



WE ARE SAFE

SELF-HELP BOOKLET

A TEENAGERS GUIDE TO
PERSONNEL PROTECTION

WRITTEN BY

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We are Safe!

A teenagers guide to personal safety, security & protection

Introduction:

Welcome to the "Staying Safe" booklet, specifically designed to empower and guide teenagers like you! This is an exciting phase of your life, where you're exploring new horizons and gaining more independence. However, it's essential to navigate these experiences with caution and be mindful of potential risks. That's where this booklet comes in. It's packed with practical tips, valuable advice, and important information to help you stay safe in various situations.

Throughout this booklet, we'll dive into a range of safety topics tailored to meet the unique needs of teenagers. We'll explore the concept of situational awareness, teaching you how to be more alert and observant of your surroundings. You'll learn self-defence techniques that can boost your confidence and equip you with the skills to protect yourself if the need arises. We'll also discuss prevention strategies that can significantly reduce the likelihood of encountering dangerous situations.

Moreover, we'll shed light on the incredible benefits of martial arts training. Whether you're interested in building self-assurance, enhancing physical fitness, or acquiring practical self-defence skills, the world of martial arts offers something for everyone. We'll take a closer look at various martial arts styles and how they can contribute to your overall safety and personal development.

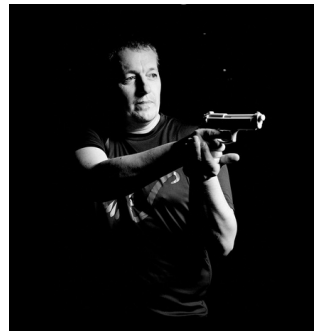
Our primary objective is to empower you with the knowledge and skills necessary to navigate your teenage years with confidence and security. We'll address different scenarios you might encounter, such as walking home from school, socializing with friends, or exploring your local community. By arming yourself with the right information and adopting a proactive approach to your safety, you'll be better prepared to tackle any challenges that come your way.

Remember, staying safe is not about living in fear, but rather being aware, informed, and prepared. By embracing the insights shared in this booklet, you'll gain the confidence to make sound decisions, identify potential risks, and respond effectively to different situations.

So, let's embark on this empowering journey together and delve into the valuable knowledge that will equip you to stay safe as a teenager. By the end of this booklet, you'll have a wealth of information, practical tools, and a renewed sense of security that will help you navigate the exciting path ahead.

About the author:

David Whiteside is a 55-year-old martial arts and self-defence expert with 45 years of experience in the field. He is the founder of "The Black Belt Foundation" and serves as the UK representative of the International Kapap Association, which is headed by Grand Master Moshe Galisko. David holds impressive qualifications, including a 6th Dan in Ju-jitsu and a 4th Dan in Kapap/Krav Maga.



David is passionate about sharing his knowledge and expertise in martial arts and self-defence with others. He has spent his entire life training and studying various forms of martial arts, including Ju-jitsu, Karate, and Krav Maga.

Through his dedication and hard work, he has become a highly respected and renowned figure in the martial arts community.

In addition to his impressive qualifications and experience, David also runs a successful martial arts business. He is committed to helping his students reach their full potential and achieve their personal goals in martial arts and self-defence. His teaching style is focused on developing strong fundamentals and techniques, while also emphasizing the importance of mental strength and discipline.

David's passion and commitment to martial arts and self-defence have made him a sought-after instructor and speaker. He has traveled extensively throughout the UK and beyond, sharing his expertise and knowledge with others. David is a true leader in the martial arts community and a role model for aspiring martial artists and self-defence practitioners.

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Understanding Personal Safety

The significance of Personal Safety!

Personal safety holds immense significance during your teenage years. It goes beyond merely avoiding physical harm and encompasses various aspects of your well-being, both online and offline. Understanding the importance of personal safety empowers you to make informed decisions, protect yourself from potential risks, and enjoy your teenage journey to the fullest.

First and foremost, personal safety allows you to take control of your own well-being. It means being mindful of your surroundings, assessing potential dangers, and taking necessary precautions. By prioritizing personal safety, you develop a sense of responsibility for yourself and your actions, recognizing that your choices can impact your overall safety and security.

Moreover, personal safety provides you with the freedom to explore and embrace new experiences. It grants you the confidence to step out of your comfort zone, try new activities, and engage in social interactions, knowing that you have taken measures to protect yourself. When you feel safe, you can fully immerse yourself in learning, personal growth, and the joy of discovering your passions.

In today's digital age, personal safety extends to the online realm as well. It involves understanding the risks associated with the internet, social media, and online communication. Cyberbullying, online predators, and identity theft are all potential dangers that teenagers must be aware of. By being conscious of your digital footprint, practicing responsible online behavior, and safeguarding your personal information, you can mitigate these risks and create a safer online presence.

Furthermore, personal safety contributes to your emotional well-being. When you feel safe, you experience a sense of peace, confidence, and overall mental wellness. It allows you to focus on building healthy relationships, nurturing your self-esteem, and expressing yourself authentically without fear of harm or judgment. By cultivating a safe environment for yourself, you create the space to explore your identity, share your thoughts and emotions, and develop meaningful connections with others.

In summary, personal safety during your teenage years is crucial for your overall well-being and personal growth. It empowers you to take control of your own safety, navigate the challenges of the digital world, and establish healthy boundaries in relationships. By prioritizing personal safety, you create an environment where you can thrive, explore new opportunities, and embrace the transformative journey of adolescence with confidence and resilience.

Understanding Personal Safety

Understanding Potential Risks Teenagers Face!

As a teenager, it is crucial to be fully aware of the potential risks that you may encounter in your day-to-day life. While the world is filled with exciting possibilities, it is equally important to approach it with caution and be equipped to protect yourself. Here are some common risks teenagers face:

1. Cyberbullying and Online Predators: The digital world brings forth many benefits, but it also exposes us to various risks. Cyberbullying, where individuals are targeted and harassed online, and online predators seeking to exploit vulnerable individuals, are significant concerns. It is essential to be mindful of your online presence, safeguard your personal information, and report any suspicious or harmful online behaviour promptly. Remember that you have the right to use the internet safely and responsibly.

2. Substance Abuse: Peer pressure and experimentation with drugs or alcohol are common challenges faced by teenagers. It is crucial to be well-informed about the potential consequences of substance abuse and to make responsible decisions regarding your own well-being. Understanding the risks associated with substance abuse and seeking support from trusted adults or helplines can help you stay safe and make healthier choices in social situations.

3. Peer Pressure and Risky Behaviours: The desire to fit in and be accepted can sometimes lead to engaging in risky behaviours. These may include underage drinking, reckless driving, or participating in dangerous dares. It is important to understand the importance of making independent choices and having the confidence to say no when necessary. Surrounding yourself with supportive friends who respect your boundaries and making decisions based on your own values and well-being can help you navigate peer pressure and avoid unnecessary risks.

4. Personal Safety in Public Spaces: When you are out and about, whether in the city, a park, or other public areas, it is vital to be aware of your surroundings and exercise caution. Knowing how to navigate public spaces safely, identifying potential dangers, and taking preventive measures can significantly enhance your personal safety. Trust your instincts, walk confidently, and stick to well-lit and populated areas when possible. It is also advisable to have a plan in mind, such as using trusted transportation options or informing a friend or family member of your whereabouts. By being proactive and staying vigilant, you can reduce the likelihood of encountering risky situations.

Navigating the teenage years can be an exciting but challenging journey. Understanding and acknowledging the potential risks you may face empowers you to make informed decisions, protect yourself, and seek help when needed. Remember, personal safety is a priority, and by being vigilant, seeking support from trusted adults, and making responsible choices, you can navigate the teenage years with confidence and resilience. Stay aware, stay safe, and remember that you have the right to a secure and fulfilling teenage experience.

Understanding Personal Safety

The importance of being Proactive!

Being proactive about your safety means taking charge of your own well-being and actively seeking ways to minimize risks. It's about adopting a mindset of empowerment and responsibility. Here's why being proactive is so important:

- 1. Building Confidence:** Taking proactive steps to ensure your safety boosts your confidence and self-esteem. When you have the knowledge and skills to handle different situations, you feel more empowered to face challenges head-on.
- 2. Making Informed Decisions:** Being proactive means being well-informed. It involves educating yourself about potential risks and making conscious decisions that prioritize your safety. This includes knowing your boundaries, setting limits, and making choices aligned with your values and personal well-being.
- 3. Cultivating Resilience:** By being proactive, you develop resilience—the ability to bounce back from adversity. It equips you with problem-solving skills and the capacity to adapt to new situations, ultimately enhancing your ability to navigate life's challenges.
- 4. Taking Control:** Being proactive allows you to take control of your safety and not be solely reliant on others for protection. It empowers you to assess situations, make quick judgments, and take necessary actions to stay safe.

Remember, being proactive doesn't mean living in fear; it means being prepared and equipped with the tools to handle different situations confidently. By taking an active role in your personal safety, you're creating a solid foundation for a secure and fulfilling teenage journey.

Situational Awareness

As it applies to teenagers

Situational awareness is a crucial skill for teenagers to develop as it empowers them to navigate the complexities of the modern world and make informed decisions to keep themselves safe. In today's fast-paced and ever-changing environment, being fully present and aware of one's surroundings is paramount. It means actively engaging with the current moment, understanding what is happening around you, and recognizing potential dangers or threats that may arise.

By maintaining situational awareness, teenagers can avoid potential risks and respond effectively to challenging situations. It involves being alert, observant, and perceptive, allowing them to anticipate and prevent potential threats to their safety. When teenagers are aware of their surroundings, they can identify potential hazards, understand the dynamics of a situation, and spot any signs of potential danger.

Being aware of one's surroundings extends beyond mere observation. It encompasses a heightened sense of mindfulness and active engagement with the environment. It means paying attention not only to the physical aspects of the surroundings but also to the social dynamics, people's behaviors, and any unusual or suspicious activities. By understanding the context and dynamics of a situation, teenagers can assess potential risks and make better-informed choices to protect their well-being.

Furthermore, situational awareness helps teenagers develop a sense of control and preparedness. It allows them to navigate unfamiliar environments with confidence and adaptability. By being aware of their surroundings, teenagers can identify escape routes, locate help, and make decisions swiftly and effectively when faced with unexpected circumstances.

Cultivating situational awareness requires practice and conscious effort. It involves developing the ability to shift focus and scan the environment, constantly evaluating and reassessing potential risks. This includes being mindful of their body language and how it communicates to others, as well as staying attuned to their own instincts and intuition. By honing these skills, teenagers can enhance their personal safety and empower themselves to respond proactively to any potential threats or challenges that may come their way.

Remember, situational awareness is not about living in a constant state of fear or paranoia. It is about developing a proactive and empowered mindset that allows teenagers to engage with their surroundings intelligently and confidently. By honing their situational awareness skills, teenagers can embrace their independence, navigate the world safely, and make the most of the opportunities that lie ahead.

Situational Awareness

Avoiding Potential Risks!

Situational awareness plays a crucial role in helping teenagers avoid potential risks. By understanding their surroundings and being aware of potential dangers, they can make better decisions and take proactive steps to stay safe. Here are some ways in which situational awareness can assist teenagers in avoiding potential risks:

- 1. Recognizing Suspicious Behaviour:** Pay attention to people's actions and behaviours. If someone is acting suspiciously or making you feel uncomfortable, trust your instincts and create distance.
- 2. Identifying Exit Routes:** When entering new environments or crowded spaces, take note of emergency exits and alternative escape routes. Knowing your options can help you act quickly and effectively if needed.
- 3. Assessing Personal Safety:** Evaluate your surroundings and assess any potential risks. If you notice a situation that could compromise your safety, consider removing yourself from that environment or seeking help.
- 4. Avoiding Distractions:** Limit the use of mobile devices, particularly when walking or in unfamiliar places. Being absorbed in your phone can distract you from potential dangers and make you an easier target.
- 5. Being Mindful of Personal Belongings:** Keep your belongings secure and within sight. Be cautious of pickpockets or thieves in crowded areas and avoid displaying valuable items unnecessarily.
- 6. Trusting Your Intuition:** Intuition is a powerful tool for self-protection. If something feels wrong or off, trust your gut feelings and take appropriate action to ensure your safety.

Situational Awareness

Practical Tips!

To effectively develop and apply situational awareness, teenagers can incorporate practical strategies into their daily lives. By integrating these tips and techniques, they can enhance their ability to recognize and respond to potential dangers. Let's explore some practical tips that can help teenagers maintain a high level of situational awareness and navigate their surroundings with confidence.

1. Maintain good posture and walk confidently, projecting an image of strength and awareness.
2. Use peripheral vision to observe your surroundings without fixating on one specific area.
3. Listen attentively to the sounds around you, such as footsteps, vehicles, or voices.
4. Avoid isolated or poorly lit areas, especially at night.
5. Stay informed about local news, potential risks, and safety guidelines in your community.
6. Plan your routes and inform a trusted adult or friend about your whereabouts when going out alone.
7. Practice active observation by noting details about people, vehicles, and landmarks in your environment.
8. Trust your instincts and prioritize your safety above all else.

By embracing the concept of situational awareness and employing practical tips to stay alert, teenagers can enhance their personal safety and navigate their daily lives with confidence and resilience. Remember, being aware of your surroundings is not about being paranoid, but about empowering yourself to make informed choices and stay safe.

Prevention Strategies

Strategies for avoiding or escaping dangerous situations.

When it comes to personal safety, it's important to have strategies in place for avoiding or escaping dangerous situations. Here are some effective strategies for teenagers to consider:

- **Trust your instincts:** Your instincts are powerful tools that can alert you to potential danger. If something feels off or uncomfortable, listen to your gut feelings and remove yourself from the situation. Trusting your instincts can help you stay safe.
- **Plan your routes:** Whether you're walking to school, heading to a friend's house, or exploring a new area, it's helpful to plan your routes in advance. Stick to well-lit and populated areas whenever possible. Avoid shortcuts through isolated or unfamiliar places, especially during late hours.
- **Use technology wisely:** While smartphones can be valuable tools, excessive use can be a distraction and hinder your situational awareness. Limit the time spent on your phone when you're out in public, especially when walking or in unfamiliar surroundings. Keep your focus on your surroundings to stay alert and aware.
- **Be aware of social settings:** When attending parties, concerts, or other social events, be mindful of your surroundings. Stay aware of who you're interacting with and the behavior of those around you. If you ever feel uncomfortable or notice potentially risky situations, don't hesitate to remove yourself and seek help if necessary.
- **Develop an emergency plan:** It's essential to have a plan in case of emergencies. Discuss safety measures and emergency procedures with your family or trusted individuals. Identify safe meeting points, emergency contacts, and escape routes. Being prepared can give you confidence and a sense of control in challenging situations.
- **Use self-defence techniques:** Learning basic self-defence techniques can be empowering and provide valuable skills for protecting yourself. Consider taking self-defence classes or workshops that are specifically designed for teenagers. These classes can teach you practical techniques to defend yourself and boost your confidence.

Remember, personal safety is a priority, and being proactive and prepared can greatly reduce your risk of encountering dangerous situations. By adopting these strategies, you can enhance your safety and navigate the world with confidence.

Prevention Strategies

The Importance of setting Boundaries

Setting boundaries is a crucial aspect of personal safety and well-being, especially for teenagers who are navigating the complexities of relationships and social interactions. Boundaries serve as guidelines that define what is acceptable and unacceptable in different situations, and they play a vital role in maintaining healthy relationships and protecting oneself from potential harm.

As a teenager, it's important to recognize that you have the right to establish boundaries that align with your comfort level and values. By clearly communicating your boundaries to others, you establish expectations and let them know how you want to be treated. This can help prevent situations where your personal space, emotions, or values are compromised.

Boundaries can encompass various aspects of your life, including physical boundaries, emotional boundaries, and digital boundaries. Physical boundaries involve setting limits on physical touch, personal space, and actions that make you feel uncomfortable. It's essential to communicate your boundaries clearly and assertively when it comes to physical interactions with others.

Emotional boundaries relate to your feelings, values, and privacy. It's important to recognize that you have the right to your own emotions and opinions, and you don't have to compromise them for the sake of others. Setting emotional boundaries means being aware of your limits, expressing yourself honestly, and seeking support when needed.

In the digital age, establishing digital boundaries is equally crucial. This involves setting guidelines for sharing personal information online, managing social media interactions, and protecting your digital privacy. Understanding the potential risks of sharing personal information online and being mindful of the consequences can help safeguard your well-being and protect you from cyberbullying, online predators, or other digital dangers.

By setting and enforcing boundaries, you take control of your personal safety and well-being. Boundaries provide a framework for healthy relationships and help establish mutual respect. They empower you to make informed decisions about who you allow into your life and how you interact with others.

It's important to remember that setting boundaries is not about being selfish or uncaring. It's about valuing yourself and your needs, as well as respecting the needs and boundaries of others. By setting clear boundaries, you create a foundation for positive and respectful relationships, while also safeguarding your physical and emotional well-being.

In conclusion, setting boundaries is of utmost importance for teenagers. It allows you to establish your limits, protect yourself from potential harm, and foster healthy relationships. By communicating your boundaries assertively and respecting the boundaries of others, you can navigate social interactions with confidence, ensuring your personal safety and well-being.

Prevention Strategies

Peer Pressure!

Peer pressure can extend beyond activities and substance use to include sexual peer pressure, which can significantly impact teenagers' well-being and personal safety. It's essential to understand your personal boundaries and develop strategies to navigate sexual peer pressure effectively. Here are some key points to consider:

1. Know Your Personal Boundaries: Understanding your personal boundaries is crucial when it comes to sexual situations. Take the time to reflect on your values, beliefs, and comfort levels regarding sexual activities. Identify what you are comfortable with and what crosses your boundaries. This self-awareness will help you make informed decisions and assertively communicate your limits.

2. Communicate Clearly and Confidently: Effective communication is vital in navigating sexual peer pressure. Be clear and assertive in expressing your boundaries and expectations. Practice saying "no" when you feel pressured or uncomfortable with a particular situation. Remember that consent should always be enthusiastic, freely given, and respected by all parties involved.

3. Seek Supportive Relationships: Surround yourself with friends and partners who respect your boundaries and support your decisions. Seek out relationships built on trust, mutual understanding, and open communication. Having supportive individuals in your life can provide the encouragement and confidence to assert your boundaries and resist negative influences.

4. Educate Yourself: Knowledge is power when it comes to sexual peer pressure. Educate yourself about healthy relationships, consent, and sexual health. Understanding your rights, the importance of consent, and the potential consequences of engaging in non-consensual or risky behaviors can empower you to make informed choices that prioritize your well-being.

5. Trust Your Instincts: Listen to your gut instincts and trust yourself. If something doesn't feel right or comfortable, it's essential to honor those feelings. Your instincts serve as valuable guidance in assessing potential risks and making decisions aligned with your personal boundaries.

Prevention Strategies

Peer Pressure! - Continued

6. Practice Assertiveness: Developing assertiveness skills is key in navigating sexual peer pressure. Communicate your boundaries confidently, stand up for yourself, and make independent choices that respect your well-being. Remember that it's okay to say "no" and prioritize your comfort and safety

7. Seek Guidance and Support: If you're facing challenges related to sexual peer pressure or struggling to assert your boundaries, don't hesitate to seek guidance from a trusted adult, counsellor, or helpline. They can provide valuable advice, support, and resources to help you navigate these situations effectively.

Understanding and setting your personal boundaries, communicating assertively, seeking supportive relationships, educating yourself, trusting your instincts, practicing assertiveness, and seeking guidance when needed are essential components of navigating sexual peer pressure. By prioritizing your well-being, you can make informed decisions, establish healthy boundaries, and cultivate respectful relationships that honour your personal values and comfort levels. Remember, you have the right to set boundaries and make choices that align with your values and promote your overall safety and well-being.

In conclusion, it is vital to remember that if someone is trying to pressure you into something that you are not comfortable with, then that person does not deserve to be in your life. Your well-being and personal boundaries should always be respected and valued by those around you. Surround yourself with individuals who uplift and support you, and who respect your choices. By staying true to yourself and confidently asserting your boundaries, you can navigate peer pressure and cultivate a fulfilling life that aligns with your values and promotes your happiness and safety. You are in control of your own journey, and it is within your power to create a positive and empowering environment, for yourself.

Safety Tips for Various Environments

Safety Considerations

When it comes to personal safety, being aware of the potential risks and taking appropriate precautions is crucial in various environments. Here are some key safety considerations for different settings:

- 1. School:** At school, it's important to be aware of emergency procedures, such as knowing evacuation routes and understanding how to respond in case of a lockdown or other safety incidents. Report any suspicious activity or bullying to a trusted adult, and ensure you are mindful of your personal belongings to prevent theft.
- 2. Parties:** Parties can be enjoyable, but it's important to stay safe. Always go to parties with trusted friends and let someone know your whereabouts. Keep an eye on your drinks and never leave them unattended. Trust your instincts and avoid situations that make you uncomfortable. If you witness any dangerous behaviour or someone in distress, seek help from a responsible adult or call emergency services.
- 3. Online Spaces:** When navigating online spaces, exercise caution with the information you share. Be mindful of your privacy settings on social media platforms and avoid sharing personal details that could be used against you. Be wary of online strangers and avoid meeting them in person without proper precautions and the presence of a trusted adult. Report any instances of cyberbullying, harassment, or inappropriate behaviour to the relevant authorities or platform moderators.
- 4. Public Transportation:** Utilizing public transportation is a common part of many teenagers' daily routines. Be aware of your surroundings while waiting for or using public transportation. Keep your belongings secure and avoid displaying valuable items that might attract unwanted attention. Stick to well-lit and populated areas, especially during night time travel. If you encounter any suspicious or uncomfortable situations, move to a more public space or notify the transportation staff or authorities.
- 5. Being Alone with Someone You Like or a New Partner:** It's essential to exercise caution and set boundaries when spending time alone with someone you like or a new partner. Communicate your comfort level and ensure that both parties respect each other's boundaries. Trust your instincts and prioritize your safety. If at any point you feel uncomfortable or unsafe, it's important to remove yourself from the situation and seek support from a trusted adult or friend.

Safety Tips for Various Environments

Navigating Risky Situations

Staying safe in various environments involves being proactive and making informed choices. Here are some strategies for navigating risky situations:

- 1. Trust your instincts:** Your instincts are a powerful tool for detecting potential dangers. If something doesn't feel right or makes you uncomfortable, trust your gut and remove yourself from the situation.
- 2. Be cautious about sharing personal information online:** Protect your privacy and personal information when using social media or online platforms. Avoid sharing your home address, phone number, or other sensitive details with people you don't know well.
- 3. Choose your friends wisely:** Surround yourself with friends who respect your boundaries and make you feel safe. Avoid peer pressure and peer groups that engage in risky or harmful behaviours.
- 4. Plan and communicate:** Before heading out or engaging in activities, make a plan and inform someone you trust about your plans, including your expected return time. This way, someone will be aware of your whereabouts in case of any emergencies.
- 5. Stand up for yourself:** Never feel pressured into doing something that makes you uncomfortable or goes against your values. It's important to assert your boundaries and communicate your limits clearly. Remember, if someone is trying to pressure you into something that you're not comfortable with, that person does not deserve to be in your life.
- 6. Avoid risky situations:** Recognize situations that have the potential to escalate or become dangerous. This can include attending unsupervised parties, getting into cars with impaired drivers, going to isolated or unfamiliar places alone, or being alone with someone you don't know well. Making smart choices and avoiding these situations can significantly reduce your risk.
- 7. Seek help when needed:** If you find yourself in a risky situation or feel unsafe, don't hesitate to seek help. Reach out to a trusted adult, teacher, or authority figure who can provide guidance and support.

Remember, your safety is a priority, and by being mindful of potential risks and employing these strategies, you can navigate through risky situations with confidence and make choices that prioritize your well-being.

Self-Defence Techniques

The Law!

Understanding the law around self-defence is essential for teenagers to ensure they stay within legal boundaries while protecting themselves. In the United Kingdom, the law allows individuals to use reasonable force to defend themselves in certain situations. Here are some key points to keep in mind:

1. The "Reasonable Force" Principle: When defending yourself, you are allowed to use a degree of force that is considered reasonable and proportionate to the threat you face. This means that you should only use the minimum amount of force necessary to protect yourself and no more.

2. The "Prevention of Crime" Principle: You are also allowed to use reasonable force to prevent a crime from being committed or to apprehend an offender. However, it's important to remember that the level of force used should still be considered reasonable and proportionate.

3. Assessing the Threat: Before using any force, it's crucial to assess the situation and determine whether there is an immediate threat to your safety. If there is an alternative way to remove yourself from the situation or seek help, it is generally advised to do so.

4. Retreat and Escape: If possible, the law encourages individuals to retreat or escape from a dangerous situation rather than engaging in physical confrontation. This means that if you can safely leave the situation without putting yourself at further risk, it is generally recommended to do so.

5. Post-Incident Assessment: In the event of a self-defence situation, the police and legal authorities will assess the actions taken based on the circumstances. They will consider factors such as the level of threat, the response given, and whether the force used was reasonable and proportionate.

6. Seeking Legal Advice: If you find yourself in a self-defence situation that raises legal concerns, it's important to seek legal advice as soon as possible. An experienced solicitor can provide guidance specific to your situation and help you understand your rights and responsibilities under the law.

It's worth noting that every self-defence situation is unique, and the law can be complex. It is always advisable to familiarize yourself with the specific laws and regulations of your country or region and seek legal advice when necessary. Remember, self-defence should be seen as a last resort when all other options for personal safety have been exhausted.

Self-Defence Techniques

Basic Self-Defence

Self-defence is a crucial skill for teenagers to possess, and there are a few basic techniques that can be used to protect oneself in threatening situations. Kapap-Krav Maga, a self-defence system developed for the Israeli Defence Forces, has proven to be highly effective and is now widely used by law enforcement agencies and civilians around the world.

Here are six basic techniques that teenagers can use to defend themselves:

- **Palm Strike:** The palm strike technique involves using the palm of your hand to strike the attacker's nose, jaw, or throat. This is a powerful move that can stun the attacker and give you a chance to escape.
- **Elbow Strike:** This technique involves striking the attacker with your elbow. The elbow can be used to strike the attacker's chin, nose, or jaw. This technique is especially effective in close-range situations.
- **Knee Strike:** In this technique, you use your knee to strike the attacker's groin. This is a powerful move that can incapacitate the attacker and create an opportunity for escape.
- **Eye Gouge:** This technique involves using your fingers to gouge the attacker's eyes. This can be an effective way to disorient the attacker and create an opportunity for escape.
- **Wrist Release:** If an attacker grabs your wrist, this technique can help you escape their hold. By using a twisting motion and leverage, you can free yourself from the attacker's grip.
- **Grab Escapes:** These techniques involve rotating your arm in a big circular motion while twisting your body through 90 degrees at the same time. These moves can help you break free from an attacker's grip.

It's important to remember that these techniques should only be used as a last resort, and your primary goal should always be to escape safely. At The Black Belt Foundation, we specialize in teaching teens self-defence using practical Kapap-Krav Maga techniques that are effective in real-life situations.

Self-Defence Techniques

Basic Self-Defence

Here are some techniques that can help you defend yourself against common attacks:

- **Being Hit:** When an attacker throws a punch, use your forearm to block the punch and move your body away from the punch at a 45-degree angle. This helps you avoid the full impact of the punch and creates space to counterattack or escape. If you're blocking with one arm, move forward and away from the punch at a 45-degree angle. If you're blocking with two arms, move towards the punch at a 45-degree angle to meet it.
- **Chokes:** If someone tries to choke you, use both hands to grab their wrist and push their arm away from your neck. Then, strike the attacker with your free hand.
- **Grabs:** If someone grabs you from behind, stomp on their foot, turn your body to face them, and strike them with your elbow. Alternatively, you can grab their hand and use your other hand to strike their face or groin.
- **Bear Hugs:** If someone tries to bear hug you, drop your weight and widen your stance to make it harder for them to lift you off the ground. Then, strike them with your elbow or knee.
- **Strangle Escape:** This technique involves stepping back and turning 90 degrees while raising your arm overhead and smashing down on the assailant's forearms as you step/turn.

It's important to remember that the goal of self-defence is not to engage in a fight, but to protect yourself and escape to safety as quickly as possible. The Black Belt Foundation has developed a signature concept move to simplify blocking, and Kapap-Krav Maga teaches you to be aware of your surroundings, anticipate potential attacks, and use efficient and effective techniques to defend yourself. By learning these techniques, you can improve your self-defence skills and protect yourself from harm.

Self-Defence Techniques

Prevention and Evasion

While self-defence techniques can be empowering, it's important to remember that physical force should always be a last resort. The best way to stay safe is by focusing on prevention and evasion strategies. Here's why it's crucial to prioritize these approaches:

- 1. Minimizing Risk:** Prevention and evasion strategies aim to minimize the risk of encountering dangerous situations altogether. By being aware of potential risks, making informed decisions, and avoiding risky environments, you significantly reduce the likelihood of needing to resort to physical force.
- 2. Personal Safety:** Your safety is paramount, and prevention strategies provide a proactive approach to protecting yourself. By taking steps to assess and address potential threats in advance, you can create a safer environment for yourself and reduce the need for physical confrontation.
- 3. Legal Considerations:** Understanding the legal implications of self-defence is crucial. While you have the right to defend yourself, using physical force carries legal responsibilities and potential consequences. By prioritizing prevention and evasion, you minimize the chances of being involved in a situation where the use of force becomes necessary.
- 4. Emotional Well-being:** Engaging in physical altercations can have long-lasting emotional and psychological impacts. By focusing on prevention and evasion, you can maintain a sense of control, confidence, and peace of mind. This empowers you to make informed choices and take proactive steps to keep yourself safe.
- 5. Empowering Alternatives:** Prevention and evasion strategies provide you with a range of empowering alternatives to physical force. These can include recognizing warning signs, trusting your instincts, practicing assertiveness, seeking help from authorities or trusted individuals, and utilizing de-escalation techniques.

Remember, the goal of self-defence is not to engage in physical confrontations, but rather to prioritize your personal safety and well-being. By adopting prevention and evasion strategies, you can effectively minimize risks, make informed decisions, and maintain control over your own safety. By focusing on proactive approaches, you empower yourself to navigate potentially dangerous situations with confidence and resilience."

Building Healthy Relationships

The importance of Healthy Relationships

Building and maintaining healthy relationships is crucial for your overall well-being, mental health, and social acceptance. Here's why healthy relationships matter:

- **Emotional Well-being:** Healthy relationships provide support, love, and companionship, contributing to your emotional well-being. They create a positive environment where you can share your thoughts, feelings, and experiences without fear of judgment or mistreatment.
- **Mutual Respect:** Healthy relationships are built on mutual respect, where both individuals treat each other with kindness, empathy, and consideration. Respect ensures that your boundaries, opinions, and values are acknowledged and valued.
- **Growth and Development:** Healthy relationships support personal growth and development. They encourage you to pursue your goals, dreams, and passions, while also providing a nurturing environment for self-improvement. Through supportive relationships, you can enhance your self-esteem, confidence, and resilience.
- **Positive Influence:** Healthy relationships positively influence your mindset, behaviours, and outlook on life. They inspire you to become the best version of yourself and encourage healthy habits, such as effective communication, problem-solving, and conflict resolution skills.
- **Social Support:** Healthy relationships provide a network of social support, allowing you to seek guidance, advice, and encouragement during challenging times. Having trusted individuals who genuinely care about your well-being can alleviate stress, loneliness, and isolation.

Building Healthy Relationships

10 Warning Signs of Unhealthy Relationship!

While it's important to build healthy relationships, it's equally important to recognize warning signs or red flags that indicate an unhealthy dynamic.

Here are ten warning signs to be aware of:

- 1. Lack of respect:** Disregarding your boundaries, opinions, or feelings.
- 2. Controlling behaviour:** Attempting to manipulate or control your actions, decisions, or social interactions.
- 3. Verbal or physical abuse:** Engaging in name-calling, insults, or physical violence.
- 4. Constant criticism:** Frequent belittling, demeaning remarks, or undermining your self-esteem.
- 5. Isolation:** Attempting to cut you off from your friends, family, or support systems.
- 6. Unreasonable jealousy:** Exhibiting possessiveness or excessive jealousy.
- 7. Lack of trust:** Constantly doubting your loyalty or honesty without valid reasons.
- 8. Disregard for your well-being:** Ignoring your physical, emotional, or mental needs.
- 9. Lack of communication:** Refusing to engage in open, honest, and respectful communication.
- 10. Gaslighting:** Manipulating your perception of reality or making you question your own sanity.

Building Healthy Relationships

Don't lose your own identity

In a healthy relationship, it's essential to maintain your own identity and independence.

Here's why it matters:

- **Self-Empowerment:** Maintaining your identity ensures that you retain a sense of self-worth, confidence, and autonomy. It allows you to pursue your own interests, dreams, and goals, which contribute to personal growth and fulfillment.
- **Balanced Dynamics:** By maintaining your identity, you contribute to creating a balanced relationship where both individuals are respected as separate individuals with their own needs, desires, and boundaries.
- **Healthy Boundaries:** Maintaining your identity helps establish and uphold healthy boundaries within the relationship. It ensures that your values, beliefs, and personal space are respected and not compromised.
- **Personal Fulfilment:** Having a sense of individuality and pursuing your passions outside the relationship contributes to personal fulfillment. It adds depth to your life experiences, boosts self-esteem, and prevents co-dependency.
- **Effective Communication:** Maintaining your identity encourages open and effective communication within the relationship. It allows you to express your thoughts, needs, and concerns without fear of losing yourself in the process.
- **Bullet Proofing:** Maintaining your own identity acts as a form of bullet proofing within a relationship. By staying true to yourself, you are better equipped to protect your well-being and maintain your emotional resilience. In the event of a breakup or relationship challenges, having a strong sense of self allows for faster recovery and the ability to move on. Your individual identity serves as a foundation of strength, helping you navigate difficult situations and make decisions that align with your values and aspirations. It empowers you to prioritize your own happiness and growth, even when faced with relationship changes. By keeping your own identity intact, you build a sense of self-reliance and adaptability that supports you in moving forward with confidence and embracing new opportunities.

Remember, healthy relationships are built on mutual respect, trust, effective communication, and the ability to maintain your individuality. Being aware of warning signs and nurturing your own identity within a relationship are key to fostering a healthy, supportive, and fulfilling friendships and partnerships.

Cybersecurity and On-Line Safety

Risks with Social Media & On-line

In today's digital age, social media and online platforms offer numerous benefits and opportunities for connection. However, it's important to be aware of the risks associated with these platforms.

Here are some common risks:

1. Cyberbullying: One of the significant risks of social media is cyberbullying. It involves the use of digital platforms to harass, intimidate, or harm others. Cyberbullying can have severe emotional and psychological effects on individuals. It's crucial to be mindful of your online interactions, treat others with respect, and report any instances of cyberbullying.

2. Privacy and information security: Sharing personal information online can expose you to privacy risks. Be cautious about the information you share, such as your full name, address, phone number, or sensitive details. Ensure that your privacy settings are appropriately configured to limit access to your personal information.

3. Online predators and scams: The internet can attract individuals with malicious intent. Online predators may attempt to exploit vulnerable individuals, especially teenagers. It's important to be cautious when interacting with strangers online and avoid sharing personal information or meeting them in person. Additionally, be aware of common online scams and avoid sharing financial or sensitive information with untrusted sources.

Cybersecurity and On-Line Safety

Tips to protect yourself On-Line!

In the digital world of social media and online platforms, there are potential risks to be aware of. Cyberbullying, privacy concerns, online predators, and scams are among the risks associated with being online. It's crucial to take proactive steps to protect yourself and ensure a safer online experience.

- 1. Think before you post:** Consider the potential consequences of your online posts and avoid sharing anything that may be harmful, offensive, or compromising. Remember that once something is posted online, it can be challenging to completely remove it.
- 2. Use strong and unique passwords:** Create strong passwords for your online accounts and avoid using the same password for multiple platforms. Regularly update your passwords to enhance security.
- 3. Configure privacy settings:** Review and adjust the privacy settings on your social media accounts to control who can view your posts, personal information, and photos. Limit the visibility of your content to trusted friends and acquaintances.
- 4. Report and block cyberbullying:** If you experience cyberbullying or witness others being targeted, report the incidents to the platform administrators. Use the block or mute features to restrict further communication from the offenders.
- 5. Be cautious with friend requests and online interactions:** Only accept friend requests from individuals you know and trust. Avoid engaging in conversations or sharing personal information with unknown individuals.
- 6. Educate yourself about scams:** Stay informed about common online scams and be skeptical of unsolicited messages or requests asking for personal or financial information. If something seems too good to be true, it probably is.
- 7. Maintain open communication:** Talk to a trusted adult or friend about any concerns or incidents you encounter online. They can provide guidance and support in dealing with online risks and help you navigate challenging situations.

By implementing these tips, you can protect yourself from potential risks, maintain your online safety, and enjoy a positive and secure online experience.

Seeking Help and Support

who can you go to?

Seeking help and support is an essential aspect of maintaining your well-being and safety.

Remember, you don't have to face challenges alone. There are numerous resources and trusted individuals who can offer assistance. Here are some options to consider:

1. Trusted Adults: Reach out to trusted adults in your life, such as parents, guardians, teachers, or school counsellors. They can provide guidance, offer support, and help you navigate difficult situations.

2. Helplines: There are helplines available in the UK that offer confidential support and advice for teenagers. These helplines are staffed with trained professionals who are there to listen and provide assistance. Some helplines you can contact include:

- Childline: A helpline for children and young people in the UK, providing support on a range of issues. You can contact Childline at 0800 1111 or visit their website.
- NSPCC: The National Society for the Prevention of Cruelty to Children offers support, advice, and protection for children and young people. You can contact NSPCC at 0808 800 5000 or visit their website.

3. Martial Art Instructors: If you are part of a martial arts community, your instructors can be valuable sources of support. All martial art instructors should be DBS (Disclosure and Barring Service) checked, ensuring a safe and secure environment. They can provide guidance, help build your self-confidence, and offer advice on self-defence techniques.

5. Parents of Best Friends: Sometimes, talking to the parents of your best friends can provide an additional support network. They may offer guidance, lend a listening ear, or provide a different perspective on challenging situations.

6. Online Resources: There are various online resources available specifically designed for teenagers. These resources can provide information, advice, and support on a wide range of topics, including mental health, relationships, and personal safety. Examples include websites like The Mix (www.themix.org.uk) and YoungMinds (www.youngminds.org.uk), which offer valuable information and guidance.

Remember, seeking help is a sign of strength, and there are people who genuinely care about your well-being and want to support you. Don't hesitate to reach out to them when you need assistance.

Conclusion

Take Action

In conclusion, we have covered a range of important topics and strategies to help you stay safe as a teenager. Let's recap the key points discussed throughout this booklet:

- We highlighted the significance of personal safety and the potential risks teenagers may face in various environments, including online spaces, parties, and public transportation.
- We emphasized the importance of being proactive and practicing situational awareness to recognize and avoid potential dangers.
- We explored prevention strategies such as setting boundaries, dealing with peer pressure, and maintaining healthy relationships.
- We provided guidance on seeking help and support, including trusted adults, helplines, martial art instructors, and the parents of your best friends.
- We discussed the UK law regarding self-defence, stressing the importance of using physical force as a last resort.
- We emphasized the value of building healthy relationships while maintaining your own identity, and the warning signs of unhealthy relationships.
- We addressed the risks associated with social media and online activities, including cyberbullying, and provided tips to prevent these risks.
- We highlighted the significance of taking responsibility for your safety, making informed decisions, and prioritizing your well-being.

As a teenager, it is essential to recognize that you have the power to shape your own safety and well-being. By taking responsibility for your actions and staying informed, you can make choices that protect you from potential harm. While it is important to embrace your independence and enjoy your teenage years, it is equally vital to prioritize your safety and well-being.

Remember, staying safe is not about living in fear but being prepared and informed. Trust your instincts, seek support when needed, and make informed decisions that prioritize your safety. By applying the knowledge and strategies shared in this booklet, you can navigate the challenges and enjoy your teenage years to the fullest while staying safe.

Wishing you a safe and fulfilling journey ahead!

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Thank you for taking the time to read this booklet - i hope you enjoyed it and found it useful?

If you have any questions or constructive feedback please contact me at "info@tbbf.co.uk".

If you are interested, there are two further booklets in this series:

- She is Safe! - A Womens guide to staying safe & confident in daily life
- They're Safe! - A parent's guide to keeping children Safe