

# **Street Smart Safety Guide for Kids**



**23 Common Sense Safety Tips Parents  
Can Teach Their Kids to Keep Them  
Happy, Healthy & Safe**

**By Master William Huff, Jr.**

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Dear Friend,

As a parent, there isn't anything that you wouldn't do for your child.

From the time they come into your world, you are always looking out for their best interests. Guiding them, teaching them, sharing your wisdom and doing your best to prepare them for the world that lies ahead.

Unfortunately – this means teaching your children about the good - and the bad.

While it's easy to "stick your head in the sand" and wish away all the bad things that are out when it comes to children, the reality is that in order for children to be "Street Smart" and prepared for the world, they must be educated to the potential dangers that target children.

Back in the day, all you had to worry about was teaching your children about talking to strangers.

Now, not only do you have to teach them not to talk to strangers, but also you're dealing with the rising problem of bullying in schools, online predators, sexual predators, parental abductions and more.

Fortunately, it's not all "gloom and doom". There are some very simple things you can do as a parent to prepare your child for the world out there – and this book is one of them.

My name is William Huff, Jr. and I've been a professional martial arts instructor for sixteen years and a martial artist for twenty years. In that time, I've helped change the lives of thousands of families through the magic of the martial arts.

I've helped parents and children through issues like molestation, abuse, divorce, runaways, hyperactivity, drug & alcohol abuse and more.

In that time, I've learned that the greatest gift the martial arts gives to children is transforming them into strong, self-confident, and resilient kids, able to take care of themselves and more importantly - believe in themselves, their judgment and their feelings.

## How to Use This Book

This book is to be used as a guide. After teaching your child the basics that are covered in this book, you can add as much or as little to it as you see fit.

Each chapter has a headline that is written like a positive statement for your child to say out loud as you are teaching the material in this book.

What that does is consistently reinforce the lessons and make it easier for your child to remember and for you to teach.

A good friend and fellow martial artist, Mike Storms has a quote, "Repetition is the mother of skill – and the Father of Skill is consistency."

Teach your children the fundamentals of safety contained in this book and refer to it often - give your child a fighting chance – and help keep them happy, healthy and safe.

To You and Your Family's Health & Happiness,

Master William Huff, Jr.  
5<sup>th</sup> Degree Black Belt

P.S. – In the interest of time, I switch back and forth between the masculine and feminine, instead of trying to waste time being politically correct and include everyone.

P.P.S. – As a former Marine, my B.S. Tolerater is pegged on zero and my Politically Correct glands were surgically removed, so you may find me blunt, direct, coarse, abrasive, abrupt or annoying. I prefer to refer to myself as a Direct Communicator. As my good friend Dennis Brookman says, "You are the friend that will tell me I have broccoli in my teeth."

I was taught that if you care about someone and respect them, you will tell them what you believe is the truth and what is in their best interest; you won't blow smoke up their rear endus, tell them what they want to hear or waste their time.

If I do say something that ruffles your feathers, please take it as a show of my respect and caring for you.

P.P.P.S. – I also PASSIONATELY believe that what you do when raising your child is YOUR business and no one else. For any information in this book, take what is useful and discard the rest. It's YOUR family.

# **1. "I know my full name, address, city and state and also my phone number with area code."**

You'd be surprised how many times children are recovered after they are lost and when they are asked where they live or what their phone number is – they don't know it.

I once asked a child during a safety seminar what city he lived in and he told me, "California".

When your child knows this information by heart, even a stranger with an Internet enabled phone will be able to contact you or the authorities and in the case of a good Samaritan, bring your child right to your doorstep.

## **2. "I know how to use pay phone."**

Most children these days have their own cell phones and it has been eons since you or I had to use a pay phone, but that doesn't mean you don't want to teach your child how to use one.

I was traveling in New York City once and my wife was away for the afternoon on business. Being a good husband, I did what most husbands do when left unsupervised in one of the coolest cities in the world...

I found a killer sports bar and started watching football, eating fried foods and enjoying some adult beverages.

A couple of hours later, it was time for me to call The Missus and see where we were going to meet up. Problem was, my cell phone was dead.

Bigger problem – no change or cash on me, only a credit card.

So there I am, staring like an idiot at the pay phone in the bar, saying to myself, "Self, you haven't used one of these since 1989 when you were in Japan – you better hope you remember how to make a call without any money."

I cleared the cobwebs and figured it out but it took a little while. If your child gets in a jam and doesn't know how to use a pay phone, it could cost precious time that they may or may not have at the moment.

Take ten minutes – and some septic wipes – find a local pay phone and show your kid how to use one.

You'll both be more comfortable knowing that your child knows how to use one...until he starts calling collect from Japan in the middle of the night.



### **3. "I know how to dial 911"**

Just like knowing how to use a payphone, knowing how to dial 911 is a biggie.

Children need to know that they can dial 911 for ANY emergency; a fire, a car crash, someone trying to break into the house or anything else. Just make sure they know the difference between an emergency and, "The Playstation died and I can't play video games."

**WARNING:** When teaching your child to dial 911 on a cell phone, you both need to know that the emergency call DOES NOT go through to your local emergency center.

It will typically go to your STATE agency. In California, 911 calls from cell phones go to the California Highway Patrol; once the nature and location of the 911 call is verified, then the call is transferred to the proper department.

It's VERY important that you understand this when teaching your child. This process can mean a delay in response and also possible confusion if your child isn't checked out on Tip #1 that we talked about earlier.

When teaching your child about 911, make sure that they understand that they will have to tell their name, address, current location and what the emergency is for the fastest response.

With the advent of GPS tracking in cell phones, the responses are getting faster and faster and the location of the caller is easier to nail down, but let's just be a good Boy Scout and Always Be Prepared.

#### **4. “If I get lost in a store or mall, I find someone wearing a uniform, clerk or cashier from the store and ask for help.”**

While you want to teach your child not to talk to strangers, when it comes to being lost in a store or a mall, the best thing they can do is go up to someone who works there – someone in some sort of uniform or with a name badge – and ask for help.

Many stores and malls today have strict hiring and background checks so it is less likely that a no-goodnik will be an employee of many stores and malls today as opposed to when there were less stringent checks and balances in place.

Just make sure that whatever your child does, make sure they know NOT to leave the store for any reason with anyone else other than you. Teach them to STAY inside and not wander around outside looking for you or trying to find the car alone.

It is also a good idea to agree upon a common location in the store or mall you are traveling to that everyone in the family knows to go to if they get lost.

Of course, if everyone in the family is old enough, has a cell phone and can use one, you can always call each other. I don't know about you, but cell phone batteries sometimes don't work, cell signal is bad or someone drops the phone and breaks it, so having back-up plans is a great idea.

## **5. "I never go anywhere alone."**

When I was growing up, about the only time I was ever alone was right after school.

I'd ride my bike or take the bus home – my friends with me the whole way – then I'd get to my house, let myself in, grab a snack, call the parents and then off I'd go – with my friends again – until it was time to get home.

I was never taught "Don't go anywhere alone" – but I never did. I was always with my friends, traveling in a pack.

Looking back, it was a great strategy because anyone trying any funny business would have had to take on four or five angry ten-year olds armed with rocks, slingshots and bicycles.

He wouldn't have stood a chance.

Traveling in pairs or larger numbers makes it harder on someone who is looking out to abduct a child. One child is hard enough without attracting attention; two or more makes it too much work for the Bad Guy...

And that's a Good Thing.

**6. "I always check in with my parents before I go anywhere, I check in with them regularly while I'm gone and when I'm on the way home."**

I grew up in the age of "Latch Key Kids" and I can say without a doubt, I was one.

The rules were simple: "Get your butt home right after school; call me when you get home, tell me where you are going, what you're doing and who you're going with and be back home by this time."

It was like clockwork. Every day, same routine, same deal. On the rare day I forgot to check in – or decided to be ornery and not do it – I would get a friendly reminder from my father.

He always said there was a spot on my rear end that when it was "activated" by a good spanking, it would allow my brain to think more clearly and my ears to hear more clearly.

I guess my "spot" needed constant reinforcement because I needed reminding quite often - but it eventually sunk in.

Mom and Dad told me later that by checking in like that, they felt more comfortable knowing where I was, what I was doing and that I was safe.

When I got older, they also told me that when I didn't check in, it scared them to death because they weren't sure if I was okay or not.

Once I understood that there isn't anything worse on the planet Earth for a parent than not to know if their child is safe, I didn't miss a day of checking in.

Make sure your child checks in before, during and on the way home. That way, you always know where they are and what's going on.

More importantly, if something happens or your child is late, you'll have a better idea of where they were, when they were there and where to start tracking them down.

And yes, with today's technology, it is getting easier and easier to track someone via GPS, but why? Unless the person is missing or you suspect them of shenanigans, checking in regularly is all you need.

Save the GPS for when you really need it.

**7. “If anyone ever bothers me for anything on the way to or from school – I get away as fast as I can and tell my parents or a teacher right away.”**

You have heard the stories and tactics that have been used to abduct children, and going to and coming from school are two of the places where your child is the most vulnerable and accessible.

Teach your child that talking to ANY adult besides a close family member or family member is a No-No; when it happens, they are to run away as fast as possible, making as much of a ruckus as possible, and get to what can be called a Designated Safe Zone – school, home, trusted family friend - as fast as they can.

Once they are there, they want to tell you or the teacher what happened in as much detail as possible.

Teach your children to remember such things as:

- Height
- Eye color
- Hair color
- Clothing
- Shoes
- Car
- Tattoos or scars

The greater the level of detail, the better description the proper authorities can get to find out just who this person was.

The biggest thing is to train them to RUN – fast – to the nearest Safe Zone – which is school, home or wherever you agree is the Safe Zone.



## **8. "I never take shortcuts to or from school – I only go on the path my parents know about and we agreed on."**

Earlier I mentioned that kids are most vulnerable to and from school.

If a Bad Guy wants to abduct a child, one of the methods they use is to "scope out the target" and gather intelligence. That means they are going to watch and learn the patterns, times and locations of where your child goes.

There isn't a lot you can do about this – but you can make sure that your child DOES NOT walk anywhere to and from school that isn't in plain sight the entire time, preferably in crowded areas or neighborhoods with lots of homes.

The more out in the open the route is, the harder it is for a Bad Guy to approach, interview or try something.

One of the things you can do is to ride or walk the routes with you kids, explaining why you want to them to walk this way and then testing them on it.

A friend of mine did pop quizzes with his kids. He walked the route for a week with them and then over the next month, he would hide around the corner from school, spot his kids and then follow them from a distance to make sure they stayed on the agreed path.

They did.

Teach your child that when all else fails, follow Tip #7 - get out in the open, attract as much attention as possible and get to a Safe Zone.

## **9. “I never accept rides from anyone – even someone I know – unless it is with my parents’ permission.”**

Not getting into a car with a stranger has been Kid Common Sense Rule #1 for long before you or I were kids and I know you’ve probably already taught your children that - but it is not enough.

Unfortunately – and I know this from first-hand experience – many times an abductor or molester is a family member or close family friend.

As a martial arts instructor, I once had a child at the martial arts school that was afraid of his own shadow.

When he first started, he wouldn’t look me in the eye, wouldn’t give me a high-five and would literally flinch or drop to his knees to get away from me if I placed a hand on his head or his shoulder.

After a few months, he started to relax. When I got the chance, I sat down with his parents and asked about their son’s behavior and was there anything they may have “forgotten” to mention to me on their interview when they enrolled him; I thought he may have had special needs, like autism, but I wasn’t sure. All I knew was something was NOT right with the boy.

They looked at each other; the father, jaw set and a grim look on his face; the mother with tears in her eyes. They both looked down - and then told me that an uncle had molested the boy.

An uncle that used to "surprise" the boy by showing up after school and picking him up to spend time together.

The happy ending is that the sicko Uncle got caught, labeled a sex offender and sent off to jail were the Big Guy in the Sky gets even with criminals that hurt children.

The even better news is that through love, therapy and martial arts, that boy came around and went back to being the fun-loving, rambunctious boy he was before.

I am blessed to have a large "extended" family where I live. Through my wife's Chinese culture and family, we have an attitude and environment where close family and family friends are called, "Auntie" and "Uncle".

My wife and I have friends that go back from grade school, through the Marines, college, work and more. But - even as close as we all are (my wife and I are guardians to several sets of children should something happen to their parents), no one's kids go anywhere or ride anywhere with anyone other than their parents without all sets of parents/aunts and uncles knowing about it.

I don't just "show up" and drive my best friend's boys anywhere, unless requested for a special reason by the boys or the parents, and then not without everyone knowing time, place, where going, etc...

It is safe, smart and good practice.

No rides in cars with anyone – even family – without permission.  
Ever.

**10. “Grown ups should never ask kids to help them look for something like a lost puppy or kittens.”**

Kids are suckers when it comes to animals.

This trick has been around forever – unfortunately – because it works. You’ve heard the story of an adult approaching a kid and asking for help in finding his puppy...followed by the child getting in the car with the adult.

Teach your children that Dog Catchers are in charge of catching missing dogs and cats – and to get away from any adult that is asking for help to find a lost animal.

## **11. “Grown ups should never ask kids for directions.”**

Now more than ever, there is NO REASON for a grown up to ask a kid for directions.

Almost every cell phone has some sort of Internet function, map software or GPS capability.

This means that any adult with a cell phone – even my wife, who I think was related to Christopher Columbus when it comes to a sense of direction – can almost never get lost.

Your child may have a cell phone that is Internet capable, map-friendly or GPS enabled; if so, make sure that they stay off the Internet and only use the maps if they are lost – not to help another adult.

Teach your child that if an adult approaches and asks for directions, snap their photo with the cell phone camera (if they have one) and get away – fast.

(Criminals and predators also have a sequence they go through when they select who their victim is going to be. To learn more about that, see the special offer at the end of this book for the Child Bully Prevention & Safety Course.)

**12. “If someone tries to take me somewhere, I get away quickly and yell – “This person is trying to take me away” – or – “This is not my Mother or Father” – or – “FIRE!”**

When I was growing up, my Mom told me never to yell for help, just yell, “Fire” and people would come running.

When I asked her why, she said, “Son, people are afraid to help because it might be dangerous – but hardly anyone can resist looking at something on fire.”

When a predator tries to grab a child, he will try to pick the time and place where there is the least amount of people around. He'll also target the child who looks the easiest to grab. (I go into much more detail on this subject in my course, “The Ultimate Bullying Solution for Parents”, as well as the members section of my website. You can get a Free 30 Day Test Drive by going to [www.ultimatebullyingsolution.com/members](http://www.ultimatebullyingsolution.com/members)).

Shy, introverted, walking with the head down, alone...all of those are things a bad guy looks for when he’s looking for a target.

When he makes his move, he wants to do what’s called a “Grab and Go” – grab the kid and get away as fast as possible.



If your child starts to fight back, cause a commotion and scream at the top of his lungs, "This is not my Dad! Help! Fire!" – this is the worst situation for the bad guy. The LAST thing he wants at this point is resistance and attention.

Teach your children that the harder they make it for the bad guy – and the more attention they can attract to what's happening – the better chance they have to get away or have someone come to the rescue.

### **13. “I never go into a public restroom alone.”**

Sometimes you let your kid go to the restroom alone at a public place like a mall.

Maybe you do it because you want to teach the child independence. Maybe you do it because you’ve got other kids you have to watch and this one is old enough to take himself to the bathroom.

Or – maybe the child is saying, “Mommy, I’m a Big Boy – I want to go by myself.”

That is a Bad Idea. (Of course, this is based on age; my nephew Hayden is 15 years old, plays hockey and is taller than I am, so he would probably be okay. Use your best judgment.)

It only takes seconds for something bad to happen – even in a public restroom. A predator can be lying in wait for an unaccompanied kid to come in and make his move.

Go in with your child, stand by off to the side, or let him go in the stall by himself, but make sure you’re with him.

If he gives you a hard time, tell him not to worry – there aren’t any twenty year olds that still go to the bathroom with his parents. There’s plenty of time to go to the restroom alone when he gets older.

**14. “I always trust my gut instinct. If I feel uncomfortable, confused or scared, I run and seek help.”**

As a parent, you know that sometimes kids can't explain what their feelings are – or maybe they don't even know what it is that's bothering them.

My best friend has three boys and when he was taking one of them to swimming lessons, his son kept getting a “stomach ache”.

This was happening every time they were on the way to the swim lesson so my friend Dave figured something else was going on.

Sure enough, after a little discussion with his son, he figured out that his son was actually nervous and his stomachache was just butterflies from being nervous. But, since the boy had no concept of what butterflies in the stomach were, he described it as a tummy ache.

The good thing was that Dave was able to talk to his son about butterflies, what they mean when you get them and how to handle them.

How does that relate to teaching your child to trust their gut? Everything.

By teaching your child that there is a reason why they get nervous or butterflies – it's the body's way of saying, "Hey, there is a potential danger here; pay attention" – you can help your child learn to recognize these feelings and most importantly - act on them.

Many times children will be embarrassed by having these feelings, like something is wrong with them or they shouldn't be feeling this way.

Teach your child that there is one person and one person only that counts when it comes to how they feel – and that person is him.

## **15. “It’s okay to be cautious of a stranger’s motives.”**

There is an old saying, “If it walks like a duck, quacks like a duck, smells like a duck and looks like a duck...it’s probably a duck.”

I was in the fourth grade the first time my parents got a divorce. My sister and I were living with my Mom and one afternoon, I hopped on my bike and rode the five blocks to the local convenience store.

Outside the store, standing by the pay phone and smoking a cigarette was a rather large biker, covered in leather and tattoos.

He watched me go in and out of the store and on the way back out, he said hello to me and struck up a conversation.

Looking back, he was very nice to me and seemed quit interested in what I was doing, where I was going, etc...

Me, being an outgoing and chatty kid, told him all about my family situation, that my sister and I were living with Mom, that Dad wasn’t around, the whole deal.

I don’t remember what did it, but all of a sudden I felt funny; something wasn’t right, but I didn’t know what. I said goodbye to the nice man and rode home.

When I got home, I rode my bike up the driveway and into my garage. As I closed the garage door, guess who I saw at the corner of my street, checking out my house?

Yep – nice Mr. Bikerman.

I told my Mom all about it – and got a stern lecture about talking to strangers. The good thing to come out of it was my Mom praising me for trusting my gut and getting away when I felt like something was wrong.

She also told me that when you feel funny like that, there is usually a reason. Teach your child to trust their gut and to stay alert; if something feels strange, that is usually because it is.

**16. “I never talk to anyone on the other side of the schoolyard fence. When someone tries to do that, I run and tell a teacher right away.”**

When I went to pre-school, I remember that every time a train came by and we were outside at recess, all of us kids would line up at the fence and yell, “We want cars, we want cars!”

Our favorite railcar was always the one that had the cars being shipped on it, so we’d stand there chanting until the cars came by, and then we’d cheer at the top of our lungs.

One day, a nice-looking man came up to us while we were at the fence cheering and started trying to talk to one of the little girls.

We all pointed and yelled, “Stranger!” and then ran to our teachers, squealing like children do when they are scared.

Mr. Nice Guy ran away and was never seen again.

Teach your kids that adults don’t talk to kids through the schoolyard fence. If it happens, get away and let someone know right away.

## **17. “I leave clothing and items with my name on them at home.”**

My friends have kids in every sport known to man.

Hockey, soccer, football, you name it – they are in it. This means they have more gear than they know what to do with.

Monstrous hockey bags, football shoulder pads, sticks, helmets...the list is endless.

But – their names are not visible on ANY of it.

Yes, all their gear is marked with their name on it somewhere, but nowhere visible.

Why? Because if your child's last name is Smith and he has Smith stenciled across the back of his jersey that he's wearing to school, a stranger could pull up and yell, "Hey, Smith!"

This could confuse your child; "How does this guy know my name? Is he a coach I haven't met yet? Maybe I should see what he wants."

Not Good.

Make it as hard as possible for a bad guy to get a shred of information about your child – especially his name.



## **18. “I know it is okay to say “no” to someone who makes me feel confused, uncomfortable or scared.”**

Children want to please adults. They want to be told they are a good girl or good boy and feel loved. Parents, family members, teachers and other authority figures are all people that your child can look up to – and that’s a good thing.

Unfortunately, statistics show that:

- 30-40% of victims are abused by a family member.
- Another 50% are abused by someone outside of the family whom they know and trust
- Approximately 40% are abused by older or larger children whom they know
- Therefore, only 10% are abused by strangers.

(Source: <http://www.darkness2light.org>)

This means that that your child must learn to trust their gut when it comes to dealing with ANY adult.

If any adult at any time puts your child in a situation where he feels confused, uncomfortable or scared, you want your child to have enough confidence and trust in his feelings to stand up for himself and say, “No”.

Teach him it won’t be easy, but he’s strong enough – and worthy enough as a person – to stand up for himself.

**19. “If I feel sad about something someone did to me, I tell my Mom & Dad, a teacher or a friend – I won’t keep it to myself.”**

The shame and guilt that goes along with being attacked or molested lingers long after the actual event takes place and some would argue that it is the shame and guilt that has a more devastating effect.

Post Traumatic Stress Syndrome, depression, anxiety, sadness, alcohol or drug abuse, promiscuity, low self-esteem, poor self-image, lack of financial control...all are potential side effects of a child being attacked or molested and NOT telling someone.

In some belief systems, when something like this occurs, it places an energy on the child that they carry around with them forever until they energy is “cleansed” or “removed” and one of the best ways to do that is to talk about it, get it in the open and get on the road to recovery.

One of the most common – and worst effects – is that the child actually blames himself for what happened.

Nothing could be more false – or more destructive – than that belief alone. I know this from extensive personal experience. That’s why you want to teach your child to speak up anytime someone did something that made them feel sad.

If the worst thing that happens is that you find out that someone stole his favorite marble, you’re in good shape.

**20. “I always tell my parents when anyone – even a relative – asks me to keep a secret or offers me money or gifts.”**

This is an extension of the #19 – if any adult talks to your child about “keeping a secret” – that is an immediate red flag.

No adult should be confiding in a child for any reason. If they are trying to bribe your child with gifts to keep that secret, then you are back to the saying we talked about earlier...

“If it walks like a duck, talks like a duck, smells like a duck...”

## **21. “I always tell my parents when someone wants to take my picture.”**

Cell phones have become a part of the American culture, ever present in every area of our lives.

For work, keeping in touch with the office, keeping track of friends, keeping track of the kids, you name it - we use cell phones every day.

Because of this, our cell phones have everything under the sun on them; e-mail, texting, voice notes, maps, GPS - and cameras.

It's very easy for someone to snap photos of someone else without their knowledge – although it isn't as easy to take a good photo without someone noticing.

That is why you want to teach your child to watch out for someone taking his photo and to run away when someone asks to take his photo.

With the Internet and technology being like it is, a photo of your child could wind up who-knows-where being used for who-knows-what

Help protect your child. Teach him to get away when someone is trying to take his photo; if possible, have your child get a picture of the person trying to get HIS photo, so you can report it to the authorities...

## **22. “My family trusts me, believes in me and loves me no matter what.”**

Children - and human beings - need love like plants need sunshine and water.

In order for a child to grow up with a healthy self image, strong self esteem and bulletproof confidence, all he needs to know is that he is loved and his family believes in him – no matter what.

With a solid foundation, a child can handle anything that comes his way and more importantly, he will trust himself and his instincts if he is ever in a situation where he feels confused, uncomfortable or scared.

I tell this story in detail in my book, “Bullies Suck: How to Stop Bullying & Cyber Bullying at School, Work & at Home”, which you can pick up at <http://www.ultimatebullyingsolution.com> – but I will give you the short version here...

My daughter – who came along and changed Daddy’s heart – has been hugged, kissed and held and told she is loved every day of her short life. She also sees her Daddy hugging and kissing Mommy, telling her how much he loves her and she does NOT see Mommy or Daddy fight, argue or raise voices to each other.

In short, she is almost always surrounded by a loving, supportive environment.

At her 2<sup>nd</sup> birthday, a boy (family friend, close to her age) got in her face, tried to scare her and take her toy she was holding. I watched it happen and was about to step in when something beautiful happened...

My daughter didn't back down. She didn't get scared; she didn't cry. She actually pushed the boy back out of her face, pulled the toy away and stood her ground.

The boy got scared and ran to his Dad, who came over, laughing and high-fived Sweet Pea (my daughter) for standing up for herself. (He had watched the whole thing.)

Now before you think I am a lunatic promoting the use of violence at the drop of a hat, hold on – you are missing the point; the point is that my daughter had the self-confidence to stand up for herself and not to be afraid to do so.

This ability – and this ability alone – is the KEY to a strong self-image and self-love; having this ability as a child and strengthening it through adulthood is literally worth its weight in gold...

Kids are like a water bucket; keep them filled to the brim with love.

## **23. “I am smart, strong and I know what is going on. I deserve to feel safe.”**

Dr. Maxwell Maltz, the founder of Psycho Cybernetics and considered the father of the self-help movement said that what we say to ourselves and how we picture ourselves is THE most important thing there is when it comes to our self-image.

Our self-image determines how we feel about ourselves; how we feel about ourselves determines how we act, which determines the results we get, which affects our self-image, which starts the process all over again.

Positive self-talk is one key ingredient in building and maintaining a healthy and strong self-image.

By having your child constantly saying this to himself, he’s building his confidence and trust in himself and his judgment – and that can make all the difference in the world at the right time.

# Thank You...

Thank you for joining me and reading this information.

It is my hope that by sharing this information, we can all work together and to keep the most important thing in our lives healthy, happy and safe.

If you're a parent that's already trained his or her kids on these principles of safety, give it to a friend or family member or leave it at your local coffee shop or school for someone else to pick up and read.

One child at a time, we can teach our children, protect them and keep them safe.

To you and your family's health and happiness,

Master William Huff, Jr.  
5th Degree Black Belt  
[www.ultimatebullyingsolution.com](http://www.ultimatebullyingsolution.com)

P.S. – There is a new feature that has been added to the makeover of [www.bullyproofkids.com](http://www.bullyproofkids.com). We are now [www.ultimatebullyingsolution.com](http://www.ultimatebullyingsolution.com) and along with the newly revised and expanded book, "Bullies Suck", the new site also has an new exclusive members only area for members of the Ultimate Bullying Solution Newsletter.

Check it out for yourself at [www.ultimatebullyingsolution.com](http://www.ultimatebullyingsolution.com).

Thank you.