

Being S.A.F.E Family Handbook

Personal Safety and Life Education

Awareness, Prevention, Resilience and Leadership



☎ 0402 584 736

✉ programmanager@safefamily.com.au

📍 293 Earnshaw Rd Northgate QLD 4103

www.safefamily.com.au

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THE FACTS



More than 50 children every month are kidnapped.

33% of youth suffer
cyber bullying

50,000 homeless youth
'sleep rough' every night.

21.6% of boys & 15.4% of girls aged 15-24 deaths each year are from self harm.

800,000 home
invasions every year

84% of Boys & 60% of girls
have been exposed to
pornography on the internet

40% of all sexual assaults happen to children under 14.

Sexual assaults are on the increase by 20%.

An assault occurs every 90 seconds.

Lead the change ... Australian communities need your help
JOIN THE SAFE COMMUNITY INITIATIVE

Being S.A.F.E



BE AWARE

Stay alert (but not alarmed) to what's going on around you. Look, listen and notice if something doesn't seem to 'fit'.

Stay sober and straight. Alcohol and drugs dull your awareness and are the greatest risk factor to your safety.

Be aware of the sort of conversations you have with yourself. Choose to think in a way that empowers your life.

VIOLENCE IS NOT A GENE

There is no gene for violence. Violence is a learned behaviour. And it's learned from our environment - family, social, cultural and messages we receive through the media.

Witnessing violence is a risk factor for becoming involved in violence, both as a perpetrator and as a victim. The more emotionally affected we are by the violence, the greater the

impact. We are subconsciously drawn to what is familiar - even if it isn't in our best interests.

Limit time watching violence on TV, at the movies or on the internet. Instead, watch things which show people being strong and overcoming adversity.

BE FOCUSED

Read books about how individuals can make a difference.

Don't constantly talk about what's wrong with this world, but about ways we can make this world a better place.

Every morning think about all the good things you'd like to happen that day. If you practise this every day, you'll be amazed at how much more easily and effectively you reach your goals.

It's vitally important to focus on what we want, not on what we don't want.

"We believe that by adopting SAFE HABITS everyone can make their world a better place."

S.A.F.E Thoughts

Like Yourself...



Expect that life is working with you and not against you to keep you SAFE.

You have a very strong survival instinct, your brain picks up the tiniest clues which alert you to danger.

What you do matters. Your choices, conversations and behaviors have the power to shape your life.

Expect good things to happen to you, regardless of what you've experienced in the past.

- Do and say things that build your self confidence.
- Set simple goals.
- Build a supportive circle of friends.
- Focus on good qualities about yourself.
- Be honest to yourself & others.
- Do not worry about what is out of your control.
- Get & stay fit.

Feeling S.A.F.E

It is possible to shift your feelings and change your mood.

Like changing the channel on TV ... you have the remote.

When you feel stressed or sad, you need to remind yourself of the good things. Close your eyes & think of an awesome moment in your life. Bring back that experience in your mind & it will give you an instant happy feeling.

Movement and exercise changes feelings & improves moods. 10 minutes of movement when studying or depressed can help dramatically. So get up and move when you feel down.

Skipping meals affects moods dramatically. You will feel even more stressed if you are hungry. Spend time everyday doing one



positive thing that makes you feel good.

Sometimes we get so caught up thinking about what we do not have that we forget what we do have.

You can break the 'bad luck' by reprogramming your brain with positive thoughts.

Remember ... Your brain can store 100 trillion facts and make 15,000 decisions a second.

Change stimulates the brain... so embrace it!

“ Get up and move when you feel down.”

S.A.F.E Relationships

All families, friends and couples fight.

It is how you fight that matters.

It is really important to have some rules about what is OK and what is NOT.

Here are the 9 golden rules for SAFE RELATIONSHIPS:

- No name calling
- No swearing
- Listen
- Learn to forgive
- Talk ... don't yell or scream
- No door slamming
- Time out if you are really angry and can't remain in control.
- When you fight ... Don't bring up the past
- No physical or sexual abuse is ever ok

“How you fight matters.”

S.A.F.E Environment



The dynamics of domestic and family violence and sexual assault can be hard to identify and understand if you are suffering abuse.

It is also difficult if you are experiencing trauma and feelings of helplessness as the result of witnessing someone you love suffer abuse.

No one should have to live, work or study in a violent, unsafe environment.

There is help available for those who

- a) suffer violence
- b) support someone who is experiencing violence, and
- c) use violence

Although taking the first step can be the hardest, by speaking to someone you can trust helps you to know you are not alone.

Kids Helpline is available 24/7 on 1800 55 1800.

S.A.F.E Community

It is really important to be involved in your community in some way.

There are loads of great reasons why. Meet new friends, people look out for you, people help you, and it allows you to feel part of something.

Here are some of the ways you can make a difference in your school or community:

- Look out for each other.
- Join a committee or club.
- Visit the local Church.
- Give support to others.
- Practice random acts of kindness.
- Smile ... its contagious.



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S.A.F.E Confidence



70 % of what you say is not in words. The way you walk, hold your head and look at people shows how confident you are.

We know that when you act confident, often you can avoid an attack or bullying situation.

When you are faced with a bully or attacker, the way you walk and hold your head makes a big difference.

Act brave even if you do not feel it, because it sends a strong message.

Follow our simple tips to act confident...

Turn on your terminator eyes and notice people everywhere you go.

At home, school or when you are out and about notice people and places that make you feel uncomfortable and avoid them.

Being aware is your number 1 defence & will reduce the risk of harm or crime.

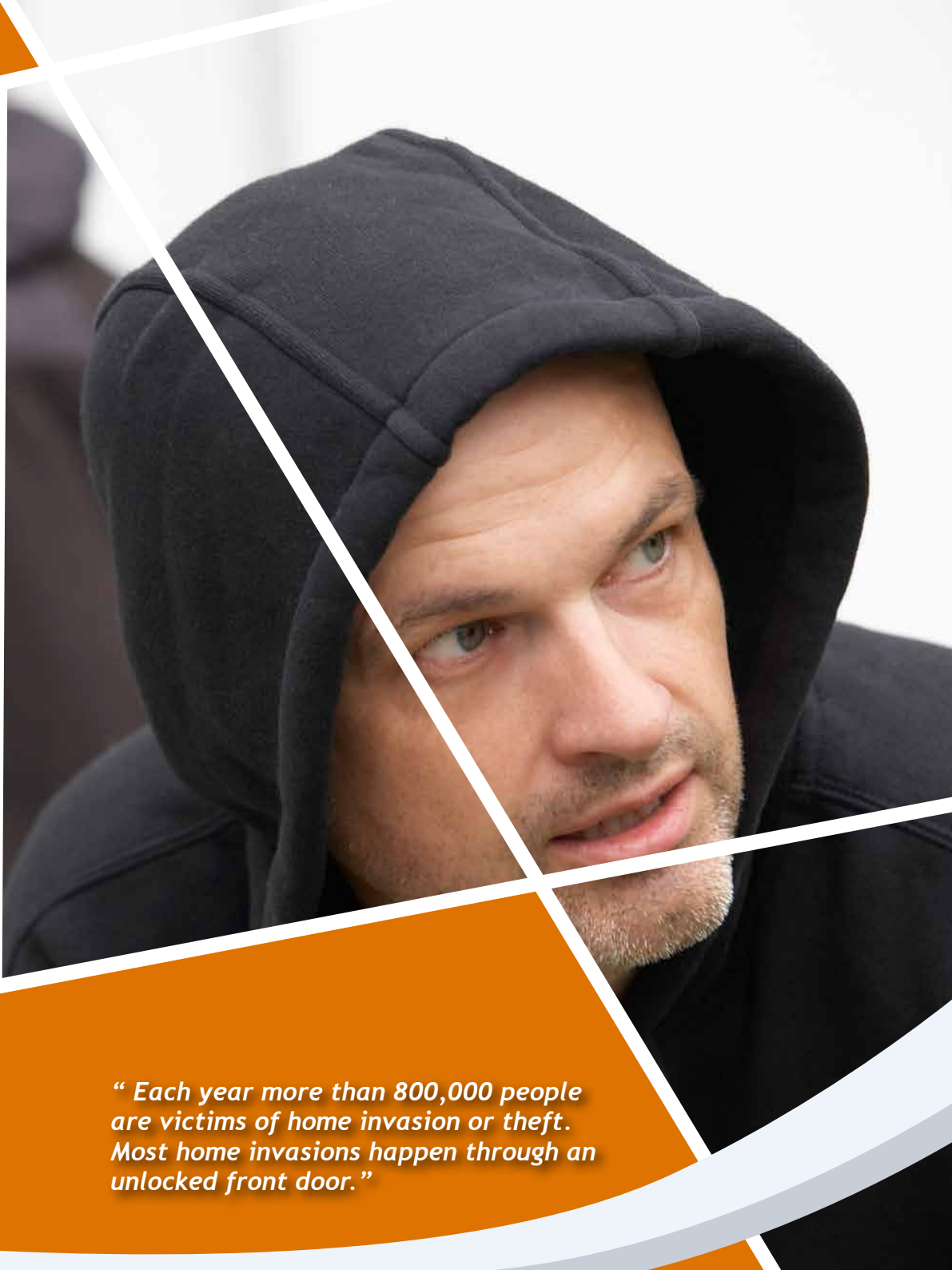
Reading people's body language will allow you to judge if they are dangerous or agitated.

Just by acting confident you can often avoid trouble as attackers and bullies are less likely to see you as a victim.

Shoulders back, walk tall, notice people, this is a huge deterrent and sends a strong confident message.

*“ Act brave ...
send a strong message”*

S.A.F.E Home



Always lock your front door and windows when you are home.

Don't hide keys near a front door or under the door mat in an obvious place.

Don't leave a note on the door telling someone you are not home.

Ensure your windows have locks or bars, your door locks are tamperproof and your security doors could withstand a kick test.

Be on the look out for people who may try and trick you. Ask to see ID and speak to them through a security screen or intercom.

Don't open the door before seeing it is someone you know.

Never let someone in you do not know.

“ Each year more than 800,000 people are victims of home invasion or theft. Most home invasions happen through an unlocked front door.”

S.A.F.E Kids



“ More than 50 kids under the age of 14 are abducted every month, 1 in 4 girls and 1 in 6 boys will be sexually victimized before adulthood”

Predators are people who prey on children and young adults. They are clever and sometimes hard to notice.

Here are our TIPS to keep you safe from predators in your community.

Be aware of any stranger near you at any time and keep a big safe space.

Tell a parent or adult if you see someone who makes you feel uncomfortable.

Walk away if approached by a stranger. Don't accept gifts or lollies from strangers.

Don't wait alone anywhere, anytime especially by a roadside.

Sports pick ups from coach or parents.

Don't play in parks or front yards alone.

Make sure children know their neighbourhood well. Police stations, shopping centres, safe houses in their street and how to get home.

School Bullying S.A.F.E



Bullying is a crime and if you are caught there are serious consequences for your actions.

If you watch someone being bullied and do not help then you are equally as bad. Doing nothing while someone else suffers is wrong.

If a group of kids tell a bully to stop, it could really help.

Stand up and speak out that it is wrong and help the person being bullied.

You do not have to fight off the bully but you can get or call for help without putting yourself at risk.

Here are our tips if you find yourself being bullied :

- Be aware & avoid the bully or gang areas.
- Stand tall and walk confident.
- If scared fake you are not.
- Ignore teasing, pretend not to hear.
- Learn how to defend yourself.
- Tell someone, don't keep it a secret.
- Stick to patrolled areas.
- Use busy entry and exits from school.
- If 'you' are threatened tell the Police.
- Suggest that your school introduce a Buddie system, where older students are paired with younger students to deter bullies.
- Ask teachers at the school to help by mediating the problem with your parents, and the person or group who is picking on you.

"1 in 3 children are physically bullied."

Cyber Bully S.A.F.E

33% of youth suffer cyber bullying.

Cyber bullying is a crime and if you are caught there are serious consequences for your actions.

Even if you pass a text, email or video msg on that someone else has sent, you can face charges.

Think before you inflict this hurt onto another person ... would you like it if it were done to you?

If you are being bullied by email or mobile messages you should:

1. Tell someone.
2. Report the abuse to provider.
3. Block the sender.

4. Keep the evidence.
5. If threatened call the police.

You can block nuisance, stalkers and bullies by contacting your phone carrier.

- Telstra- 1800 805 996
- Optus- 1300 300 937
- Vodafone- 1555
- Virgin- 1300 555 100

“ Think twice before you pass on a nasty or mean text msg. 20% of teens have engaged in cyber bullying; including posting mean or hurtful information or embarrassing pictures.”



S.A.F.E Reputation – Sexting



When it comes to your reputation, it is easy to lose face over a video or picture that is embarrassing or private.

As we move into the 21st century more people share information and images than ever before.

It has become popular to send 'naughty' or 'sexy' photos and video. This is also known as 'Sexting'

Your reputation can be destroyed in doing this. You really need to think past the moment ... who will see it? How would you feel if everyone at school or work saw it?

You can never be sure that no-one else will ever see or where it will end up on the internet.

Once the image or video is out there it is impossible to control how many people will see it.

Think firstthese images could be out there for a long time, seen by a lot of people without you knowing it. Or worse everyone in your school or workplace seeing them.

Warning ... Teenagers and Adults can be charged with possession of child pornography for simply receiving a suggestive msg if the person is under 16.

DID YOU KNOW...

- Australians sent 11 billion text messages last year.
- 40% of people have been asked to send sexual images of themselves.
- Texting by adults has increased by 130%.

" It is almost impossible to control how many people will see it. "



S.A.F.E Internet

CHATROOMS - eg MSN & Facebook

Online dangers are real.

Parents need to take control of the internet.

Teach your kids to treat people online as they should in real life.

Trust yourself, if something doesn't feel right it probably isn't right.

Know who your kids are communicating with.

Kids need Parents life skills to stay safe no matter what they say.

Talk to your kids about it openly.

Seek advice from the police if you feel you should.

Treat online friends as 'strangers'.

Never forget, there are adult people using the net looking to harm our kids and people of any age.



SOCIAL NETWORKING

Learn the basics of how these sites operate.

Set sites to PRIVATE.

Remember nothing is 100% private on the internet.

Set family rules on personal details and in particular teach that 'friend of friends' are strangers.

Let your kids know the internet is not them and a screen, it's them and the whole world.

It's your right to know what your kids are posting on the internet.

Predators troll the internet looking for kids personal information.

ONLINE GAMING

Remember, Adults may be playing these games online disguised as kids.

Take the time to watch any game your kids are into.

Set firm rules about time they can spend playing.

Trust your instincts if you don't feel good about the game don't let them play it.

Read the rating - you wouldn't let them watch M or R rated movies then same is so for games.

Discourage chatting with unknown users of online games.



" 4 million children post content to the internet every day. 76% of parent don't have rules about what their kids can do on the internet. 9 out of 10 parents will never know if inappropriate contact has occurred."

Walk, Run, Ride S.A.F.E

If you walk or ride through parks or a bikeway. If you play sport in fields or parks then you need to be aware of the dangers of being alone in these areas.

Here's what you should do to walk, run or ride safe.

Be aware, see everyone around you.

Trust your feelings if they seem weird or scary avoid them, walk the other way.

Keep a safe space from everyone, especially when alone.

Act confident, even if you do not feel it.

Don't walk with your head down, notice people who pass you and make eye contact.

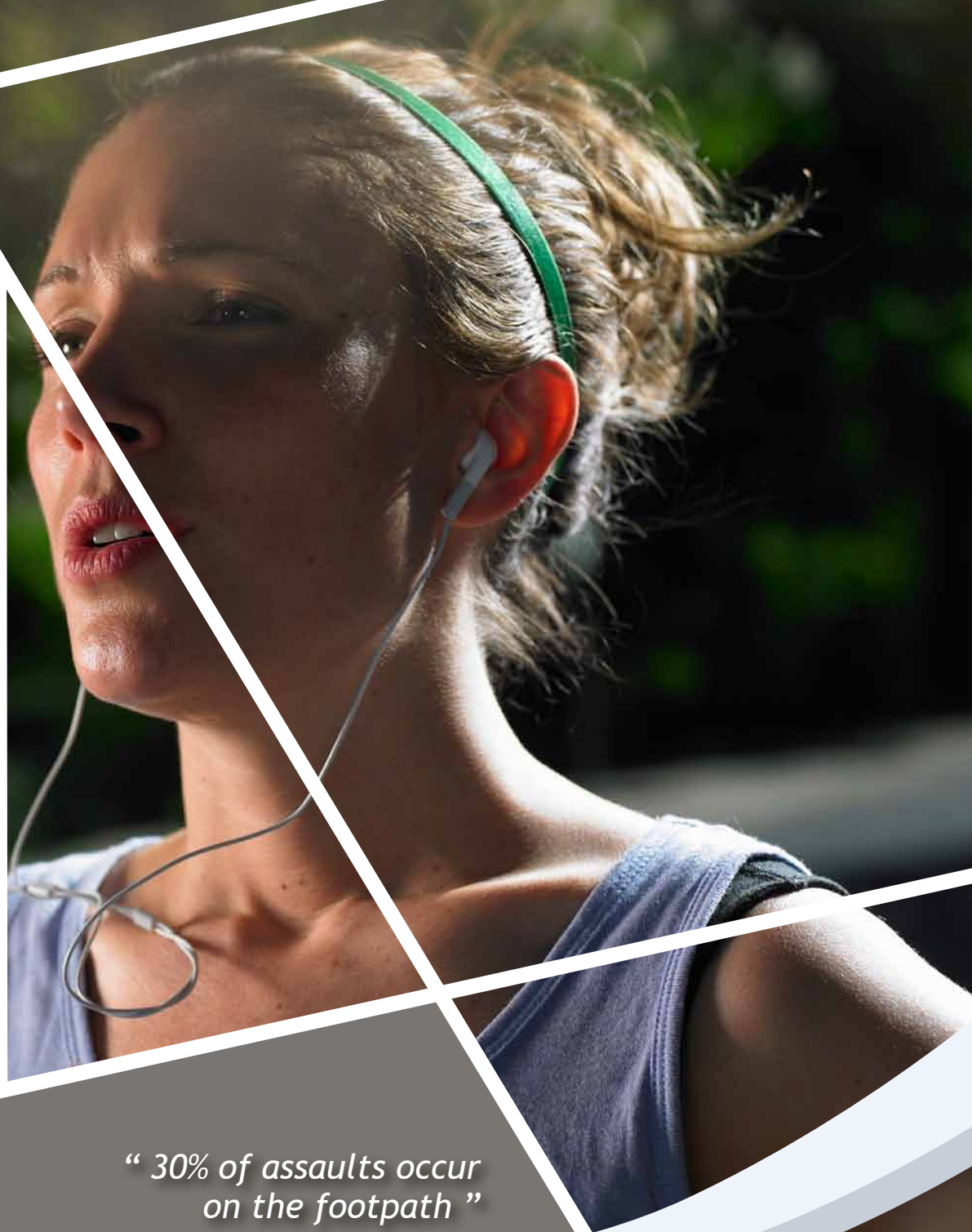
Don't walk or run with headphones in at night, or music so loud you can't hear what's going on around you.

Look behind you as you pass people to make sure you are not followed.

Safety in numbers, walk with a friend or dog.

Walk towards the traffic.

Don't take risky shortcuts, especially at night through dark areas.



“ 30% of assaults occur on the footpath ”

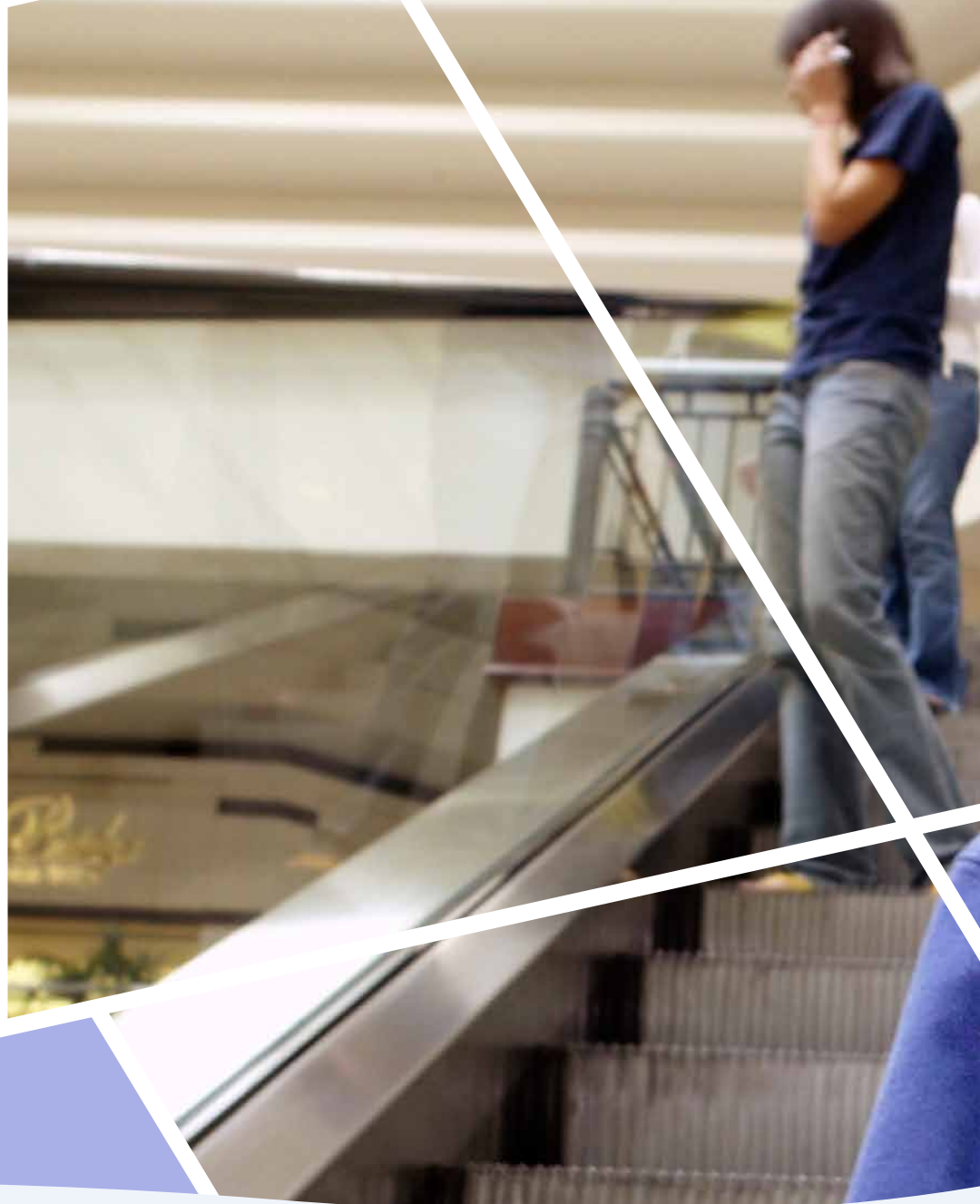
Shop S.A.F.E

Most teenagers hang out at shopping centres on week-ends. They are a fun place to meet your friends and spend some time... BUT they are also dangerous places and trouble can happen anywhere and often does.

It is very important to be aware of who is near you and getting yourself into isolated places alone.

Here are our tips to staying safe whilst you are in a shopping centre:

- Beware leaving banks.
- Do not use isolated ATMS.
- 007 eyes in the car park.



- Park in well lit, secure areas.
- Have keys in your hand ready to open the car door in poorly lit or secluded carparks.
- If you are confronted, submit and give up the valuables. You are worth more than your stuff; it is not worth turning a robbery into a violent assault.
- If you find yourself in this situation, keep out of grab reach, keep eye contact, no sudden hand movements, speak calmly and reassure the person you don't want trouble. Then throw the wallet as far away from you as possible then run.

Train S.A.F.E

Train travel is a fast, safe and easy way to travel. Keeping yourself safe is about being aware... staying alert... and being RailSmart.

Being RailSmart is about making the right choices - using rail crossings like overbridges, subways and pedestrian crossings, and staying off the train tracks and behind the yellow line on the platform.

Taking risks takes lives - too many young people lose their lives or limbs around rail property by taking on foolish dares and trespassing. When using a rail crossing always obey the signs and signals and be aware of the second train.

Being RailSmart is also about respecting people and property around you - giving up your seat for someone who needs it more, speaking softly on your mobile phone, keeping headphone volume to a minimum, considering others when talking to friends, keeping your conversations private and always travelling with a valid ticket or pass.

Being RailSmart is about being aware of your surroundings and trusting your instincts by:

- Staying in the blue and white striped line area on the platform and under CCTV.
- Sitting near the guard in the middle of the train (six car) or at the end of a three car train.
- Being aware of emergency phone at each station which immediately puts you in touch with the control centre and police and activates a CCTV camera
- Being aware of the emergency button next to every door on the train
- Staying alert and sitting close to other people or with friends

If you don't feel safe, move carriages, alert someone or do whatever else you believe will keep you safe.

Security guards are there to help YOU and they patrol the trains on 40% of evening services during the week and 100% of evening services on weekends.

**Be Aware... Stay Alert...
Be RailSmart.**



this segment is proudly
sponsored by Queensland Rail

RailSmart.com.au

Ian Jacobs BIO

S.A.F.E Founder

Email: ian@safecommunity.com.au



EXPERIENCE

Expert in individual, family & community safety.

Expert in conflict resolution.

20 years of teaching & developing self defence programs.

10 years developing the SAFE program curriculum.

4 years posted in various 'high risk' countries as an International bodyguard.

Security consultant to large corporations globally.

Founder of the powerhouse fitness system.

10 years of developing fitness & rehabilitation programs for elite athletes, corporate organisations & gyms.

Grand master trainer.

Keynote speaker on motivation, fitness & safety.

VOTED

One of the best martial artists of all time.

Australia's pound for pound 'greatest kick boxer of all time'.

Best ever K.O award.

2009 comeback fight - set new world record for fastest KO.

Best ever fight seen on FOX TV.

Australia's most wanted 'come back' athlete.

TITLES

Undisputed triple world champion.

World - W.K.A champion.

World - Intercontinental W.K.A champion.

World I.S.K.A champion.

10 x state, national & international title belts.

INDUCTED

1996 I.K 'Hall of Fame'.

2008 I.S.K.A "International Hall of Fame".



Kim Sheree BLO

S.A.F.E Co-Founder

Email: kim@safecommunity.com.au



EXPERIENCE

Expert in Individual, Family & Community Safety.

Serial Entrepreneur - since the age of 22.

Expert - Conflict Resolution.

Founder Urban Survival Program - Schoolies Safety.

16 years - Mixed martial arts systems.

14 years - delivering safety and awareness programs.

6 years - Director for Women in Technology Association.

10 years - Strategic marketing, brand & IT systems.

10 years - Sponsorship & Partnership frameworks

8 years - developing industry programs for women in the ICT

Motivational Speaker - advancing Women, Youth, Kids & SAFE.

AWARDS

2010 Who's Who among Executives and Professionals.

2000 AusIndustry Innovation Award.

2004 Ambassador to Women in Technology QLD.

2004 Pearcey Award nominee.

2004 ICT outstanding achievement award.

2005 IT Goddess Calendar Project.

2008 Asia Pacific Role Model.

ACHIEVEMENTS

Balancing motherhood and a career.

Developing Programs which impact positively on the community.

Developing businesses with a social conscious.

5 x ICT Not for Profit Industry Board Directorships.

Australian Gladiators Fight Trainer > 2 x series.

Australia Martial Arts Academy Accredited Instructor.

Black Belt Instructor - Karate.

Survivor of 3 violent assaults.



Dr Helena Popovic MBBS, BIO.

S.A.F.E Contributor

Email: dr@helenapopovic.com



EXPERTISE AND EXPERIENCE

Medical doctor and peak performance expert.

Specialist in brain plasticity and lifestyle-based diseases.

Development of the program: Be SAFE through Self confidence, Awareness, Focus and Expectation.

Keynote speaker and workshop presenter in both corporate and public sectors.

Founder of Mission SlimPossible: licence to lose.

Fitness Instructor

Lifeline Counsellor

BACKGROUND

Graduated from the University of Sydney in 1995.

Trained in hospitals in India and the United States.

Spent a year working in Germany as a medical translator.

Vasectomist (keeping women SAFE from pregnancy).

Worked in women's health clinics in Auckland, New Zealand.

PHILOSOPHY

Education is more powerful than medication.

Every moment in our life is a point of choice - where we can choose to make a positive difference to our life, our community and our planet.



KIDS HELPLINE

WHO IS KIDS HELPLINE?

Kids Helpline is Australia's only free*, private and confidential, 24 hour counselling service specifically for young people aged between 5 and 25. Counselling is available by telephone, email and over the web.

WHAT CAN KIDS TALK ABOUT?

Counsellors are able to talk about anything - no problem is too big or too small.

- What's going on at home
- A friend who needs help
- School worries
- Feelings of sadness or confusion
- Anything else that's going on

Children and young people's calls are private and they don't have to tell the counsellor their name.

WHO CALLS KIDS HELPLINE?

Counsellors speak with almost 6,000 children and young people each week and help with all sorts of problems, big and small.



Our counsellors support young people by:

- Listening
- Seeking to understand what is happening
- Helping them to express how they're feeling

They also help young people find other relevant services and support when needed.

Kids Helpline is available 24 x 7. Web and email counselling are also available. Check out the website for more information.

(Note call charges may apply from mobile phones)



1800 55 1800
www.kidshelpline.com.au