



Councilmember Marti Emerald Wants To Share These Safety Tips For Runners/Walkers/Hikers

1. Use the buddy system whenever possible.

In secluded areas, such as Lake Hodges, exercise with someone else. This is especially true when it's dark. In fact, no one should exercise at night or in secluded places alone. Use common sense. Be aware of your surroundings at all times and take precautions before heading out for physical activity.

2. Let a friend or family member know when and where you plan to exercise.

And arrange to let them know how long you'll be and let them know when you return.

3. Be familiar with your routes at all times.

Pay close attention to suspicious individuals who are parked in vehicles and may be watching you. Vary your route; do not use the same route every time you run.

4. Bring a cell phone.

Bring a cell phone with you and program your phone to 911. This way, if you encounter trouble, one button will contact the police and let them know your location.

5. Do not use listening devices such as iPods during your activity.

The very thing which can motivate you to exercise can become a distraction, cause you to lose focus of your surroundings, and interfere with your ability to hear. At the very least, remove one of the plugs and keep the volume low.

6. Carry a whistle or pepper spray.

If someone does approach you who appears suspicious, a whistle is a small device that can make a big noise and the last thing a dangerous person wants is attention drawn to them.

FaceBook has a site dedicated to helping women exercise more safely - it is called Protecting Women Runners - PoWeR Ave. Here is the link

<http://www.facebook.com/group.php?gid=336492527169&ref=ts>



FACT SHEET: Senate Bill 1290 (Kehoe) – Self-Defense and Safety Awareness Training in School
As passed by Senate Education Committee 8-0 (unanimous and bipartisan support)

PROBLEM: California public school curriculum standards prepare students for many educational, professional and social challenges that they will face throughout their lives. But school-age children and teens are not adequately prepared to handle one of the most pernicious threats to their safety and well-being: Physical attack and assault.

SOLUTION: If students are insufficiently prepared to avoid potentially harmful physical threats, the appropriate policy response is to improve their level of preparation. SB 1290 seeks to provide school districts with authority to include self-defense instruction and safety instruction in the physical education frameworks for pupils in Grades 7 through 12. In order to avoid placing a costly mandate on school districts, the measure authorizes, but does not require, districts to offer safety and self defense training as specified. The provisions of the bill would take effect after curriculum frameworks for K-12 physical education are revised.

BACKGROUND INFORMATION

On February 25, 2010, a 17-year-old San Diego County resident named Chelsea King was attacked and killed after apparently jogging alone near Lake Hodges. The attacker has confessed to the murders of both Chelsea and Amber Dubois, a 14 year-old victim who was killed in February, 2009. Following his arrest, another jogger came forward to allege that she had been assaulted by the same man two months earlier. That jogger had received martial arts training and was able to fend off the attack. Although she had received training in advanced self-defense techniques, her experience demonstrates the public value of educating students on basic self-defense techniques.

In an effort to help give all students basic instruction on how to defend themselves against physical assault, SB 1290 aims to incorporate self-defense training into the physical education curriculum frameworks for high school students. The bill may not turn California public school students into self-defense experts, but it will ensure that school districts have the option of making pupils familiar with methods of avoiding physical assault and increasing awareness of how to handle unsafe situations. However, the requirements of this bill will be delayed because funding for revising curriculum frameworks for physical education was eliminated to help reduce the state's budget deficit.

It is important to note that SB 1290 does not *require* self-defense and safety instruction, but it would allow schools to provide a greater degree of training than they are currently authorized to provide under existing law. Currently, only students in Grades 10-12 can receive self-defense training and only 10th Grade students can receive safety awareness training.

The concept of integrating self-defense and safety awareness into 7th-12th Grade curriculum has gained strong support from anti-violence leaders, school officials and state residents. Senator Kehoe believes that government and society must remain vigilant in punishing and deterring initial and repeat offenses of sexual predators, and supports legislation to accomplish those objectives. Moreover, she believes that the state must make a priority out of preparing young people to fend off would-be attackers, and that is why Senator Kehoe introduced SB 1290.



(SB 1290 Fact Sheet, Con't)

SUPPORT

San Diego Unified School District
California Partnership to End Domestic Violence
Women Escaping A Violent Environment (WEAVE)
Several hundred San Diegans and other Californians

THERE IS NO KNOWN OPPOSITION TO SENATE BILL 1290

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