



American Black Belt Academy



208 State Street, Oshkosh, Wi. 54901

Phone: 920-232-9700

Bullies Beware Rules

1) Try to talk your way out.

Say things like: "Fighting doesn't solve anything" or "I don't want to get hurt."
Anything is better than *fighting*.

2) Try to walk or run away.

Sometimes it is as easy as stepping into a classroom, Other times you run.
Anything is better than *fighting*.

3) Find someone in Authority.

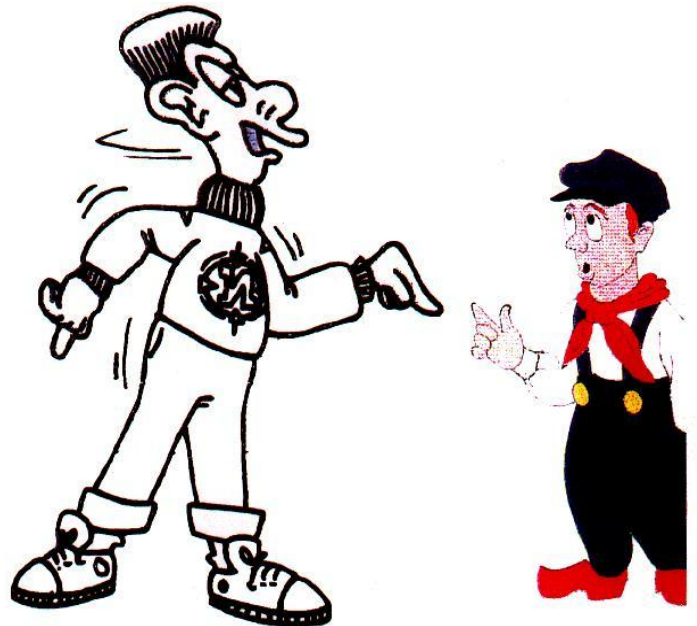
Teacher, hall monitor, parent, policeman. Sometimes you do not even have to tell the bully, he will run just because you are talking to someone in authority.
Anything is better than *fighting*.

4) Only after the other rules have been used and you are certain that you will be hurt, use your skills to defend yourself.

Try blocking their hits or pushes real hard, and say "I do not want to fight!"
If that does not work, fight. Fight and defend yourself rather than be hurt.

5) If you have to use your skills to defend yourself, Do Not Give Up!

Bullies usually pick on smaller people because it is easier. If you show him that you are not an easy target, he will probably leave you alone.





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Home Rules for Children



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1. Say "Hello" to your Mom and Dad when they come home, and "Good-bye" when they leave. Say "Hello" and "Good-bye" when you come and go, also!





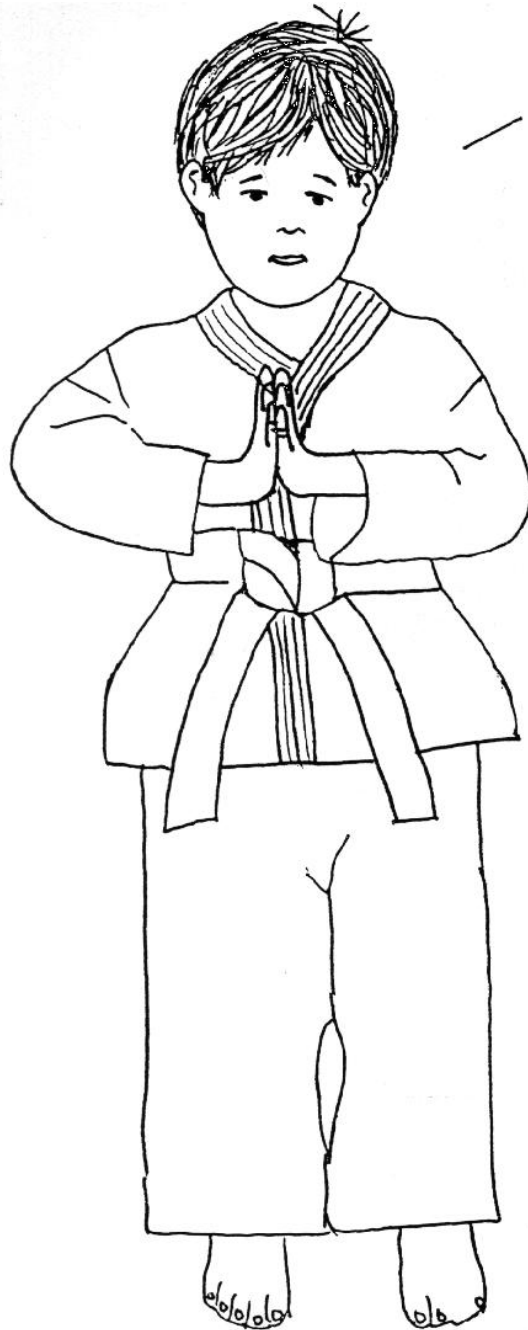
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2. Always be respectful of your parents, teachers, and elders.



— Yes, Sir!



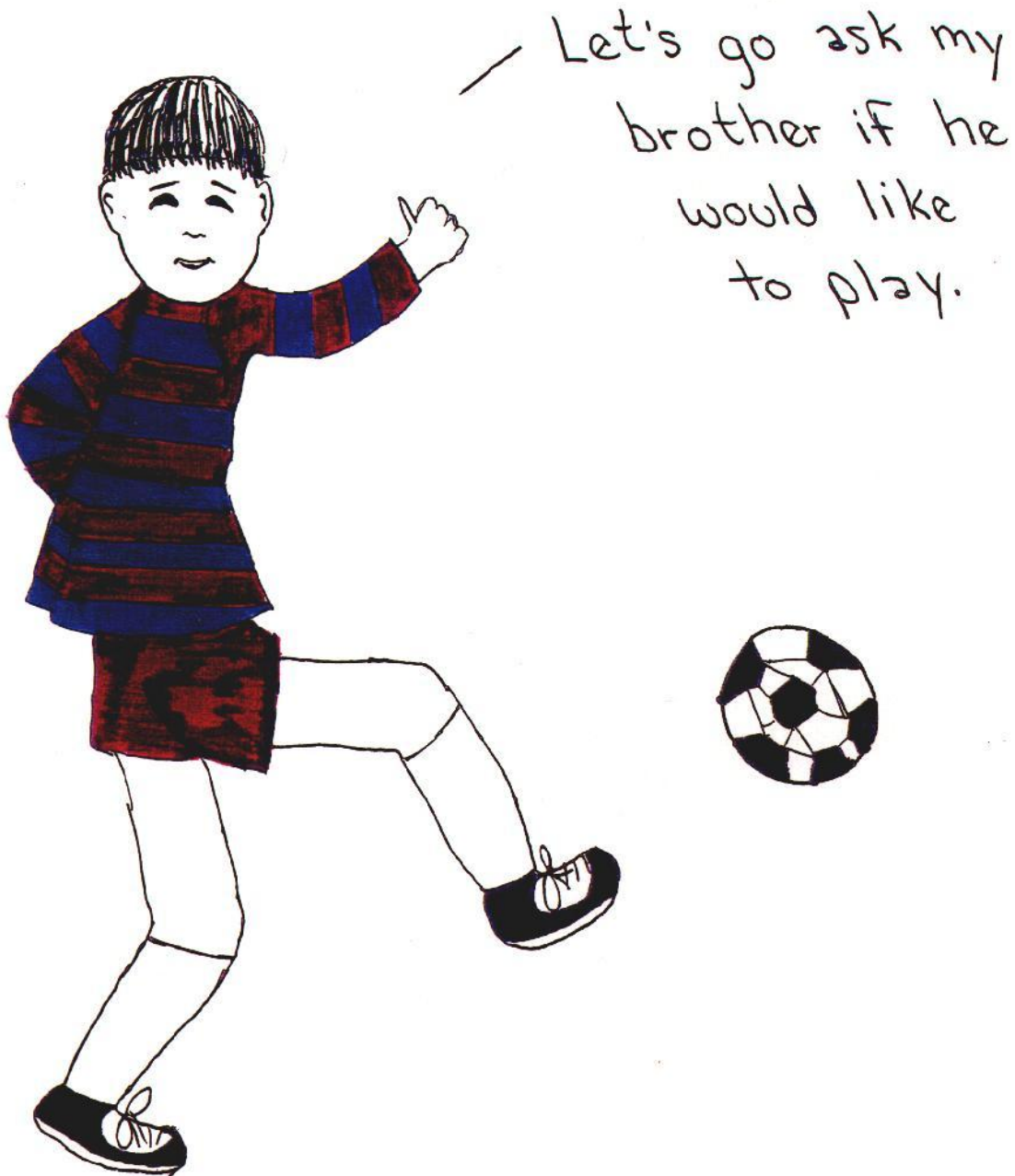
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3. Be Kind to your brothers and sisters.





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4. Keep your house neat and clean.



I need to pick up these toys.





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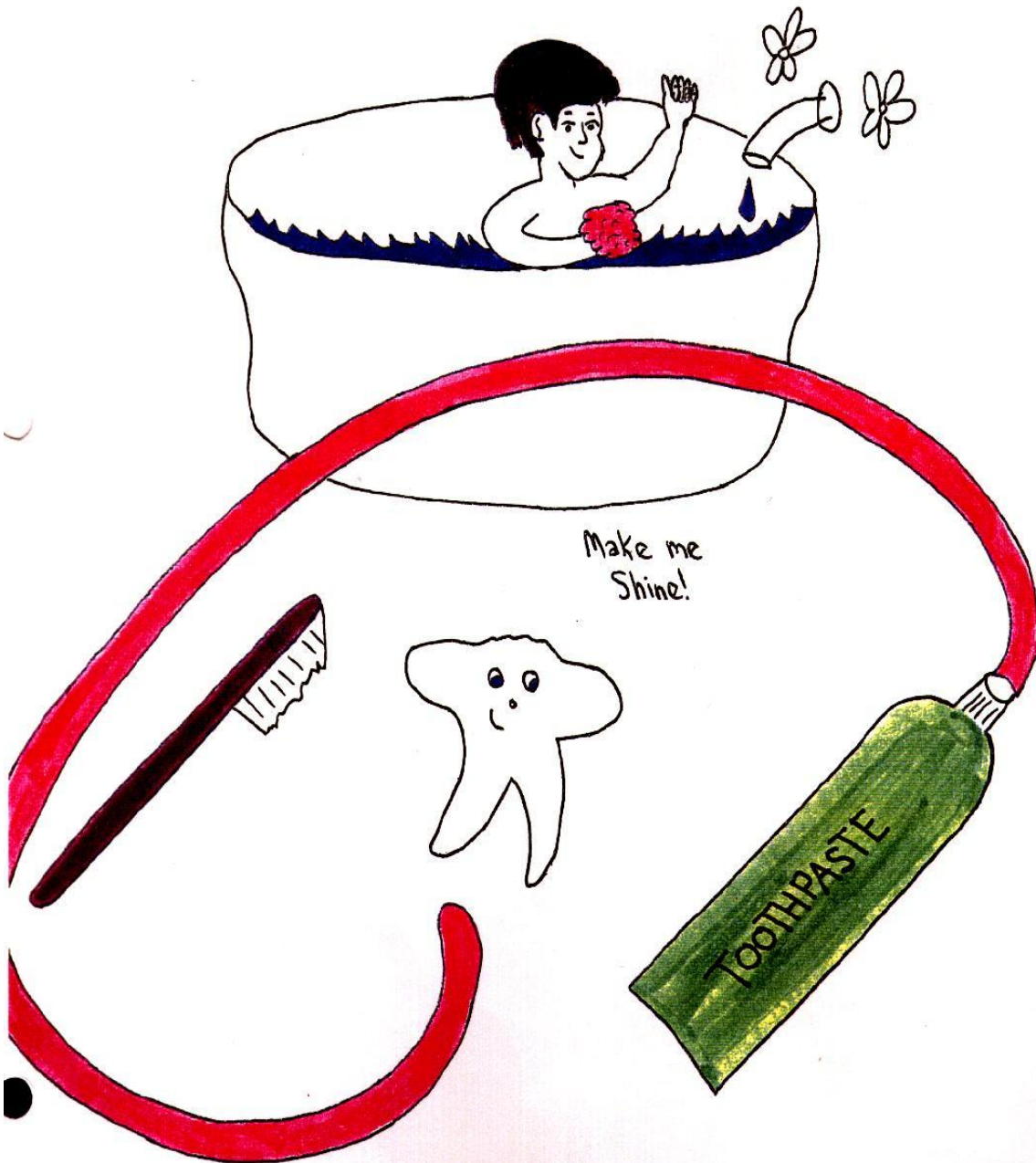


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5. Keep your hair, body and teeth clean every day.

Scrub-a-dub-dub!





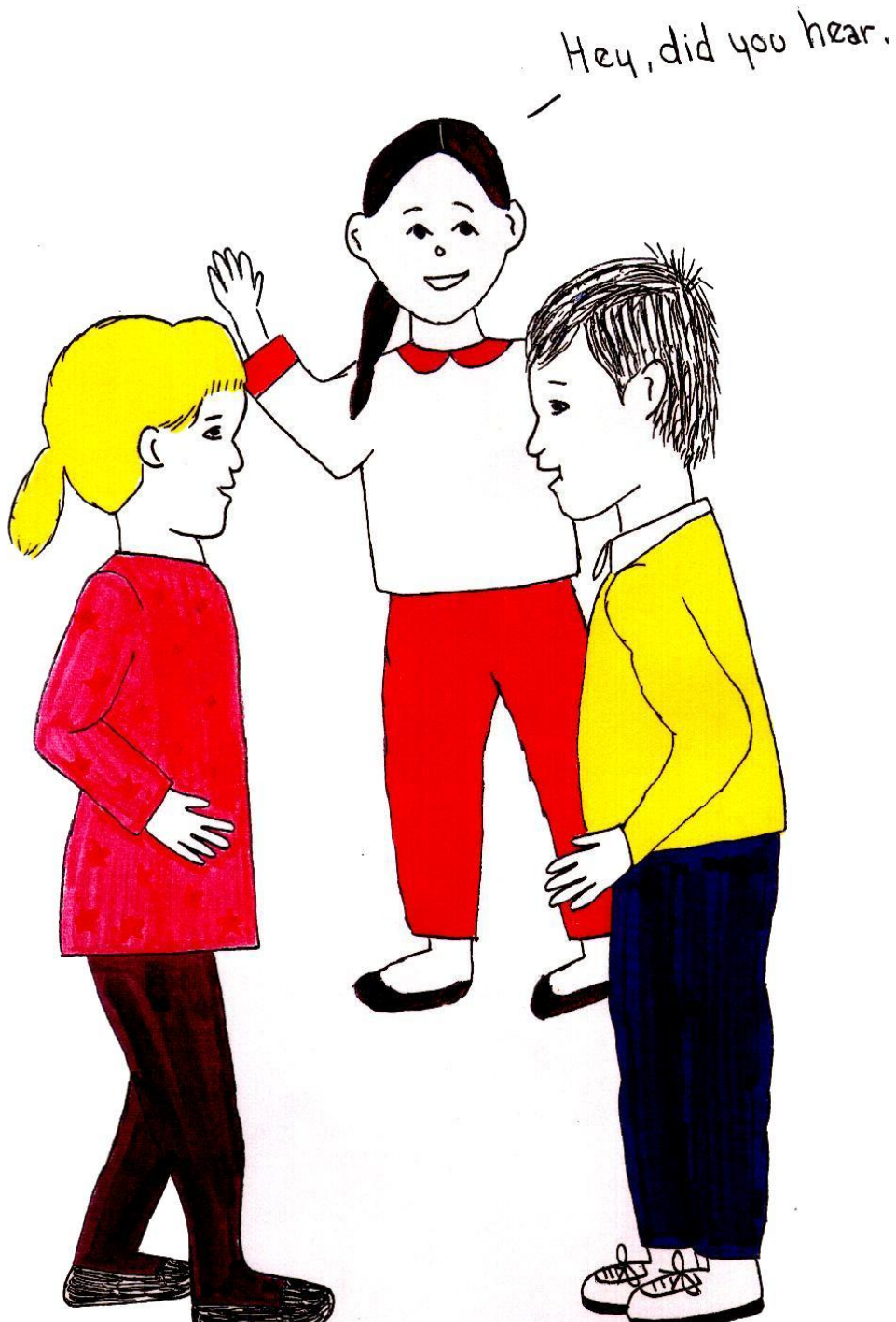
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6. Do not interrupt conversations.





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7. Always do your best in your studies.

- *Come home from school and have a healthy snack.
- *Review what you studied today.
- *Do your homework.
- *Preview what you will study tomorrow.





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Abductor Beware Rules

Yell!

If someone you don't know tries to take you, Yell!

If no one is around, yell Fire!

If there are lots of people around, yell You are not my Mom! or You are not my Dad!

Run!

Kids are usually faster than an adult. Drop anything you might be carrying (like your backpack --- which you should only carry on one shoulder so that you can get it off more quickly). Remember --- **you are the most important thing**, anything else can be replaced. **There is only one you!**

Tell!

Run home, to your teacher, to a police officer, a neighbor, or to the closest adult and tell them what happened **immediately!**