



We want everyone to feel **safe, strong, and respected** all the time.  
Anytime that you don't – you have options!

	<b>Think about this:</b>	<b>Try this at home:</b>
<b>The Five Fingers of Strength &amp; Safety:</b>	<b>Think</b> Noticing situations that make you scared and talking about them makes you <i>less</i> scared, not more scared.	<b>In everyday situations, ask your kid “what would you do if....” and brainstorm some solutions.</b> Examples: At the playground: “What would you do if an adult came up and started talking to you?” At the grocery store: “What would you do if you looked up and you couldn't see me?” Have your kid ask you some too!
	<b>Yell</b> Being assertive is not the same as being rude. Saying what you want and how you feel is being assertive; not being respectful of another person is being rude.	<b>Integrate the phrase “Stop, I don't like that” into your family's vocabulary.</b> Modify it with a “please” at the beginning in some contexts, or a loud, strong voice in other contexts as appropriate. Practice it with your kids and talk it through with others (friends and family) who might not be used to hearing this from kids. Make sure teasing, tickling, and chasing games end as soon as someone says “stop” or “no”.
	<b>Run</b> If a situation makes you feel uncomfortable, get out of it asap. Trust your instincts on this – the best way to avoid a bad situation is not to be there.	<b>Find the “escape routes” in your everyday life – practice the phrase “I need to leave now” and then just leave!</b> Talk to your kids about follow-up steps (see “tell” below) because they need help to figure out what to do after a situation where they've felt like they needed to leave.
	<b>Fight</b> Kids instinctively know how to fight back (remember your toddler when something wasn't going her/his way?). Kids need help to learn non-physical ways to respond (in most situations) but they need to hear permission to fight back if they are ever really scared.	<b>Have something that your kids can practice hitting or kicking (e.g. a firm pillow).</b> Hold kids accountable to not hitting or kicking in anger, but let them practice hitting something so they feel strong if ever they are scared and need to fight back. When kids do respond physically to friends or siblings, have a consequence, but also talk it through: “What were you feeling?” to distinguish between fighting when really angry (not okay) and fighting when really scared (okay). Practice “Take 10” (10 breaths, 10 finger snaps, 10 steps away, etc.) to calm before responding when angry.
	<b>Tell</b> It helps to talk to people when you need to work something out – either to find a solution or to resolve your feelings after something has happened.	<b>Help your child make a list of 3 adults outside the family who they can talk to if they are having any sort of problem.</b> Brainstorm the kinds of problems that a kid might want to talk about. Reinforce that it is adults' job to help kids learn how to resolve problems. Practice saying “I need help with something important”, “Something bad happened and I need help”, and “I feel _____ and I need help”.

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Parent of Elementary Age Kid Version, 2018