Refuse To Be A Victim.

A CRIME PREVENTION AND PERSONAL SAFETY PROGRAM FROM THE NRA



GETTING STARTED

- Seminar will be interrupted periodically for breaks
- Feel free to ask questions or express comments
- Defer complicated questions to breaks
- Please raise your hand and wait to be recognized
- Be respectful of others speaking
- Visit the display and information tables





WHAT IS RTBAV?

A nationally recognized crime prevention and personal safety program designed to provide individuals with information that assists in the development of their own personal safety strategies



PROGRAM HISTORY



- Developed by the NRA in 1993 for women.
- In 1997, the program became co-ed.
- One of the NRA's many General Operations programs designed to educate, inform, and promote safety.



NATIONAL CRIME STATISTICS

- Estimated 1,248,185 violent crimes in 2016
 - 1 violent crime occurs every 25.2 seconds
 - Violent crimes include murder, rape, robbery, and aggravated assault
- Estimated 7,919,035 property crimes in 2016
 - 766,484 of property crimes were vehicle thefts
 - Property crimes include burglary, larceny-theft, motor vehicle theft, and arson



^{*}According to 2016 FBI Crime Statistics



PSYCHOLOGY OF CRIMINAL PREDATORS

- What does the word "criminal" mean to you?
- What are the physical characteristics of a criminal?
- Can't control the criminal; can make yourself a harder target.





PSYCHOLOGY OF CRIMINAL PREDATORS

Common characteristics of criminals

- Extremely selfish attitudes
- Lack of conscience and sense of mercy
- View niceness as weakness
- Blend in well to appear non-threatening and innocent
- Constantly seeking criminal opportunity



Refuse To Be A Victim.

MENTAL PREPAREDNESS

Different awareness levels for different situations

Low level — In the comfort of your home

Moderate level — In a familiar area, but surrounded by strangers

High level — In an unknown area that may be associated with crime









MENTAL PREPAREDNESS

Mental conditioning

- Developing a "mental" plan of action to use in the event you are confronted with certain situations
- No "one size fits all" approach

Let's examine our day

- Mentally review your daily activities
- Identify areas and activities where you are most vulnerable





MENTAL PREPAREDNESS

Ramifications and outcomes

- Consequences of your reactions could result in criminal prosecution or a civil lawsuit against you
- Worth getting hurt or hurting someone else?







A.I.M. and Boundaries

- <u>A</u>wareness
- Intuition
- Mindset
- Boundaries





Automated Teller Machines (ATMs)

- Stay alert
- Don't go into vestibules
- Plan ahead
- Time of day
- Location





Walking

- Oncoming traffic
- Wide curves for corners
- Ask friends to wait for you





Elevators

- Stand back while waiting
- Don't get on if you feel uncomfortable
- Stand near control panel
- Press button for nearest floor to get off
- Don't press stop button in emergency





Buses and Subways

- Wait in well-lit areas
- Watch your belongings
- Sit near the driver/exit or in cars that have other riders





Briefcases, Purses, and Wallets

- Carry only necessary items
- Have a plan
- Dump it; Run!





Public Safety

Laundry rooms/Laundromats

- Don't go alone
- Don't go early/late
- Always bring cell phone
- Public restrooms
 - Not isolated, well lit





Personal Alarms

Pros

- Loud noise
- Activated by button or pin
- May be best legal option

Cons

May not draw attention





Self-Defense Physical Training

- Locate
- Investigate
- Commit





Refuse HOME SECURITY

Is your home a safe place?

FACTS

- Majority of sexual assaults take place in victims' homes*
- According to a U.S. Department of Justice study, if you are home when a criminal gains entry, there is a one-in-four chance of becoming a victim of violence.



^{*}According to www.rainn.org



Doors

- Garage doors
- Front, side, rear entry doors
- Door frames
- Sliding glass doors
- Pet doors
- Door viewers









Locks

- Types of locks
 - Chain locks vs. "bar" type locks
 - Single-cylinder deadbolt locks
 - Double-cylinder deadbolt locks
 - Keyless locks
- Re-key new house/apartment
- Key storage









Keys

- Limit access
- Two-piece key rings
- Be careful with spare keys
 - Don't hide in car
 - Don't label
- Children and keys





Windows

Types of windows

- Double sash
- Casement
- Window coverings
 - Examine your home from outside
- Window locks
 - Install good quality, metal locks







Lighting

- Programmable/remote activation
- Interior lighting:
 - Create the illusion of being home
 - Types of timers:
 - Photoelectric cells
 - Motion sensors
 - Night lights
- Exterior lighting:
 - 360° lighting
 - Pathway lighting





Alarms

Alarm Systems

- Perimeter
- Motion detection
- Video
- Alarm signs

Alarm Monitoring

- Evaluate companies
- Reset codes periodically





Smart Home Technology

Cameras

- Outside cameras
- Doorbell with mobile alerts and communication features
- Remote monitoring capabilities
- Monitored by security company
- Real vs. fake





Smart Home Technology

Lighting

- Programmable
- Remote activation

Door locks

- Keyless combination access
- Remote access through internet





Dogs

- Alternative or addition to alarm system
- Positives
 - Deterrent to criminals
 - Acute hearing and smell
- Negatives
 - Care and training
 - Liability and insurance
- What size is best?
- Show the appearance of dog ownership, even if you don't own one





Defense Plan and Safe Room

- Determine the best location
- Safe room necessities
 - Strong door and lock
 - Cell phone
 - Flashlight/extra batteries
 - Home/car keys
 - Personal Protection Device
 - Ladder
- Discuss plan with all occupants and practice!





Visitors

- Solicitors Real or Fake
- Wide angle door viewers
- Never tell visitors you are alone
- Offer to make call while visitor waits outside
- Don't broadcast your plans in public







AUTOMOBILE SECURITY

Approaching, Entering, and Exiting Your Car

- Be alert!
- Park in well-lit areas
- Keep one hand free
- Keys in hand
- Look inside
- Lock your doors first
- Passenger side window





AUTOMOBILE SECURITY

Dealing with Breakdowns

- Keep gas tank half full
- Roadside assistance
- Cell phone and charger
- Emergency breakdown kit





Getting Help

- Doors locked
- Windows rolled up
- Tell someone where you are
- Sit in passenger seat





Breakdown Ploys

- Something is wrong with your car
- Someone needs help
- Staged accident





Accidents and Police Cars

- Stay in your car
- Partially lower your window
- Request another officer if suspicious







Hitchhikers and Road Rage

Hitchhikers

- Never pick up!
- Casual acquaintances

Road rage

- Give the right of way
- Don't react





Vehicle Theft Prevention Devices

- Steering wheel locks
- Car alarms
- Kill switches
- Electronic tracking devices
- Stealing gas
 - Use a locking gas cap or lockable hinges gas tank cover





Carjacking

- Self-service gas pumps
- Stop lights
 - Give room between vehicles
- Keep vehicle locked with window up
- Drive away







Airport Security

- Luggage tags
- Packing your luggage
- Ticket counters and security checkpoints
- Checking luggage
- Waiting areas





Car Rentals

- Don't look like a tourist
- Have directions ahead of time
- Don't leave travel documents exposed or unattended





Taxis, Private Hire Vehicles, and Public Transportation

- Check for drivers ratings and displayed credentials
- Take picture of license plate and let others know
- Don't sacrifice safety for convenience
- Public transportation
 - Avoid isolated stops
 - Sit near driver/exit





Accommodations

- Security
 - Locks
 - Door viewers
 - Keys
- Not above the tenth floor
- Safe areas
- Security staff
- Room entry ploys







Traveling to a Foreign Country

- Don't bring excessive cash
- Take a translation dictionary and map
- Do your research
 - Culture
 - Laws
 - Crime statistics
 - Emergency numbers and phone system
 - Cell phone coverage for your trip





Don't Forget Back Home

- Mail pick up
- Periodic inspections
- Remove circulars
- Parked car
- Lights on timers







Telephone Security — Phone Scams

- The Internet Crime Complaint Center, a project of the FBI, processed 301,580 complaints in 2017. One out of five victims were over the age of 60. People between the ages of 30 and 39 ranked second at 19.4 percent, followed by victims between the ages of 40 and 49 with 19.2 percent.
- In 2018 alone, major corporations announced data breaches exposing private information of over 660 million individuals.*

^{*}According to the Internet Crime Complaint Center



Telephone Security — Phone Scams

- Phone scams
 - Free product
 - You won!
 - Outstanding ticket/warrant
 - Needs money wired for emergency
- Don't give out payment or personal info
- Offer to call back using number found on official website/in phone book





Telephone Security — Telemarketers

- Telemarketers
 - www.donotcall.gov
 - Federal Trade Commission
 Consumer Information
 - P.O. Box 45600
 District of Columbia 20026
 - www.consumer.ftc.gov
 - 877-987-3728
 - www.optoutprescreen.com
 - Remove your information from call and mail lists.





Telephone Security — Telephone Security

- Abusive Phone Calls
- Optional Phone Services
 - Caller ID
 - Anonymous call rejection
 - Call block
 - Call trace





Telephone Security — Cell Phones

- Mobile platforms are one of the fastest growing targets of cyber crime
- Keep phone charged
- Know coverage limits
- Conversations may not be private
- Keep locked
- Deactivate GPS when taking pictures
- Any charged cell phone can call 911





Telephone Security — Text Scams

- Similar to email scams
- Don't click on links from people you don't know
- Don't give out payment or personal info
- Don't respond to numbers you aren't familiar with





Identity Theft

- Mail
- Receipts
- Check identification
- Debit/Check card offers
- PIN Number/Password
- Shredder





Internet Safety

- Use strong passwords
- Set up fraud alerts
- Update security software and antivirus
- Clear browser
- Shut down when not in use





Email Safety

- Opening from unknown senders
- Attachments and hyperlinks
- Don't send payments or personal info





Online Shopping

- Use secure connections
- Consider payment apps
- Never disclose private info like Social Security number or mother's maiden name
- Shop from legitimate companies, check reviews





Social Media

- Don't connect with people you don't know
- Don't post pictures in real time
- Disable GPS
- Don't click on links
- Adjust security settings
- Discuss safety with children!!
- Realize that information posted is there forever





Cyberstalking/Cyberbullying

- Types of Harassment
 - Postings on social media
 - Email
 - Instant messaging
 - Text messaging
 - Blogs
 - Cell phone calls/texts
- See something, say something





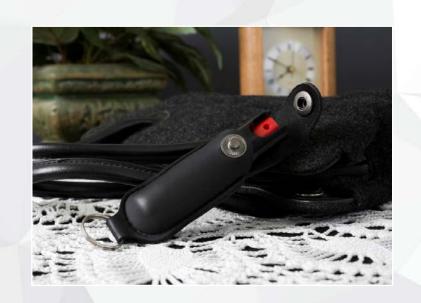


The devices we are about to discuss are not legal everywhere. Be sure you know the laws of your local jurisdiction. Always follow these laws and do not attempt to get a personal protection device that is illegal in your jurisdiction.



Pepper Sprays and Foams

- Various forms
 - Sprays, foams & streams
- OC (pepper) spray most common and effective
 - Instant effect
 - Effective on animals
- Strengths vary
- Affects breathing and sight for 20–40 minutes





Pepper Sprays and Foams

- Safety and expiration date
- Familiarity course and practice
- Laws
- Liability





Batons

Batons

- Size
- Training
- Practice







Tasers/Stun Guns

Taser

- Shoots up to 15 feet
- May not work on thick clothing

Stun Gun

- Requires close contact
- May not work on thick clothing





Other Devices

- Whistles
- Keys
- What else could you use?
- Firearms:
 - Seek certified instruction
 - www.NRAInstructor.org
 - Find training course near you
 - Know the firearm laws for your state
 - Seek legal advice





CLOSING REMARKS

- Safety is not always convenient
- Practice good safety habits
- Stay alert and aware of your surroundings
- Alertness-Awareness-Avoidance-Action
- You can Refuse To Be A Victim[®]



THANK YOU FOR COMING!

- Please fill out an evaluation so we know how you liked the seminar.
- Questions or concerns? Contact the Refuse To Be A Victim Program at 800-861-1166 or refuse@nrahq.org





Basic Measures and Working Alone

- Building security
- Emergency evacuation procedures
- Emergency exits
- Valuables
- Before and after business hours
- Security





Interacting With Co-Workers

- Report harassment
- Sharing personal information or beliefs
- Careful with social media
- About 2 million cases of workplace violence annually.*



^{*}According to www.osha.gov



Workplace Violence

Possible warning signs:

- Threats
- Irrational behavior
- Displays of unwarranted anger
- Inability to take criticism
- Lack of concern for the safety of others





Miscellaneous

- Stalking or harassment, on or off the job
- Doors and lights







Pre-School Through Elementary School

- Discuss safety often
- Discuss inappropriate touch
- Lock doors when home
- Don't tell others your schedule
- Safety in numbers
- Approach a family if lost





Pre-School Through Elementary School

- Don't leave children unattended in public
- Don't put names on clothes, belongings
- Discuss Internet safety and use parental controls
- Listen to your children!
- Know what's going on at school





Middle School Through High School

- Gangs
- Drugs and alcohol
- Social gatherings
- Transportation
- Personal possessions





Social Media

Social Media

- Sharing pictures
- Once info is posted it is there forever

Cyber Bullying

 See something, say something







Background and Scope

- Often considered easy targets
- Often isolated, hesitant to report crimes
- May be victimized by family or caregivers





Background and Scope

The Internet Crime Complaint Center (IC3), a joint project of the Federal Bureau of Investigation, noted that among the victims of cybercrime in 2017, One out of five victims was over the age of 60, higher than any other age group.



Personal Protection Devices

• Electronic devices:

- Small
- Summon help
 Name and address not required
- Investigate the company

Items on hand:

- Cane
- Crutches
- Whistle
- Household objects



Inside Your Home

- Keep valuables locked up
- Install wide angle door viewer
- Keep meds locked up, shred medical info
- Securely lock doors/windows not frequently used





Outside Your Home

- Safety in numbers
- Stay alert
- Apply for parking permit
- Don't accept help from strangers





Travel Tips

- Travel with a companion
- Bring extra medication
- Bring valuables/meds in carry on luggage
- Inquire about special accommodations on plane, in hotel, etc.





Abuse

- Domestic elder abuse:
 - Known to victim
- Institutional elder abuse
 - Residential facilities
- Self-inflicted abuse

- Choose carefully
- Investigate
- Interview
- Talk to staff and residents
- Report



Scams, Direct Deposit and Wills

Scams

- Sweepstakes
- Pretending to be a family member in trouble
- Pay only for shipping
- Never give payment info over the phone
- Use direct deposit
- Be careful of people asking about wills





Government Agencies/Services

- Police department:
 - Daily calling service
- Department of Aging:
 - Transportation and escorts
- Health departments
- Medical appointments



Refuse To Be A Victim.

DOMESTIC VIOLENCE AND STALKING

- National Domestic Violence Hotline
 - www.ndvh.com; 800-799-SAFE
- National Organization for Victim Assistance
 - www.trynova.org; 800-TRY-NOVA
- The Stalking Sanctuary
 - www.stalkingvictims.com
- Office for Victims of Crime
 - www.ojp.gov/ocv
- National Center for Victims of Crime
 - www.ncvc.org; 800-FYI-CALL



INSTRUCTOR'S NOTES

- Text Here
 - Text Here
- Text Here
 - Text Here
- Text Here
 - Text Here

