

My name is Brett Lechtenberg and I am the president and owner of Personal Mastery Martial Arts and Family Success Center in Sandy, UT. I am married and have 2 children 8 and 3.

Our martial arts school has always been very active in the community and we started the break the chain foundation because we wanted to focus on one good cause. There are obviously many great causes but we felt we could do the most good with one specific theme.

I picked child abuse prevention as our theme because it felt right. I also think that with our business we can actually help prevent some types of abuse like child abduction etc. because it is part of our every day curriculum. I don't know how to explain it other than that.

Q 1: What comes to mind when you hear the phrase "Responsible CyberCitizen"?

To me being a responsible cyber citizen means.

If you use the Internet, you're a citizen of a global community. Being a cyber citizen is like being a citizen of your local community. You have rights and responsibilities like any citizen in any community. Use the Internet to share knowledge that makes people's lives better. All good citizens should work to stay safe, use good manners and respect the laws. It also means that you will take your cyber safety and security as seriously as you take your personal safety, by doing the following.

Use anti-virus software

Do not open email from unknown sources-

Use hard-to-guess passwords and keep them private-

Protect computers with firewalls-

Do not share access to your computers with strangers. Learn about file sharing risks -

Disconnect from the Internet when not in use-

Back-up your computer regularly-

Regularly download security protection update "patches"-

Help your family to check computer security on a regular basis.-

All of these things will help to ensure your cyber safety. However, as time passes criminals are always coming up with new ways to cause good people problems. So always be aware of your cyber safety.

Q 2: What is it that makes you want to get up in the morning and do what you do?

I have a genuine love for what I do. I am fortunate that I own a business that can so positively impact the lives of families in our community. We attract families that looking for a positive, fun and highly educational experience for themselves and their kids. There is great satisfaction in being around a group of like minded people who share the similar goal of learning, having fun and becoming a Black Belt. In our daily lives we are constantly bombarded by nay says and negative people. At our school people like that just don't last very long.

Q 3: What is it about martial arts that influences children and how do you feel about the martial arts and its effects on reducing child abuse?

Martial arts greatly influences children because it has so many aspects to it. With so many different areas that you can learn, a person can usually find something that appeals to their unique personality. The fact that there is always something new to learn is also great for kids. This keeps them from getting bored or burned out like they can with many other activities. The fact that martial arts is one of the few things that families can actually do together is very powerful. Our classes are structured so parents and children can participate together at whatever level they choose. That makes martial arts a very unique activity. These things coupled with our Leadership Development program can positively influence a child for his or her entire life.

I don't think you can say that martial arts itself reduces child abuse directly but the confidence, leadership and personal awareness skills definitely can help a child get away or avoid potentially abusive situations.

Q 4: Tell us about "Break the Chain foundation" and how and why it got started.

Description of Break the Chain Foundation, a Utah non-profit corporation:

The Break the Chain Foundation was formed as a way to raise awareness for the prevention, education and treatment of child abuse and neglect. The proceeds from the Break the Chain Foundation's various fundraisers are used by the Foundation for its educational efforts. Additionally, with approval of the Foundation's Board of Directors, funds are distributed to other 501(c)(3) type charitable organizations to help provide the support they need for their endeavors. Further, the

Foundation has a relationship established with the Sandy, Utah Police Department wherein the Foundation is prepared to assist in the event a child and parent need short-term shelter in order to be removed from an abusive situation. The goal of the Foundation is to raise One Million Dollars (\$1,000,000) annually in each of the locations where fundraising efforts are made. The Foundation conducts several events per year to generate awareness and donation for child abuse prevention. The Foundation itself conducts numerous training and educational seminars for parents and children on such topics as anti-bullying, anti-drugs, "stranger" awareness, personal safety, internet safety and more. For information about the Foundation's upcoming events and supported charities, please log-on to the Foundations' website located at www.breakingthechain.org or call 801-386-3532. The Break the Chain Foundation is a recognized 501(c)(3) non-profit charity, pursuant to the Internal Revenue Code. It's Federal Tax ID # 20-5585272.

I originally started the foundation because I have always felt that it is everyone's responsibility to give back to the community we live in wherever and whenever possible. I decided to pick a charity and begin an annual Break A Thon ® the idea was that after the event, any money raised would be given to local charities who's primary focus was the prevention of child abuse and neglect. Each year it has grown and now we are undertaking more events than just the Break A Thon ® . We have such upcoming events as Scoops of Love, which is going to be a city wide ice cream festival, a fundraising banquet at LaCaille, A masquerade ball, a family game tournament where people will play life sized games of Monopoly, Life etc. and much more. Our goal is to raise awareness for our cause in a variety of fun ways and have all the money raised stay right in our community. We also give the money away right at the events in the form of giant checks. This way it is very easy to see where the donation made to us are going.

Q 5: Share with our listeners tips that will help our kids avoid the trauma of child abuse.

The biggest thing that children can do is speak up to a trusted adult when something that makes them feel uncomfortable happens. Everyone must work to stop abuse before it can happen and obviously that is easier said than done. Teach your children to never keep secrets and of course you can never get mad at or punish a child if they do tell you something

The other thing is to teach kids how to trust their instincts when it comes to people. If they feel uncomfortable they need to know to take action. For example many people still teach kids don't talk to strangers. Although, this seem harmless enough it can actually cause unjustified paranoia and distrust. As we all know most people are not going to hurt children so we need to teach our children

to recognize warning signs and behaviors in people. This will actually empower our children and raise their confidence level and not teach them to live in fear.

Q 6: What are the signs we as parents might recognize as child abuse and what should we do as parents if we suspect a child is being abused?

Signs of abuse and Neglect.

Its important to remember that any one isolated incident is probably a sign of abuse or neglect. You are usually looking for a pattern of event or behaviors.

Some possible signs of abuse: children with constant bruises, scratches, teeth marks etc.

Some possible signs of neglect – consistently dirty or ragged cloths, unwashed appearance and or body odor, indicators of hunger- stealing food, gorging when food is offered. Apparent lack of supervision like kids wandering alone, home alone left in cars etc. Untreated colds, rashes, cuts and chronic tiredness, frequently absent from school, tardiness overly disruptive or the opposite of very withdrawn.

Q 7: Besides learning how to defend yourself physically from being abused, what other methods do you teach children on how to defend themselves, such as verbal abuse?

We teach a number of classes at our school and at the local daycares, Montessori and private schools. These classes include such topics as Anti bullying, drug awareness, anti abduction, Family protecaion, ABC's of conflict avoidance, public speaking skills etc. Children and adults also learn about such things as lures and other awareness skills. We try to teach these potentially stressful topics in a fun, interactive manner so you can actually focus on learning and not be focused on being afraid.

Q 8: How do we teach our children about posting info that could be detrimental to their safety, while still allowing them their freedom?

I immediately question anything that asks a child to give personal information. I honestly don't see any reason that children should post any personal information on the internet, anywhere. Any info about a child should come from their parent and any source requesting information about a child should be thoroughly investigated. Admittedly, I am very cautious but I believe it is more important

to teach children about safety and how being safe allows them to enjoy the freedoms they already have.

Q 9: How can parents be proactive in keeping their children safe from child abuse, predators, and/or becoming potential sexual abuse victims? and also what programs does "Break the Chain foundation" have in place to help parents and caregivers?

Abuse from people around us. Teach their children to speak up at anything that makes them uncomfortable. Thoroughly investigate anyone who may have continued contact with your child like nanny's, coaches etc. Request background checks and have court records checked for people who are constantly around your child when you are not.

Predators – Teach kids how to recognize suspicious behavior of strangers and teach them about the lures and tricks used by predators. This needs to be done in a non scary way so as not to make children paranoid and distrustful.

At Personal Mastery Martial Arts we offer a variety of classes on varying personal and family safety topics. For example we have a Family protection class this Saturday from 10 am to noon. Where we will teach parents about how to recognize and deal with potentially dangerous situations in public. Also what is and what is not a safe zones and how they can vary based on where you are as well as a variety of other topics. We offer other classes as well things such as:

Know and Go: – Here we teach children in a fun environment how to recognize sounds and tie that to physical response and what is the appropriate action to take.

Stranger awareness training, - which teaches children about lures and tricks used by potential child abductors.

Anti bullying classes – We teach children how to get away from a bully in a non threatening manner while always retaining their dignity and self respect.

ABC's of conflict avoidance – How to avoid and deal with people who are potentially a problem

We do a variety of classes throughout the year and most of these things are taught in our regular martial arts curriculum.

Q 10: What is the one thing that if you could, you would change about the way the Government, (local,state,fed)... Corporation, Businesses, Organization etc., handles certain issues or the way citizens handle things in regards to all forms of child abuse, neglect and sex crimes, what would that be?

I think in general these things are becoming better enforced and laws are getting more strict. I think that continued education and awareness is the key. The more you can bring a negative issue like child abuse and neglect to the public's attention the more you can do stop it. I think that if you make laws more harsh for people who cover up these typed of crimes that would be a great thing.