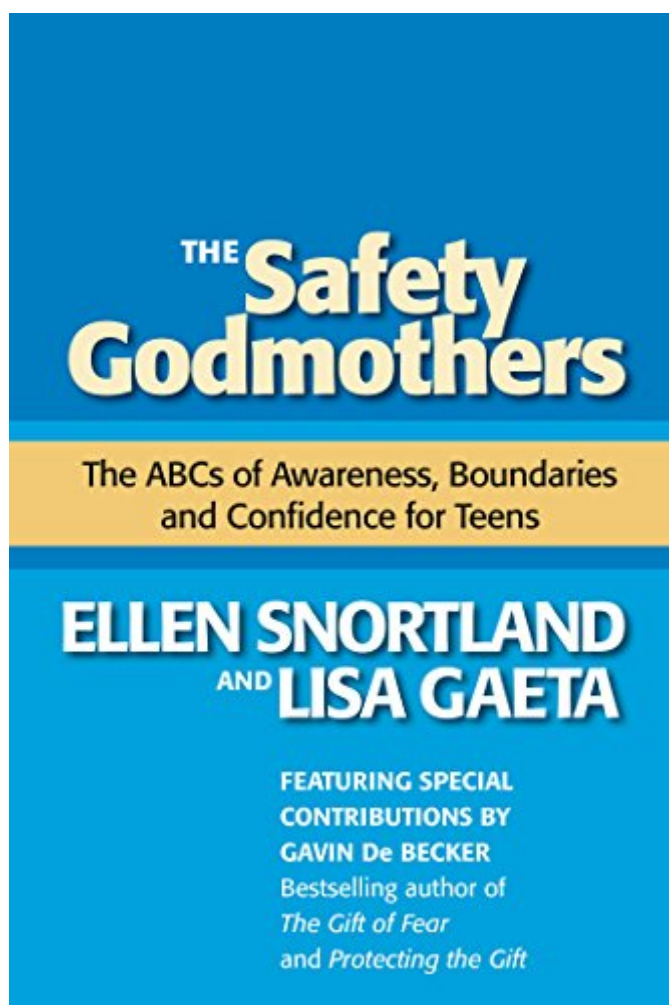


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# The Safety Godmothers: The ABCs Of Awareness, Boundaries And Confidence For Teens



## Synopsis

**FOR PARENTS** Do you avoid speaking to your kids about violence? It's not your fault; you probably don't know what to say or even how to begin. Reading *The Safety Godmothers: The ABCs of Awareness, Boundaries and Confidence* will start the conversation for you in a thorough and entertaining way. This is a book that will change • and possibly even save • your life, or the life of your child. The *Safety Godmothers* • Ellen Snortland and Lisa Gaeta • know violence reduction and prevention from A-Z. This book is an invaluable compilation of Ellen and Lisa's personal safety techniques, practical insights and advice, based on their decades of real-world experience. Gavin de Becker, a revered authority in violence prevention worldwide and Oprah's go-to expert, shares his know-how in three featured chapters. In addition, there are more than 20 real-life success stories, where all sorts of people overcame dangerous situations by using time-tested, reliable skills that let them set verbal and physical boundaries when their safety was compromised. The results will astound you!

**FOR TEENS:** Uh-oh! A creepy guy scared the wits out of you when you were out with your friends. All you could do was freeze, and hope he'd go away. You want to tell your parents about it, but you don't want to freak them out because you cherish your freedom. The *Safety Godmothers*, Ellen Snortland and Lisa Gaeta, hear you. Your friends say, "Get over it!" "Ignore it." "You make a big deal out of everything." Nonetheless, YOU want to understand what to do next time, whether it involves bad behavior by someone you know, or from a stranger. It's bad enough if you're a girl; boys are "supposed" to know how to handle dicey situations with violent people. Who can they talk to about personal safety without being labeled a "wimp"? From weekly indignities at school or work, to really scary situations, reading *The Safety Godmothers: The ABCs of Awareness, Boundaries and Confidence* will help you to be out and about safely. Gavin de Becker, Oprah's go-to expert, shares his know-how in three featured chapters. While the subject matter sounds serious, the book is actually a lot of fun. Ellen and Lisa provide "How We See It" commentary that is often irreverent | and sometimes even a little bit naughty! You've never had such a good time learning to stay safe.

## Book Information

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## Customer Reviews

The book kicks off with a short vignette about Abby - a 15-year old attacked in an alley at night and overcoming her aggressor. My heart started beating faster, as if I was there in that alley, and I experienced just what women do experience when confronted by danger. The explanations that accompany the story are simple and logical. Abby was trained to deal with situations like this, so even though, like any of us, she experienced fear, she immediately went into auto-pilot. And I'm left wondering whether I, a 65-year-old grandma, could do what Abbey did. Let's be clear. The authors take an holistic approach to defense - this is not a book of tips and tricks, or martial arts. Seeing those as solutions is a misconception. The book is against disrespect and violence of any kind for either gender, but Ellen and Lisa draw a clear distinction between how boys are brought up (to defend themselves, stand their ground, protect women) and how girls relate to defending themselves (it's not ladylike, be quiet, don't annoy your aggressor, it might work out). What I learned is that typical strategies that girls and women use don't work out. Societally, we expect women to be incapable of defending

themselves, but as a species, we're born with an innate defense instinct. When we were the protectors of our children when the men were out hunting, we still are. Personal anecdote: I will never forget that surge of adrenalin when someone threatened to kill my new-born baby. Yes, she was mentally ill, but in that moment, I felt capable of murder. On a global scale, the estimates are that 4 out of 5 women will experience a physical attack in their lifetime. I've had three. How I wish I read this book at 14 or 15, before those incidents happened. The outcomes would have been very different. Although the intention of the book is to highlight the need for girls and women (and boys and men) to activate their capability to defend themselves, the starting point is to deal with our own blindness to danger (unawareness) and at the other end of the spectrum, our fear. As we grow up as girls, we're taught to be nice. Unfortunately, "nice" is a barrier to setting boundaries to what is acceptable especially for a child. The book shows how to overcome that barrier. How to be honest and forthright about drawing the line, rather than "people pleasing". That uncle that hugs you a bit too closely, that harrassing work colleague who says "can you take a joke" when you object. From overcoming the resistance to dealing with it (I must be "nice"), the first line of defense is verbal. A major underpinning of the philosophy of the Safety Godmothers is to avoid a fight if at all possible, while knowing that you could take it on, anyone on, if you had to. Imagine if you could deal with the drunk who'd follow you out from the frat party and then got way too friendly and then nasty. Tracy handled that situation. Changing the outcome from a rape to an arrest is the power given to people who do the defense training "IMPACT" espoused by the Godmothers. This training takes participants to "zero", unpicking preconceived notions of defense (like using your fists) and steadily building a strategy for recognizing when things are off-kilter, recognizing potential danger, calmly determining your strategy and then using all kinds of tools to achieve a good outcome: being clear about what you want, yelling, taking a powerful stance, using attack and defense techniques that will deal with that coward who is threatening you. Because, when it comes down to it, aggressors are cowards - they prey on the weak. Safety Godmothers shows us how to be strong in the face of an aggressor. These compelling pages have the power to save your life.

It is never too late to learn about personal safety. I read "The Safety Godmothers" before giving the book to my daughter, a recent college graduate. As

a SWAT trained doctor, I found every piece of advice extremely informative and helpful. Co-authors Snortland and Gaeta inspire readers, through success stories of men and women protecting themselves, and twenty-six detailed personal safety tips. With mantras like "If you can imagine it, you can do it yourself," the writers seek to reverse the doctrines like, "you always have to be well mannered and respectful" that many have been taught from a young age. No more people pleasing when it comes to protecting yourself, which means learning to say "no" with conviction. The book describes how men and women of all ages avoided precarious situations, emphasizing the importance of getting out of dangerous situations by using your words and actions to avoid conflict. I would recommend this book to anyone, female or male, who thinks they may at one point in their life, be found in a dangerous situation. And especially for the person who thinks that they will not. I am happy to report, "The Safety Godmothers" has inspired my daughter to enroll in an IMPACT Personal Safety course and learn more about protecting herself. Thank you, Snortland and Gaeta. #ProudDadHere

"The Safety Godmothers" may be one of the most important books teens will ever read. It may also be the most important book their mothers will read. And their brothers, sisters, aunts and uncles. While this book is directed at teens, after reading it, I felt it could have been written for me and I am much older. Why? Written by two professionals in self-defense, Ellen Snortland and Lisa Gaeta, this book provides answers to a variety of situations ranging from physical attacks to psychological putdowns. Imbued with wisdom and common sense, "The Safety Godmothers" combines old-fashioned advice with self-defense tactics that literally anyone, any age can use. These include: the importance of "No!" Heed our senses they are our early warning system. Our inborn defense system. How to verbally set boundaries. How our fear of displeasing others diminishes us. Letting others be more important/take precedence over us. Building up self-confidence. And the most important message of all: everyone needs to know how to be their first responder. This is a book for mothers and teenagers, both male and female, to read. It is also a book for college students, career women, working women, old ladies, and young men. It is profound, irreverent, humorous, hard-sell, serious, intense, and light-hearted. The vignettes illustrate potential danger situations and are highly relevant

in the context of self-defense. This book teaches, counsels, assists, whispers in your ear and shouts from the rooftops, *Learn to defend yourself!!!* It is a treasure trove of information. Importantly, the reader will enjoy reading it.

Don't be misled in thinking this is just a book for women. The Safety Godmothers know how to keep all you males out there safe as well, so if you want to be able to protect your family, you need to learn these simple techniques and put them into your own daily lives so that those you love can learn them with you. No one likes to think about the possibility of a personal attack, but the reality is not something we can avoid any more. This book does not advocate being aggressive but it does show you how to meet aggression and use it for your own protection. If you are a father, a mother, a teenager, or a child, the Safety Godmothers can literally open you to a whole new sense of awareness and confidence.

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