

**NIH Work/Life Center
Faces & Phases of Life Seminar Series**

**Self-Defense & Safety Awareness
May 10, Noon – 2 pm**

Workshop Outline

- I. Purpose: to educate and prepare participants about victim safety, awareness, preparedness and self-protection.**

- II. Victim Prevention**
 - a. Starts with common sense and awareness of one's surroundings
 - i. Environmental factors
 - ii. Victim vulnerability
 - iii. Physiological/psychological responses
 - b. Common "victim" scenarios
 - i. Robbery
 - ii. Rape/abduction
 - iii. Car jacking
 - iv. Unknown attack/fight
 - c. Verbalization Theory
 - d. "Red Area"
 - i. Define "red area"
 - ii. Pressure point

- III. Techniques and application**
 - a. Purpose of techniques
 - b. Techniques
 - i. "choke hold"
 - ii. "bear hug"
 - iii. "arm-bar take down/wrist lock"
 - iv. "position of disadvantage"
 - v. "wrist grab release"
 - vi. "head lock"

- IV. Conclusion**
 - a. Review preventative measures
 - b. Review techniques and applications
 - c. Questions and answers
 - d. Training evaluation



STALKING

What to do
if you are
the victim
of a stalker
and ways
to protect
yourself.

ing became a crime in Virginia on April 15, 1998. Stalking is a unique crime because the perpetrator has only one intended victim. Perpetrators are obsessed with controlling their victims' actions and feelings. They believe that they can achieve this by threatening, harassing, and in many instances harming the victim.

Under all laws, this new law will prevent some potential stalkers from perpetrating this crime. Others will stop stalking after they have been arrested, prosecuted, and punished once or twice.

... Some stalkers will never stop. This type of behavior has the greatest potential for seriously harming or killing their victim. Their compulsion to terrorize the victim overrides their fear that they may be caught and punished. No law will stop them.

Victims can best assess the stalker's potential for violence. Likewise, a victim can best assess what action they need to take to stay safe. This may mean "hiding", prosecuting the stalker, or staying and utilizing law enforcement resources and the court system.

Hard truth is that no one can promise a stalker that if they hide, the stalker won't find them. Even given the best efforts it is possible for law enforcement officials and the court system to guarantee the complete protection of a victim.

WHAT TO DO IF YOU ARE BEING STALKED

Report the incidents to Police: Request that the court be taken to document the incidents. Obtain the report number and responding officer's name.

Protect yourself: Let people know about your situation. Don't be embarrassed. Tell neighbors, co-workers, friends, and family about the stalker. Have them notify you if they observe the individual. Let them know they may need to call the police on your behalf if a situation degenerates. The stalker's identity is not always secretive. A stalker may come to your work place.

Document everything yourself: Dates, times, details of incidents, what the stalker said or did, clothing descriptions, vehicle descriptions, when police were called, report numbers and responding officers' names. All of this information will be valuable during prosecution. Obtain copies of court orders, protective orders, and warrants if possible. When you see the stalker try to take a photograph if it can be done without endangering you. Save and date all written material that you receive including: cards, letters, notes, and envelopes from the stalker. Save answering machine tapes with messages made by the stalker. Make a note of the date and approximate time of the call. You can make use of *57 on your touch tone phone to have the phone company trace the call. Dialing 1157 on a rotary phone will accomplish the same thing.

Consider pressing charges: Call the Police and report these incidents. Tell them you would like to prosecute. *The stalker will likely be arrested, bonded, and released.* Request that a term of the bond be that he/she have no contact with you.

Understand that you have done nothing to provoke the stalking: Stalking is never the victim's fault. Realize what is happening to you is not okay, not your fault, and not caused by anything that you have done.

Develop a support system: Talking with people who have had similar experiences is helpful. Having friends and family that are supportive and understanding will make this difficult time more bearable. You may feel depressed or helpless, some victims find it necessary to seek professional counseling. This is not unusual, the constant stress one experiences in situations like this is very real and harmful. Contact the Victim Assistance Office at 358-4558 for assistance with your case and referrals.

MORE YOU CAN DO

- Have a home security survey. A trained Police Officer will come to your home and give you suggestions on how to make your

can be arranged (if you are an Arlington resident) by phoning [redacted]. Make sure your address marker is clearly visible from the street. This can help save valuable time in the event that an emergency response is necessary.

- Use exterior lighting.
- Do not allow strangers into your home.
- Get an unlisted phone number. Keep a notebook by your phone and note times of prank or hang-up calls. Have emergency numbers posted near each phone. Consider acquiring the Caller ID option available from the phone company.
- If you have an answering machine, your greeting should indicate that you are unavailable. Never say, "I'm not home right now." Remember, answering machines can be used to screen calls before answering.
- Be careful not to develop patterns — vary walking and travel routes. Be aware of your surroundings at all times.
- Children should be accompanied to bus stops or school.
- Always secure your car. Do not park in garages that require you to leave the car unlocked and surrender the keys. If this cannot be avoided, provide only the ignition key.
- Equip gas tank with a locking gas cap. To prevent tampering, the hood release should be controlled from inside the vehicle.
- Lock the doors when traveling in your car. Be aware of traffic around you. If you are being followed, go to a busy place where people can be found. Sound your horn to attract attention. Get help and phone the police immediately. A car phone can be useful to call for help in an emergency.
- Take precautions to safeguard personal information such as your address.

**CODE OF VIRGINIA 18.2-60.3
STALKING; PENALTY.**

- A. Any person who on more than one occasion engages in conduct with the intent to cause emotional distress to another person by placing that person in reasonable fear of death or bodily injury shall be guilty of a Class 2 misdemeanor.
- B. Any person who violates subsection A when there is a protective order or an injunction in effect prohibiting family abuse, as defined in 16.1-228, against the individual who is the victim of the conduct described in subsection A, or prohibiting contact between the person and that same individual, shall be guilty of a Class 1 misdemeanor.
- C. A second conviction occurring within five years of a first conviction for an offense under this section or for a similar offense under the law of any other jurisdiction shall be a Class 1 misdemeanor. A third conviction occurring within 5 years of a conviction for an offense under this section or for a similar offense under the law of any other jurisdiction shall be a Class 6 felony.

Class 2 Misdemeanor: Not more than 6 months in jail and or/not more than \$1,000 fine.

Class 1 Misdemeanor: Not more than 12 months in jail and/or not more than \$2,500 fine.

Class 6 Felony: Not more than 5 years in jail and not more than a \$2,500 fine.

**RAPE IS A CRIME
OF VIOLENCE,
NOT AN ACT OF
PASSION**



ink about the unthinkable. Don't ask the facts about rape with myths and stereotypes.

the truth is ...

RAPE is an act of violence. It is an attempt to control and degrade using sex as a weapon.

RAPE can happen to anyone — children, students, wives, mothers, working men, grandmothers, the rich and poor, and boys and men.

RAPISTS can be anyone — classmates, workers, a neighbor or delivery person, ugly or attractive, outgoing or shy, even a friend or family member.

RAPISTS rape again and again, until caught.

USE YOUR HEAD

Be alert! Walk with confidence and purpose.

Be aware of your surroundings — know who's out there and what's going on.

Don't let alcohol or other drugs cloud your judgment.

Trust your instincts. If a situation or place makes you feel uncomfortable or uneasy, leave!

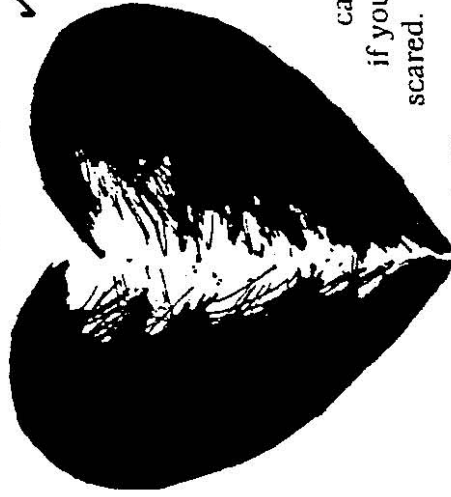
COMMON SENSE INDOORS

Make sure all doors (don't forget sliding glass doors) and windows have dead bolt locks, and use them! Install a peephole in the door. Keep entrances well-lit.

✓ Never open your door to strangers. Offer to make an emergency call while someone waits outside. Check the identification of any sales or service people before letting them in. Don't be embarrassed to phone for verification.

✓ Be wary of isolated spots — apartment laundry rooms, underground garages, parking lots, offices after business hours. Walk with a friend, co-worker, or security guard, particularly at night.

✓ Know your neighbors so you have someone to call or go to if you're scared.



✓ If you come home and see a door or window open, or broken, don't go in. Call the police from a public phone or neighbor's home.

COMMON SENSE OUTDOORS

✓ Avoid walking or jogging alone, especially at night. Stay in well-traveled, well-lit areas.

✓ Wear clothes and shoes that give you freedom of movement.

✓ Be careful if anyone in a car asks you for directions — if you answer, keep your distance from the car.

✓ Have your key ready before you reach the door — home, car, or office.

✓ If you think you're being followed, change direction and head for open stores, restaurants, theaters, or a lighted house.

CAR SENSE

✓ Park in areas that will be well-lit and well-traveled when you return.

✓ Always lock your car — when you get in and when you get out.

✓ Look around your car and in the back seat before you get in.

✓ If your car breaks down, lift the hood, lock the doors, and turn on flashers. Use a Call Police banner or flares. If someone stops, roll the window down slightly and ask the person to call the police or a tow service.

✓ Don't hitchhike, ever. Don't pick up a hitchhiker.

WHEN THE UNTHINKABLE HAPPENS

How should you handle a rape attempt? It depends on your physical and emotional state, the situation, the rapist's personality. There are no hard and fast, right or wrong, answers. Surviving is the goal.

✓ Try to escape. Scream. Be rude. Make noise to discourage your attacker from following.

✓ Talk, stall for time, and assess your options.

- ✓ If the rapist has a weapon, you may have no choice but to submit. Do whatever it takes to survive.
- ✓ If you decide to fight back, you must be quick and effective. Target the eyes or groin.

SURVIVING RAPE

- ✓ Report rape or any sexual assault to the police or rape crisis center. The sooner you tell, the greater the chances the rapist will be caught.
- ✓ Preserve all physical evidence. Don't shower, bathe, change clothes, douche, or throw any clothing away until the police or rape counselor say it's okay.
- ✓ Go to a hospital emergency room or your own doctor for medical care immediately.
- ✓ Don't go alone. Ask a friend or family member to go with you or call a rape crisis center or school counselor.
- ✓ Get counseling to help deal with feelings of anger, helplessness, fear, and shame caused by rape. It helps to talk to someone about the rape, whether it happened last night, last week, or years ago.
- ✓ Remember, rape is not your fault. Do not accept blame for being an innocent victim.

IF SOMEONE YOU KNOW HAS BEEN RAPED...

Believe her or him.

Don't blame the victim.

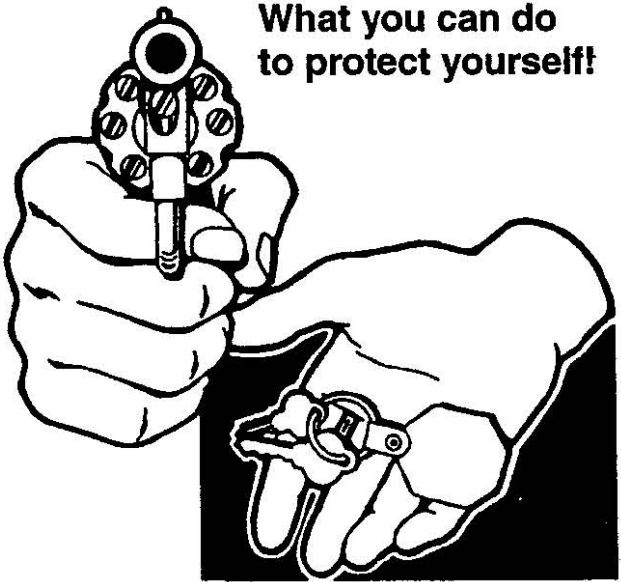
Offer support, patience, and compassion to help the rape victim work through the crisis, heal, and emerge a survivor.

TAKE A STAND!

- ✓ Challenge society's acceptance of rape as a less serious crime. Volunteer at a rape crisis center. Educate friends.
- ✓ Ask a Neighborhood Watch group, school, employer, church, library, or civic group to organize a workshop on preventing rape. Make sure it's for men and women.
- ✓ If you see a TV program or movie that reinforces sexual stereotypes and sends the message that women really like to be raped, protest. Write to the station, the studio, or the sponsors. On the other side, publicly commend the media when they do a great job in depicting the realities of rape.

Carjacking

What you can do
to protect yourself!



The term "carjacking" is a new term for a relatively new crime. "Carjacking" refers to *the robbery of a motorist in which their vehicle is stolen*. Motorists are vulnerable to this type of crime when they stop at traffic control devices, when entering or exiting their vehicles, and just about anytime they stop their vehicle. Awareness and planning can help you avoid becoming a victim of crime. The following tips may help keep you from becoming a victim.

Before you go ...

- Select a safe route. Well lit and well traveled streets are generally safest.
- Have an alternate route in mind in case of problems.
- Keep your vehicle in good repair and be aware of your fuel level, always keep your tank at least half full.
- Travel with a friend when possible — a person alone is more vulnerable.
- Keep doors locked and windows up.
- Keep valuables out of view.
- Keep car key separate from house keys.
- Do not leave vehicle registration, mail, bills or other items with your home address in the vehicle.
- A cellular phone can be helpful in case your car breaks down or in case of an emergency.

Getting there ...

- Be aware of activity around you, especially people on foot near your vehicle.
- Be suspicious of people approaching your vehicle for change, directions, handing out flyers, etc.
- If someone asks for assistance (stalled vehicle, etc.) *do not* get out of your vehicle. Go to a safe location and call police.
- Travel in the lane closest to the center of the road whenever legally possible.
- Leave plenty of room between your vehicle and other vehicles to allow yourself a way out.

Upon arrival ...

- Park in well-lit and well-traveled areas.
- Look around for suspicious persons and possible hiding places (darkened doorways, etc.) *before* turning off your engine.
- If in doubt, *do not get out of your vehicle*. Drive away and park somewhere else. Report the suspicious activity immediately to police.
- Lock your car and take your keys with you — even for brief errands.
- Be especially cautious when using Automated Teller Machines.

Returning to your vehicle ...

- Be aware of persons loitering near your vehicle.
- Be aware of any tampering which may have been done to your parked vehicle.
- If you think your vehicle has been tampered with, do not get into it. Notify police immediately.

If you become a victim ...

We strongly caution that resisting or attempting to flee may place you in great danger. Your personal safety — not the potential loss of property — must always remain the primary concern! In many cases, the robber has displayed or threatened the use of a firearm and therefore may have the ability to inflict serious injury or death. Submission and surrender of the property is usually the most reasonable course of action.

Remember ...

- Never assume your vehicle can stop on a bullet.
 - Resistance to the robber's demands may escalate the situation and increase the risk of personal harm to you.
 - Avoid reckless heroics. Such actions may endanger you and innocent bystanders.
 - Your best course of action is to plan ahead and be prepared for all possible situations.
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STREET ROBBERY

AND PURSE SNATCHING

*Are Your Valuables
Worth More
Than Your Life?*

Robberies are a quick way for the criminal to make money. The definition of robbery is when someone steals or takes anything of value from you, against your will, by using force, intimidation or violence. It is under the same conditions with the intent to deprive you of your property permanently. Robberies are commonly classified by the means employed, such as armed robbery, or the place of offense, such as bank robbery.

A burglary is not a robbery. A burglary is when someone uses force to enter a home or business, with the intent of stealing your property or committing some other felony. It is not necessary for the theft or felony to take place; the burglary is committed at the moment of the breaking and entering.

Your home or business may be burglarized, but when you are personally victimized you have also suffered a *robbery*.

Some people take foolish risks and some of them lose. If a robber threatens you with a gun, your chances of safely disarming him or her is small. To be prepared, your best protection lies in thinking ahead, "What would I do if this happened to me?" If you don't have a plan you may panic or do something to cause the robber to panic and hurt you.

HOW CAN I PROTECT MYSELF?

- Be aware of your surroundings. Stay in lighted areas at night. The robber doesn't want to be seen.
- Stay with the crowd — there is safety in numbers.

- Women should carry their wallet in their pocket, not their purse.
- If you carry a purse, carry it close to your body, like a football player carries a football. Do not place the strap across your body or over your shoulder. When the robber grabs your purse, you may be pulled along with the robber until the strap breaks and you are injured.
- Men should consider carrying two wallets. One of them filled with cut up paper. Most robbers are not going to go through the wallet until they have fled to safety.
- Be conscious of people just "hanging around" anywhere, especially near pay phones, public rest rooms, building entrances and garages.
- Notify the police of strangers who are hanging around your home, apartment or place of business for no apparent reason.
- Take the profit out of robbery by not carrying large sums of money, or credit cards on your person whenever possible.
- Be aware of people around you when you are using your automatic teller machine (ATM) card. When possible, use an ATM that is located inside a business such as a grocery store.
- Lock your car doors when your vehicle is unattended even if you will only be out of it for a "minute." This action may prevent a robber from hiding in your back seat awaiting your return.
- While driving, keep your vehicle doors locked.

WHAT SHOULD I DO IF I AM A ROBBERY VICTIM?

- **DO NOT PANIC** – get a grip on yourself and stay calm. Take some deep breaths.
- **DO NOT RESIST** – the robber wants your valuables, not you. “Things” can always be replaced ... you can not.
- **OBEY THE ROBBER’S INSTRUCTIONS** – listen closely to what the robber says and do not argue. Try to remember the exact words spoken by the robber as it may help with the police investigation.
- **BE ALERT** – notice what is happening.
- **LOOK FOR DISTINGUISHING CHARACTERISTICS** – look for things that can not be changed such as scars, marks, tattoos, limbs, accents, etc.
- **WEAPONS** – take careful note of any weapons. You will have to describe it later to the police. If the robber indicates that there is a weapon in his pocket, assume it is a gun. If the robber has a gun, assume it is loaded.
- **DESCRIPTION OF ROBBER** – compare the robber to your own height and weight to estimate the size of your attacker.
- **COOPERATE WITH THE POLICE** – if you are robbed, or see someone else being robbed, report it to the police *immediately*.

Emergency ... Dial 911
Non-Emergency ...

WHAT SHOULD I DO AFTER THE ROBBERY?

- Notify the police immediately and be prepared to tell them:
 1. the address, with an exact location in the building;
 2. as complete a description as possible of the robber(s);
 3. whether or not a weapon was implied or used. If you saw the weapon, a good description including the type, for example, if it was a handgun what style (revolver or semi-automatic), or other weapons such as knives, crowbars, etc.;
 4. a description of any vehicle used and the number of people in the vehicle;
 5. the direction of travel; and
 6. any words spoken by the robber(s).
- While waiting for the police to arrive, lock the doors and *do not touch anything*. Keep everyone away from the hold-up area and guard anything that may have been touched by the robber(s).
- Save anything left behind by the robber(s) such as a note, weapon, bag, clothing and do not handle any of these items.
- While waiting for the police, *do not discuss the crime with other witnesses*. All those involved should make individual notes of the information they have while it is fresh in their minds.