

Refuse To Be A Victim

Quarterly Newsletter Fall 2023

Announcements from NRA Headquarters

Welcome to the first Refuse To Be A Victim Quarterly Newsletter! We wanted a way to connect with you, our Certified Instructors. Many of you have mentioned that stats become outdated very quickly. We are working on a content update. However, it will take time to do it right. It is unrealistic for us to update the course content at a rate to keep up with the changing times. This newsletter is our way of keeping you all updated with stats, resources, news, ideas, and happenings across the country.



Make sure to order your materials with plenty of time for them to arrive before your event! We suggest 3-4 weeks ahead.



[NRA Program Materials Center \(nrahq.org\)](http://nrahq.org)

As an instructor, it is always valuable to do your own research on crime statistics, examples, and tips. This can be national, state, or local information that will help solidify the information your attendees are learning. Here are some great resources and articles you can use.

[Federal Bureau of Investigation: Crime Data Explorer \(cjis.gov\)](https://www.fbi.gov/crime-data-explorer)

[2023 Crime Rates in U.S. Cities Report | SafeHome.org](https://www.safehome.org/2023-crime-rates-in-u-s-cities-report)

[Crime | Bureau of Justice Statistics \(ojp.gov\)](https://www.ojp.gov/crime)

[Criminals Reveal 9 Nonverbal Cues That Attract Them in a Potential Victim - Learning Mind \(learning-mind.com\)](https://www.learning-mind.com/criminals-reveal-9-nonverbal-cues-that-attract-them-in-a-potential-victim)

Presentation Ideas

The Refuse To Be A Victim® manuals are a guideline. It is up to the instructor to make it personal for their audience. Your attendees will connect with you through your personal experiences and stories that you share. You aren't always in your own home locale. They will feel you really took them into consideration if you take the time to do a little research on your audience and local area. Include stats on their local area, not just the national stats. You can reference news stories that are happening in their town and neighborhoods. Connect with them where they are. Listen to their stories and build on it. Make each seminar an experience for them.

Spotlight: Ret. Maj. Ed O'Carroll

In the summer of 2001, I served as a senior police officer and crime prevention specialist with the Fairfax County Police Department in Northern Virginia. A colleague attended a conference and brought back a stack of material from various organizations. As I reviewed the various handouts and flyers, I noticed the NRA-Refuse To Be A Victim material and student handbook. Impressed with the printed material and robust content, I immediately called the National Coordinator to schedule a presentation for the regional crime prevention officers meeting set for September 13, 2001, in Fairfax, Virginia. After the horrific attacks on our country on 9/11, I had received a call if the meeting would be held. I said absolutely, and it ended up being one of best attended meetings in a long time. Soon after an impressive presentation, I attended the course as a student, then soon became an instructor. Having the honor of being with the program continuously since 2001, I have taught thousands of students through hundreds of classes, in approximately 20 states.

I love and truly admire the Refuse To Be A Victim program. I approach each class with great enthusiasm and a sense of excitement. I have witnessed many positive improvements with the program over the two decades. The feedback from our students and instructors have been the impetus for the positive change. It's exciting the Refuse To Be A Victim program is in its 30th year—and how it's still helping the community to better protect themselves from crime and disorder.

I approach each Refuse To Be A Victim seminar with a dependable point-of contact in the local community. I have found that contact can help increase attendance, coordinate the set-up of the room prior to class and aid with audio-visual needs. I further suggest, if you host a good class---have your next date ready to share with all your attendees!

As instructors, I recommend you be very familiar with the Refuse To Be A Victim PowerPoint and the student handbook. Mark-up and highlight a student handbook and review the course material often. Print the PowerPoint, so you become familiar with the content on each slide. The curriculum contains lots of helpful information and we are challenged to cover all the content in the time allotted. Impart all you can in the time provided, covering the most important material first!

Another suggestion, set your class(es) months in advance, if possible. The further out your class is set, the higher the likelihood someone is going to see it, share it, and register. Classes that just pop-up due to unexpected demand are great too, and oftentimes very successful. Look to sharing on all your engaging social media platforms, to get the word out.

With a room full of the Refuse To Be A Victim attendees--get them involved as much as possible. Be mindful of the allotted time, but asking questions, student introductions and a wrap-up, might all prove to improve student engagement and involvement. If you are running short on time, stick to the course content. You can always re-invite the class back for another session or on another date.

My favorite thing about this wonderful program is YOU. In my 22-years as a Refuse To Be A Victim student, instructor, and Executive Counselor, it's always been about the people I've met. I have had the privilege of learning so much and look forward to the exciting interactions.

YOU can Refuse To Be A Victim!





RTBAV in the News

[Sign-ups open for personal safety seminar | Community | tiogapublishing.com](#)

[NRA Blog | 10 Things Criminals Look For in an Easy Target](#)

[PVPD to Host 'Refuse to be a Victim' Instructor's Course - Signals AZ](#)

Device Spotlight: Personal Alarm

There are many options in security devices. This quarter we are going to talk about personal alarms. These come in various styles and from many different companies. They make loud sounds to make an attacker pause, which gives you a moment to make some space between you and the danger. That same loud sound brings the attention of others in the vicinity. No attacker wants more attention in their direction. Another use for these little devices is to bring attention to your location if you happen to become lost or injured while you are out hunting, hiking, or camping.



We want to know what you want to see in this newsletter! Please send us an email with your suggestions and ideas.

refuse@nrahq.org

Refuse
To Be A Victim.®