VERBAL DEFENSE

What should you yell when you need to get away from stranger danger? To learn to yell properly in self-defense situations is just as important as learning how to physically defend yourself from stranger danger. There are two different scenarios to learn how to yell; <u>when alone</u>, and <u>when near people</u>.

HOW TO YELL:

Yell in a very loud tone of voice
Yell words clearly so other people can understand
Yell proper words for the right situation

CORRECT BODY POSTURE:

Stand strong and upright (use your fighting stance)
Look stern and serious (Never look scared)

WHEN ALONE

Use Self-empowerment

When you are alone you need to yell words that intimidate a stranger to make you seem stronger and stranger danger weaker.

Words to Yell: NO – STOP!

STOP!!

When you are unable to run, and a Stranger approaches you, Yell STOP!
Yell STOP when a Stranger tries to grab you. Don't forget to do your self-defense techniques and RUN!

NO!!

Yell NO if a stranger asks you to go with them or asks you to get in his/her car.
Yell NO if a stranger wants to give you something like candy or money.

WHEN PEOPLE ARE NEAR

Always Draw Attention

When you are near other people you need to yell words that draw attention to Stranger Danger, so that other people can assist you.

Words to Yell: CALL 9-1-1, This is not my (DAD/MOM)

- When approached by a Stranger, Yell STOP, STRANGER! Or THIS IS NOT MY DAD/MOM!
- If you are grabbed by a Stranger, Yell CALL 9-1-1! Or THIS IS NOT MY DAD/MOM! Then do your self-defense techniques you've learned in class and RUN!
- YELL CALL 9-1-1! Or THIS IS NOT MY DAD/MOM! Over and over again if you can't get the Stranger to let go. Remember to use your self-defense techniques and never give up!