

On The Next Page Please Find **THE S.A.F.E.R. NOW™**

RECOMMENDED **MAKE-IT-SECOND-NATURE™** TRAINING STEPS

FOR WOMEN, PARENTS (MOTHERS AND DADS), AND CHILDREN

FOR AFTER YOU HAVE VIEWED THE VIDEOS FOUND AT

<https://www.interperson-security.com/>

(TOP LEFT [VIDEO] OF THE HOME PAGE)

AND

<https://www.interperson-security.com/more-material/>

(ALL 3 VIDEOS OF THAT "FOR KIDS" PAGE)

IT IS RECOMMENDED THAT ONCE PER WEEK YOU RE-VIEW THESE VIDEOS

BEFORE AGAIN GOING THROUGH **THESE S.A.F.E.R. NOW™**

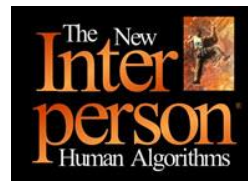
**MAKE-IT-SECOND-NATURE™** TRAINING STEPS

BUT IF NO TIME FOR RE-VIEWING

AT LEAST DO STEPS 3-4-5

ONE-TIME THRU

EACH



**TO LEARN THIS MATERIAL SO IT BECOMES "SECOND-NATURE"  
RAPIDLY AND PERMANENTLY WE RECOMMEND THE FOLLOWING:  
... STOP THE VIDEO NOW TO CAREFULLY READ & ABSORB THESE  
RECOMMENDED TRAINING STEPS ...**

Best Sequence: SAFER NOW™

1. Video Part 2
2. Video Part 3
3. Women Anti-Sexual Assault or Anti-Bullying Video Part 1

1. PARENT(S) WATCH THIS VIDEO FIRST ALONE ... **3 TIMES THRU** ...
2. PARENT(S) THEN WATCH THIS VIDEO ... **2 TIMES THRU** ... WITH **EACH SON OR DAUGHTER SEPARATELY**
3. THEN PARENTS & EACH SON OR DAUGHTER GO THROUGH THE **VOCALIZATIONS ONLY**, TOGETHER **3 TIMES THRU** ... STOPPING THIS VIDEO AFTER EACH DEMONSTRATED VOCALIZATION, DOING IT THEMSELVES TOGETHER & SEPARATELY SEPARATELY THEN MOVING ON - **FIRST IN A CALM VOICE THEN AS IF IN DANGER**
4. THEN PARENTS & EACH SON OR DAUGHTER GO THROUGH THE **PHYSICAL MOVEMENTS ONLY**, TOGETHER **3 TIMES THRU** ... STOPPING THE VIDEO AFTER EACH DEMONSTRATED MOVEMENT, DOING IT THEMSELVES TOGETHER & SEPARATELY THEN MOVING ON
5. THEN TOGETHER (PARENT & CHILD) SEPARATELY PRACTICE **VOCALIZATIONS + PHYSICAL MOVEMENTS** ... **3 TIMES THRU**
6. THEN **2 TIMES PER WEEK** ... PARENT WITH EACH CHILD (SEPARATELY) ... **VOCALIZATIONS + PHYSICAL MOVEMENTS ... FOR 3 MONTHS**