

# Stranger Safety Conversation Guide

Help your child practice safe choices using Stance, Speed, and a Loud & Clear Voice



Name: \_\_\_\_\_

Week of: \_\_\_\_\_

## 1 MY SAFE PEOPLE

A safe person is someone I can go to for help.

My safe people are:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Safe people may include:

- Parent / Guardian
- Teacher
- Coach
- Grandparent
- Neighbor my parent trusts
- Police officer / firefighter
- Other: \_\_\_\_\_

## 3 WHAT I CAN SAY

Practice saying these with a Loud & Clear Voice:

- No!
- Stop!
- I don't know you!
- I need help!
- I need to ask my parent!
- I don't go anywhere without permission!
- That is not okay!
- Leave me alone!

## 5 PARENT TIP

Keep this conversation calm and simple. The goal is not to scare kids. The goal is to help them practice what to do.

When practicing, look for:

- Strong stance
- Fast movement toward safety
- Loud & Clear Voice
- Going to a safe adult
- Telling the truth about what happened

Helpful parent phrases:

- "Show me your strong stance."
- "Use a voice people can hear."
- "Where would you go for help?"
- "Who are your safe adults?"
- "Remember, you can always tell me."

## 2 THE 3 PARTS OF SELF-DEFENSE

At Horizon ATA, we practice three important parts of self-defense:

### STANCE



I stand strong and create space.

- Put my feet in a strong position
- Keep my hands up to create space
- Look confident
- Stay aware of what is around me

### SPEED



I move quickly to safety.

- Move away from danger
- Get back to my parent or trusted adult
- Go toward a safe place
- Act quickly instead of freezing

### VOICE



My voice must be Loud & Clear!

- Say "No!" with confidence
- Say "Stop!" loudly
- Ask for help right away
- Use words that other people can hear and understand

## 4 SAFETY SCENARIOS

Talk through each situation with a parent or trusted adult.

Practice: Stance — stand strong | Speed — move to safety | Voice — use a Loud & Clear Voice | Safe Adult — find someone who can help

Situation	What should I do?
Someone I do not know offers me candy.	
Someone asks me to help find a lost pet.	
Someone says, "Don't tell your parents."	
Someone asks me to leave the place I am supposed to stay.	
Someone makes me feel uncomfortable or unsafe.	

## ★ WANT MORE PRACTICE?

Want more practice with Stance, Speed, and a Loud & Clear Voice? Learn more about age-appropriate self-defense training at Horizon ATA Martial Arts.

★  
➤ Live a Life You Are Proud Of! ✨