

Wakefield and Stoneham Police

Offer

Summer Camp for Kids

August 14-18th or August 21-25 from 9am to 2pm

Ages: 8-12 years old

Galvin Middle School: Wakefield, MA

Contact: Ktobyne@wakefieldpd.org

Email: You're Name, Kid(s) name and age, home address, phone number and week of preference.

The day of Friday Graduation an Adult needs be to there for 10am till 12:30pm.

Enrollment will be open for a few weeks depending on the amount of interest. Confirmation email will be sent confirming we got your information although does not mean you are in the program. A second email will be sent to you in regards to your enrollment status.

The Program will include

***RAD Kids**

***Local Law Enforcement agencies demonstrations**

***Importance of community**

***Graduation**



Wakefield/Stoneham Police

2017 Summer Camp

When your child attends the Wakefield/Stoneham Police Summer Camp, one of the fun things they will do is participate in the radKIDS® program. The radKIDS® program is based on the foundation of a structured educational curriculum that includes realistic physical skills to escape attack or abduction. radKIDS® believes that effective safety education is greatly enhanced when a parent takes an active role in the education process. radKIDS® classes are designed to encourage parent interaction through activity and exercise.

We strongly encourage that a parent, guardian or trusted adult stay from 9am to 11am to participate in this important part of the camp.

More information on the program can be found at radkids.org or by contacting me at Ktobyne@wakefieldpd.org

Police Summer Camp 2017
Wakefield Police and Stoneham Police
Permission Slip

My son or daughter, _____, has my permission to participate in the Wakefield and Stoneham Police Department's Summer Camp Program in Wakefield, MA. I understand that this program will involve physical activity, including exercises and running, both indoors and outdoors, which may result in personal injury. I also understand that the Wakefield/Stoneham Police Department's may take photographs of my child(ren) as they participate in the program, and the photographs may be used in press releases and promotional materials and posted on the websites of said departments.

I hereby (a) authorize my child to participate fully in all such activities; (b) release the Towns of Wakefield and Stoneham, including said police department (the "Town") from any and all claims, liabilities, suits, damages or expenses (including costs and attorneys' fees) (collectively, "Claims") arising or resulting from the actual or alleged negligence of the town's personnel (excepting only gross negligence or intentional or reckless misconduct), including any injury, damage, death or other loss in any way connected with my child's participation in said program; (c) agree not to commence any action against the Town(s) for any such Claims; and (d) authorize my child to be photographed in connection with the said program which may be used as described above.

Signature of Parent or Guardian

Print name

Date



radKIDS PARENTAL CONSENT FORM

I _____, authorize my son / daughter,
_____ to attend the upcoming self esteem and personal empowerment safety education program offered by radKIDS, Inc. at _____, on _____.

My signature below hereby acknowledges to radKIDS, Inc. and its radKIDS Instructor or Instructors:

That my son/daughter and I are aware of the physical nature and possible risks of injury incident in taking this practical course in personal safety; That he/she is physically fit to participate in this course, involving various physical techniques; and, we realize that such techniques cannot be successfully employed in every situation, and proficiency can only be achieved through continued practice, exercise of good judgment, and a person's natural ability.

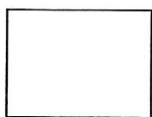
I also understand that sensitive subject matter will be discussed and is in the Parent's Manual for my review.

My signature also releases radKIDS, Inc., and its radKIDS Instructor or Instructors, and sponsor, and agrees to hold them harmless, from any liability for injury that may be incurred as a result of this course, or use of the strategies within.

I HAVE READ THE ABOVE WAIVER AND RELEASE. I UNDERSTAND THAT THERE ARE PHYSICAL SKILLS AND ACTIVITIES IN THIS PROGRAM. I SIGN IT VOLUNTARILY.

Signature _____ Date _____
(Parent or Legal Guardian)

Phone: _____ Email: _____



The initializing of this box also grants permission for my child's picture to be taken for the purpose of the graduation certificate and/or general media or press release from the radKIDS program.

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radKIDS
WELLNESS INFORMATION FORM

Child's Full Name: _____
Address: _____
City: _____ State: _____ Zip: _____
Height: _____ Weight: _____ Gender: _____ Age: _____
Date of Birth: _____

In case of emergency please contact:

Name: _____
Phone: _____
Relationship: _____

Confidential Medical History

1. Date of child's most recent medical examination _____

2. Does he/she feel fine, without restriction? Yes _____ No _____

If no, please describe: _____

3. Has he/she ever been hospitalized or treated for an injury?

Yes _____ No _____

If yes, please describe: _____

4. Has he/she ever been injured and not received medical attention?

Yes _____ No _____

If yes, please describe: _____

5. Does he/she have any current medical conditions which are currently being treated? Yes _____ No _____

If yes, please describe: _____

6. Is he/she currently using any prescription drugs?

Yes _____ No _____

If yes, please describe: _____

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7. Does he/she have: Any known allergies Yes _____ No _____
Difficulty breathing Yes _____ No _____
High blood pressure Yes _____ No _____
Diabetes Yes _____ No _____

If yes, please describe: _____

8. How frequently does he/she exercise? _____

What type of exercise? _____

9. Has he/she ever been involved in self-defense or Martial Arts Training?

Yes _____ No _____

If yes, please describe: _____

10. Please describe your perception of his/her current fitness level:

Parents/Guardian Phone: _____

Email: _____

The above information is complete, true and accurate to the best of my knowledge.

Signature of Parent/Guardian

Instructor's check

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radKIDS REWARDS

Rewards for appropriate behavior will be given at the end of each class. Some possible rewards are Stickers, Certificates, and/or Grab bag treats.

radKIDS DISCIPLINE

Below are the steps that will be taken if a child chooses not to follow a rule:

1st Offense: Child will receive a warning and his/her name will be written on the board or flip chart.

2nd Offense: Child will be given a time out and a check mark will be placed next to his/her name.

3rd Offense: Child will be given one more time out and a second check mark will be placed next to his/her name.

4th Offense: Child will not be allowed to further participate in that day's class and parent will be contacted.

For severe disruptions such as fighting or hitting* the child's parents will be contacted and the child will not be allowed to continue participating in that day's class.

**Please explain to your child that there will be a time when he/she is asked to hit padded targets and at those times hitting is OK.*

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Please sign and return.



I have reviewed the radKIDS Rules, Rewards and Discipline Procedures

With _____
(Child's name)

Signature _____
(Parent or Legal Guardian)

Date _____

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Daily Agenda

RAD Kids every morning 9:30 to 11:30

See Detailed Daily Schedule

11:30 to 12:00 Lunch

Afternoons Activities:

Monday: Environmental Police Animals

Tuesday: Police and Fire Station Tours

Wash the Cruiser Fire Trucks (Get wet and eat freeze pops)

Wednesday: Detectives and K9 Demo

**Thursday: Be a detective and find the missing
person**

*Putting everything they have learned all week and using the clues at
each spot.*

Friday

Rad Kids Simulations (Parents Involvement)

*Graduation (Wakefield and Stoneham Chiefs or Designees)
and Pizza*

Monday Day 1



8-12 Program

DAY ONE

◆ PAPERWORK

- Collect signed forms
 - Parental Consent
 - Wellness
 - Rules/Rewards/Discipline

- Hand out Manuals to parents and kids
- ☆ Have kids work on Word Search activity while giving briefing to parents
- ☆ Have kids do Name Tag exercise
- ☆ Attendance : SIGN IN

◆ INTRODUCTIONS

- Introduce Instructor(s) and kids
- Review Three Principles all radKIDS know

◆ ESTABLISH ROUTINE

- What you do when you come to class each day:

HAVE THE KIDS

- ☆ Put their stuff (coats, etc.) here
- ☆ Get their name tag here and sign in
- ☆ Sit here and wait quietly for start of class
- Take attendance or Sign In Drill
- Daily objective: What we will learn today?

◆ WHAT ARE WE GOING TO DO TODAY?

- Meet the radKIDS cast
- Talk about the class rules
- Definitions
- Learn about:
 - 9-1-1
 - Strangers and tricks
 - Verbal and physical resistance

Instructor Note:

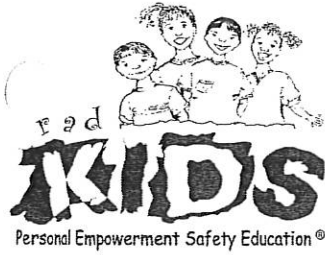
~ For 8-12 year olds, Teach them as if they know everything, but assume they know nothing.

~ The instructor is the Alpha Leader.

~ Gender issues become more evident with this age group.

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◆ MEET THE radKIDS CAST

- Introduce Corey, Jennifer, Sam and Jazz
- Definition: radKIDS are cool kids that don't let anyone hurt them (FM 1-3)

◆ RULES

- Go over the rules 1-12 (FM 4)
- Check for Parental form: Rules, Rewards and Discipline

◆ DEFINITIONS

- 3 things every radKID knows (FM5-6)

radKIDS Plans

- Definition of radKIDS Plan (FM 7)
- What is an emergency? (FM 7)
- 9-1-1 definition (FM 8)
- ✦ Drill On The Fly: 9-1-1 (FM 8) (video example in Instructor Only Section website)
- ✦ Drill On The Fly: 9-1-1- with Running (FM 8)(video example in Instructor Only Section website)
- ✦ Homework: 9-1-1 Cell Phone (FM 9). What makes them different.

Escape Routes

- Definition: Example Fire Safety (FM 9)
- Explain danger and safety
- ✦ Drill On The Fly: Escape Routes To Safety (FM 9) (video example in Instructor Only Section website)

Strangers

- Definition (FM 10)
- ✦ Conversation Drill: Hat "Am I A Stranger?" (FM11)

Tricks

- Definition (FM 11)
- ✦ Drill On The Fly: Initial Password (FM11) (video example in Instructor Only Section website)

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Equipment Needed

- ✓ Blocking Pads
- ✓ Square Target
- ✓ radKIDS Dummy

Private Parts

- Definition (FM 12)
- We will talk more about them later in the program
- Direct parents present to read manual section

Personal Space/Personal Touch/Unwanted Touch

- Definition (FM13)
- We will talk more about them later in the program
- Direct parents present to read family manual

◆ **BEGIN VERBAL & PHYSICAL RESISTANCE** (RESOURCE: INSTRUCTOR DVD)

- radKIDS Stretch
- Verbal Resistance
- radKIDS Stance
- Same Side Blocking
- Peppering Eyes
- Head Butts (front and back) NO DYNAMIC IMPACT.

◆ **WRAP UP**

- What is our radKIDS Plan if... (9-1-1 box FM 14)
- Review Three Principles all radKIDS know

◆ **HOMEWORK ASSIGNMENTS**

✍ Cell Phones

Remind children to ask their parent to show them how to use their cell phone in an emergency. Remind them to power off before they practice!

✍ Passwords

Refer parents to radKIDS On...**Passwords**.

Tell the children to sit down with their parents and come up with a password.

◆ **REWARD DISTRIBUTION**

- ★ Optional Drill On The Fly: Password Drill escape to parents

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Tuesday Day 2



8-12 Program

DAY TWO

◆ ROUTINE

- Put away stuff
- Name tags
- Sign-In
- Sit and wait quietly for start of class
- ☆ Letter Mix Up activity sheet

◆ REVIEW

- Review Three Principles all radKIDS know
- Review Day One questions and homework
- ☆ Should I Dial 9-1-1 activity sheet

◆ WHAT ARE WE GOING TO DO TODAY?

- Learn about School Safety
- Learn about Home Safety
- Learn more about Physical Defense

◆ SCHOOL SAFETY

- Go through all bullets in Informal Exchange (FM 15-16)
- ☆ Decode the Message activity sheet (Optional or use Day 3)
- ★ **Drill On The Fly: Password, School Context (FM 15)**
(video example in Instructor Only Section website)
- ★ **Conversation Drill: Drugs** (FM 16)
- ★ **Drill On The Fly: Drugs-No/ Run/Tell** (FM 16)
- ★ **Conversation Drill: Teasing/Bully** (FM 16)
- ★ **Drill On The Fly: Bullying Prevention (Block, Run, Tell)** (FM 16)
(video example in Instructor Only Section website)

◆ HOME SAFETY

- Go through all bullets in Informational Exchange (FM 17-22)
- ★ **Demonstration Drill: Opening Doors To Strangers** (FM 18)
(video example in Instructor Only Section website)
- ★ **Conversation Drill: Poisons** (FM 19)
- ★ **Drill On The Fly: Gun Safety** (FM 19) *(video example in Instructor Only Section website)*
- ★ **Drill On The Fly: Outlet Cover** (FM 20)
- ★ **Drill On The Fly: Stop, Drop and Roll** (FM 21) *(video example in Instructor Only Section website)*
- ★ **Drill On The Fly: Low Crawl** (FM 21) *(video example in Instructor Only Section website)*

Refer Parents To radKIDS ON- Gun Safety

Instructor Note:

For *Opening Doors to Strangers:*

Be sure to prepare the student volunteer!

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◆ **PHONE SAFETY**

- What is your plan with an adult on the phone?
- Texting/pictures.

◆ **INTERNET SAFETY**

Refer parents to radKIDS ON... **Plugged In**

Refer parents to radKIDS ON... **On Line Safety Contract**

Refer parents to radKIDS ON... **Cyberbullying**

Refer parents to radKIDS ON... **NetSmartz**

✦ **Drill on the Fly: Make a Web**

◆ **OUTSIDE SAFETY**

- What's in the garage?
- Outside machinery
- radKIDS rule: When there is a car coming into driveway-
radKIDS get out of the driveway.

◆ **WATER SAFETY**

Refer parents to radKIDS On... **Water Safety**

◆ **VERBAL & PHYSICAL RESISTANCE**

(RESOURCE: INSTRUCTOR DVD)

- radKIDS Stretch
- Review Physical (Verbal, Stance, Blocking, Peppering, Head Butts)
- Stance with Movement
- Proper Fist
- Hammer Fist (High and Low)
- Elbow Strikes (High, Braced, Forward & Reverse)
- Knee Strikes

◆ **WRAP UP**

- What is our radKIDS Plan if...(FM 17 &24)
- Review Three Principles all radKIDS know

◆ **HOMEWORK ASSIGNMENT**

-  NetSmartz
-  Cell Phone
-  Fire Safety

Refer parents to radKIDS On...**Fire Safety**. Instruct the children to create a fire safety plan for the family with their parents. They should have 2 ways that they can get out of their bedroom safely in the event of a fire, and a safe place for the family to meet after they all escape from the house. The students should draw a picture of the house and the safe meeting place, and they will be asked to show it to everyone at the next class. Encourage all families to practice the fire escape plan and meet at the designated safe place.

◆ **REWARD DISTRIBUTION**

- ✦ Optional Drill On The Fly: Wrist Grab/Hammer Fist Response Scenario with children running to parent for safety

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Wednesday Day 3



8-12 Program

DAY THREE

◆ ROUTINE

- Put away stuff
- Name tags
- Sign-In
- Sit and wait quietly for start of class
- ★ Thumb Up/Thumb Down (Home Safety Review) activity sheet

◆ REVIEW

- Review Three Principles all radKIDS know
- Review Day Two questions and homework
- What is our radKIDS Plan if... (FM 23 & 24)

◆ WHAT ARE WE GOING TO DO TODAY

- Learn about Out and About Safety
- Learn more about Physical Resistance

◆ OUT-AND-ABOUT SAFETY

- Go through all information in Informal Exchange (FM 25-32)
- ★ Drill on The Fly: Sight, Sound, Distance (FM 25)
- ★ Drill On The Fly: Out And About Stranger Tricks (FM 27-29)
(video example in Instructor Only Section website)
- ★ Drill On The Fly: Dog Puppet Defense Freeze (FM 30)
- ★ Drill On The Fly: Biting Dog Puppet Defense (FM 30)
(video example in Instructor Only Section website)
- ★ Drill on The Fly: Cashier Drill/Lost in Store (FM 25)
- ★ Drill on The Fly: Store Safety (FM 26)
Nothing more important than YOU! (video example in Instructor Only Section website)

Equipment Needed

- ✓ Blocking Pads
- ✓ Kicking Pad
- ✓ Super Shins
- ✓ radKIDS Dummy

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◆ **VERBAL & PHYSICAL RESISTANCE**
(RESOURCE: INSTRUCTOR DVD)

- radKIDS Stretch
- Review Physical (Verbal, Stance with and without movement, Blocking, Peppering, Head Butts, Hammer, Elbows, Knees)
- Shin Kicks
- Toe and Heel Kicks
- Sweep Kick
- Wrist/Arm Grabs and Response

◆ **WRAP UP**

- What is our radKIDS Plan if... (FM 31 & 32)
- Review Three principles all radKIDS know

◆ **REWARD DISTRIBUTION**

- ★ Optional Drill On The Fly: *Response Scenario with children running to parent for safety*

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Thursday Day 4



8-12 Program

DAY FOUR

◆ ROUTINE

- Put away stuff
- Name tags
- Sign-In
- Sit and wait quietly for start of class
- ☆ Fill in the Blanks activity sheet

◆ REVIEW

- Review Three principles all radKIDS know
- What is our radKIDS Plan if... (FM 31-32)

◆ WHAT ARE WE GOING TO LEARN TODAY

- Vehicle Safety
- Personal Space/Personal Touch
- Physical Resistance

◆ VEHICLE SAFETY

- Go through all information in Informal Exchange (FM 33-38)
- ✦ Drill On The Fly: *Playing In Street* (FM 33)
- ✦ Drill On The Fly: *School Bus Safety* (FM34)
- ✦ Demonstration Drill: *Seat Belt Safety with Egg* (FM34)
- ✦ Demonstration Drill: *Riding In Cars* (FM34)
- ✦ Drill On The Fly: *Bicycle Safety* (FM 35)
- ✦ Drill On The Fly: *Strangers In Cars Letter Trick* (FM36) (video example in Instructor Only Section website)

◆ PERSONAL SPACE/PERSONAL TOUCH OR UNWANTED TOUCH

- Discussion & *Sam's Secret* story (FM 40-45 & published book)

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Equipment Needed

- ✓ Super Shins
- ✓ Blocking Pads
- ✓ Extended Square Target
- ✓ radKIDS Dummy
- ✓ Kicking Pad

◆ VERBAL & PHYSICAL RESISTANCE

(RESOURCE: INSTRUCTOR DVD)

- radKIDS Stretch
- Review Physical (Verbal, Stance with and without movement, Blocking, Peppering, Head Butts, Hammer, Elbows, Knees, Shin Kicks, Toe/Heel Kicks, Sweep Kick)
- Shin Scrapes/Heel Stomps
- Introduce equipment from suit (Super Shins, Helmet, Lap guard/Diaper)
- Stations Drill (optional) (*video example in Instructor Only Section website*)

◆ WRAP UP

- What is our radKIDS Plan if...(FM 37, 38 &45)
- Prep for simulations Day 5 or Graduation Day if no simulation
- Review Three principles all radKIDS know

◆ REWARD DISTRIBUTION

- ✦ Optional Drill On The Fly: *Escape drill*

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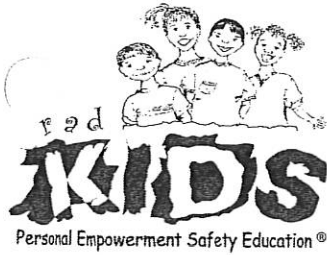
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Friday Day 5



8-12 Program

DAY FIVE

◆ ROUTINE

- Put away stuff
- Name tags
- Sign-In
- Sit and wait quietly for start of class
- ☆ Crossword Puzzle activity sheet

◆ REVIEW

- Review Three principles all radKIDS know
- Review Day Four questions
- What is our radKIDS Plan if... (FM 45)

◆ WHAT ARE WE GOING TO LEARN TODAY

- Review and discuss the equipment you'll be using today
- Practice Physical Skills
- 5 Phases of Hands on Training- Must do Dynamic Impact Skills for hands and feet
- Station Drills Suggested
- Simulation

◆ BEING SAFE IN SIMULATION

- Review proper use of equipment (YELLOW 32-36)
- Instructors must video tape simulation for training purposes

◆ REVIEW VERBAL & PHYSICAL RESISTANCE (RESOURCE: INSTRUCTOR DVD)

- radKIDS Stretch
- Review Physical (Verbal, Stance with and without movement, Blocking, Peppering, Head Butts, Hammer, Elbows, Knee Strikes, Shin Kicks, Toe/Heel Kicks, Sweep Kicks, Shin Scrapes and Stomps)
- Pad work and Station Drills-all techniques

Instructor Note:

It is a very good idea to invite local politicians, police and school administrators, and the press to simulation.

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Instructor Note:

Remember to videotape simulation activities for documentation.

password drill
Video

◆ **BEING SAFE IN SIMULATION**

- Review proper use of equipment
- Simulation in radKIDS is optional and any radKIDS Instructor who independently chooses to offer simulation training accepts full responsibility for the simulation portion of the radKIDS Personal Empowerment Safety Education Program.

◆ **SIMULATION ~ TRICKS, EVASIONS AND PASSWORDS**

Simulation is optional for all radKIDS as well as for Instructors. In this scenario-based training, the aggressor attempts to trick the child using various scenarios discussed throughout the program. The goal is for the child to evade or escape capture.

This is just an introduction, not a certification; therefore simulation training is always an optional portion of the radKIDS program. Additional training and guided experience is strongly recommended.

If the radKIDS instructor independently decides to include simulation in their radKIDS program, we strongly encourage the use of all student and aggressor safety equipment as outlined in training. We also encourage Instructors to simulate with the following scenarios and always with the assistance of the radKIDS®-trained “guardian angel” (safety officer). In addition, radKIDS does not recognize or authorize the use of any aggressors or “guardian angels” who are not radKIDS currently certified instructors.

The safety of all radKIDS and Instructors is the primary concern of all certified Instructors and radKIDS, Inc. organization itself.

The following scenarios are recommended for use in your optional radKIDS simulation training.

First Scenario in radKIDS simulation supports the context of the entire program. We recommend the Password Drill. The student is equipped with all of their safety gear. The Instructor approaches and verbalizes a “Password Trick.” The Student takes their radKIDS Stance and asks for the password. There is no physical contact between the student and aggressor as the student runs to escape.

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Second Scenario involves a standard trick where the aggressor approaches the child with verbalization but then immediately escalates the threat and moves to grab the child. The radKID responds using their radKIDS physical skills. The “guardian angel” encourages and verbally reassures the student throughout the scenario in addition to maintaining their safety role and responsibilities in the simulation exercise. Do not lift student unless you are sure you can set them down safely and you are not doing a third simulation.

Third Scenario is also a trick scenario where the aggressor approaches the child and verbalizes a trick and this time immediately escalates the encounter attempting to grab/abduct the child. The radKID responds using their radKIDS physical skills. The “guardian angel” encourages and verbally reassures the student throughout the scenario. On this scenario the child may be picked up or turned around to increase the realistic intensity of the abduction simulation. On this, as well as any other scenario, the child will always run to “safe zone” to escape the abduction. radKIDS recommends inviting the parents to participate in this safety zone. It is also strongly recommended that the child run to the “safe zone” and in the final scenario they dial 9-1-1 to get help. This concept completes the realistic skills a child would need in an actual abduction or threat encounter to return home safely.

◆ **WRAP UP**

- Debrief
- Evaluations parent and child
- Review Three principles all radKIDS know

◆ **CERTIFICATE DISTRIBUTION**

- Graduation Exercises
- Party/Food/Class Pictures

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