

Course Title: BMG SAFE Foundations Class - Child



BMG teaches children to use their head, not their fists when solving problems to become a Fathom Finders Detective. BMG SAFE Kid's four pillars teach what students need to utilize their experiences and tools they already have, be situationally aware, develop the proper mindset, and have a plan for everyday situations. Once students have these concepts in mind, children learn to listen to their instincts and use them to make decisions.

Developed by a 22-year veteran of the USCG based on real-life situations, the introduction to our self-defense courses starts by teaching children ages 5-9 (K-3) how to figure things out like a detective. This simple activity is the gateway to the larger concept of "the X" (which for children is the unknown). We identify "the X", take steps to avoid it, or have a plan for when it is encountered.

We seek to allow the children to have fun and be SAFE.

Cost: \$45 for the 30-minute program and four pillar activities suitable for Children.

Objectives (Children will):

Tools & Skills: Evaluate the difference between community helpers to find who to ask for help.

Situational Awareness: Identify different ways to recognize your surroundings using your senses.

Proper mindset: Practice using your knowledge to make better informed decisions.

Make a Plan: Execute a plan by working through the structure or foundation of the elements required for completion.

Selected SOLs

- Health k.1, k.2, k.3; 1.1, 1.2, 1.12; 2.2, 2.3; 3.2
- Family k.9, k.11; 1.12; 2.2, 3.1, 3.10