

DC IMPACT

Self Defense

Responsibility Means its up to Us!

By Carol Middleton

The story this fall about Jerry Sandusky, retired football coach at Pennsylvania State University, sexually abusing at least eight boys is very disturbing. His pattern was typical of a pedophile; he misused his position in a non-profit that helps at-risk youth in order to get close to boys, then got them apart from the others and pushed their boundaries one step at a time until he found the ones he could allegedly sexually abuse.

What takes my breath away is that all the way up the line, adults who should have saved these vulnerable children instead abdicated responsibility and saved the reputation of the football team or the university. I see many lessons in this sad story.

Safety first. We need to teach children to speak up about anything that is disturbing them, and WE need to speak up about things that are disturbing us! This pattern happens to adults too. All the time. IMPACT teaches us and our children how to handle it and we need to practice standing up to any type of abuse in our daily lives and help our children to do the same. We need to keep at it until we have gotten ourselves physically and emotionally safe and we need to do that for any child that we suspect may be at risk. It is shocking in this incident that not one adult up the line of reporting took the responsibility to follow up until something was done! Because of that, this went on for fifteen years and untold harm was done.

Listen. We need to train ourselves to listen to our intuition, both in our reaction to what is happening to us, and when red flags are going off for us in what we see happening to others, especially children. And we need to LISTEN to our children. If they say something is wrong, we need to DO something about it, not dismiss it as their imagining or overblown reaction. We need to listen so well that our children know we WILL listen and so will tell us when something bothers them.

Be responsible. Do not think someone else will take care of problems, ours or any child's. Personal power means knowing WE can do something and it means we have the guts and tenacity to follow through until something is done, no matter how hard that is. And it usually is hard. Everyone up the line may dismiss our issues and act terribly put out that we are making a fuss. We need to pursue the matter regardless, especially on behalf of a child. Please do not think it is better for children to "learn how to handle it" by leaving them to face it on their own. They need our help and will learn better by seeing how we handle it despite all odds.

Responsibility also means checking out adults who have charge of our children. Be there to see how they interact with kids. Do they single out favorites? Do they seek chances to be alone with a child? Do you get a bad feeling about



Intro to IMPACT

Sundays 1-4pm:

Jan 15, Feb 12 & April 22
2012

Fee: \$79 with advance
registration, \$89 at the door

Length: 3 hours

Open enrollment for teens
and adults. No experience
necessary

REGISTRATION

Women's Basics

Feb / March 2012

Sundays February 26;

March 4, 11, 18, & 25

1-6pm

Fee: \$595; \$100 non-
refundable deposit required
to reserve spot in class.

Payment plans available.

Length: 25 hours.

Limited Enrollment: Open
to women and older
teenage girls with guardian.

No experience necessary

REGISTRATION

For more information

Mixed-Gender Basics

how they interact with children? Do not dismiss your misgivings by thinking that others must have checked this person out or thinking that they appear to be so nice. Gut reactions should be acted on. Check things out. Move your child to a different situation if you are still unsure. Adults should protect children, every one of them.

Help Children *and* Parents Learn Safety Skills

Share the opportunity for children and families to learn safety and self-protection skills. We have a workshop coming in early February.

Children's Self Defense Workshop

Part I: Parents' Training: Friday, February 3 2012, 6:30-8:30pm

Part II: Saturday February 4 , 2012; 1:30-3:30pm

Length: 4 Hours

Fee: \$49 pre-paid one week in advanced, \$59 afterwards; pre-registration and parent/guardian attendance required

Open to: All children ages 4-12

In this workshop, children along with their parents, will learn how to act aware, calm and confident; how to take charge and get help. In addition, children will learn how to set clear and appropriate boundaries, how to stop unwanted touching and teasing and how to protect themselves from name calling and hurtful words. This workshop will include physical self-defense and will begin with extensive practice in many other skills that can prevent, avoid, leave or de-escalate problems before they become physical. Our goal is to empower young children with the full range of skills they deserve in order to escape from emergency situations as quickly as possible.

[To Register](#)

Self Defense in the News

[13-Year old Defends Herself](#)

[Woman Fight Off Abduction With Knee Strike](#)

[Teen Jogger Fights off Attacker](#)

[Woman Fights Out of a Headlock Attack](#)

June 2012

Saturday June 2, 1:30-5pm;
Sundays: June 3, 10, 17 &
24, 1-6pm

Fee: \$595; \$100 non-refundable deposit required to reserve spot in class.

Payment plans available.

Length: 23-25 hours.

Limited Enrollment: Open to women men and older teenage boys and girls with guardian.

No experience necessary

REGISTRATION

For more information

Gun Self Defense Workshop

Sunday, April 15, 1-6pm
Open to IMPACT Grads or
Students of Intro to Basics
Save the Date!

*Twenty years from now you will
be more disappointed
by the things you didn't do than
by the ones you did do.
So throw off the bowlines.
Sail away from the safe harbor.
Catch the trade winds in your
sails.
Explore. Dream. Discover.
- Mark Twain (attributed)*

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