET TRAINING – We think EVERYONE should have some formal self-defense training from a reputable source. It doesn't have to be a ten-year martial arts black belt course, thought that would be very useful in some circumstances. Training helps you to prepare for an unexpected threat, and it offers you options in responding to any threat.

PERSONAL ALARM – Everyone should carry a personal alarm with them at all times. This small device emits a piercing sound when activated and may dissuade an attacker, and attract assistance at the same time.

PEPPER SPRAY – Consider carrying and training in the use of pepper spray. Pepper spray can be a very effective self-defense tool in a bad situation, and may give you enough time to run to safety.

CONDUCTED ELECTRICAL DEVICE – CED's (more commonly known by the brand name TASER) offer another effective defensive tool in a bad situation. Again, they require training to use them effectively in a stressful situation.

DISCLAIMER

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Community Patrol Service is a not-for-profit group run entirely by unpaid volunteers.

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COMMUNITY PATROL SERVICE

EZ-DEFENSE PROGRAM

KIDS SAFETY



*“Building Safer Neighborhoods by
Collaborating on Community Safety
and Security”*

ESTABLISHED IN 1998

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Encourage them to tell you EVERYTHING and to report EVERYTHING to you. Make a game out of it for younger kids to increase the fun and reduce the concern. You MUST know what is going on in their lives in order to properly protect them and keep them safe.

Instill a "TELL ME FIRST" policy where they MUST tell you before they go anywhere, accept anything, or agree to help anyone - even neighbors, friends, and family members, but most especially strangers. Instill the second part which is, if they can't tell you, they can't go, accept, or agree.

Create and use a SAFEWORD that only the parents and the child know. This MUST be used by anyone who wants to change their normal schedule, take them from school, take them to the mall etc. if they aren't able to "TELL YOU FIRST." If the person, no matter who they are doesn't have the SAFEWORD, then instill in the child that they need to stay where they are until YOU can say it's ok.

Encourage your child to be courteous, helpful, and respectful to everyone while using the 'TELL ME FIRST' and 'SAFEWORD' rules. Play a game by having friends they don't know try to approach them and reward the child with a treat when they act properly. Be sure not to scold them if they act improperly, simply reinforce the 'game' rules and have them practice the correct response.

Kids will be kids, but establish some basic home safety rules to prevent unnecessary injury especially around open flames, boiling liquids and machinery such as a NO GO ZONE unless a parent is supervising.

Insist that your kid wears a helmet and basic safety gear when riding a bike, scooter, skateboard or similar fast moving wheeled object. Head injuries are easily minimized with a little common sense.

Don't allow kids to play unsupervised on balconies, by open windows on upper floors, by swimming pools or by large natural drops or bodies of water. It only takes a moment for a serious incident to take place.

Secure all cleaning products and medications in out of reach locations or behind locked doors. Be sure to teach your kids about the dangers of inhaling, drinking or eating such things and what to do should that accidentally happen.

Train your kids to use 911, and tell them when it's appropriate to use it to summon emergency help, and when it's not ok.

DON'T put your child's name conspicuously in large letters on their clothes or possessions, especially where strangers may see it. A stranger knowing your child's name could confuse them and cause your child to trust someone they really should not be trusting. Hide name tags if necessary in unobtrusive and difficult to find places.

Always ensure plenty of hydration is consumed in hot weather and use copious amounts of sun block in sunny weather. Equally ensure warm clothing during extremely cold weather.

Encourage your child to play with friends as well as enjoying alone time on artistic and creative projects that interest them.

Promote positive friendship relationships and conduct amongst family members as well as their play peers.

Don't let your child jump around in your car when driving. They should be securely belted in to a booster seat or the rear seat for the duration of the journey. Children are particularly susceptible to injury and death from even low speed vehicle collisions if they are not properly secured.

Teach your child how to cross the road and about road safety at an early age and reinforce the concept as they grow.

Dress kids in brightly colored light clothing during darkness to help them stand out for motorists.

Ensure your child knows your home address, telephone number and their parents first names as soon as possible, and continue to ensure they remember the information.