

Refuse To Be A Victim

Quarterly Newsletter Spring 2024

RTBAV at NRA Annual Meeting 2024 Dallas, Texas - May 16th through 19th

Maj. Ed O'Carroll (Ret.) will teach abbreviated Refuse To Be A Victim® seminars at the NRA Annual Meeting on Friday, Saturday, and Sunday.

Spots in each class are available on a first-come, first-served basis. We hope to see you there!

Keep Your Presentation Up-To-Date and Relevant

As an instructor, it is always valuable to do your own research on crime statistics, examples, and tips. Relevant up-to-date information will help solidify the information for your attendees.

[Federal Bureau of Investigation: Crime Data Explorer \(cjis.gov\)](https://www.cjis.gov/)

[2023 Crime Rates in U.S. Cities Report | SafeHome.org](https://www.safehome.org/)

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

[Home & Neighborhood Safety - National Crime Prevention Council \(nccpc.org\)](https://www.nccpc.org/)

Order your seminar materials early
to ensure they'll arrive in plenty of time!

We recommend ordering at least
three to four weeks prior to your event.

[NRA Program Materials Center](https://www.nra.org/)



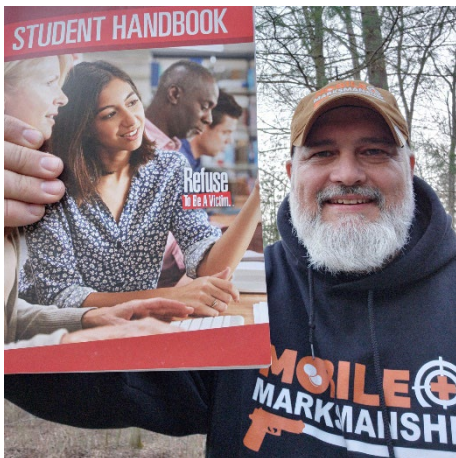
Getting to Know the Instructors

Earl Roberts, Virginia

Earl Roberts is a Certified NRA Training Counselor and owner of Mobile Marksmanship Firearms and Safety Training in Virginia. Since 2015, he has received NRA instructor certifications in several disciplines, including Refuse To Be A Victim. Always eager to learn and grow his craft, he had heard good things about RTBAV. When he spotted an advertisement for a nearby seminar to be taught by Ed O'Carroll, he signed up right away. As Earl says, Ed is known for being “the subject matter expert on RTBAV.”

Earl thoroughly enjoyed the seminar. He recognized the valuable information in the course and appreciated how it was presented. He immediately incorporated Refuse To Be A Victim into his course offerings.

Earl's favorite thing about the program is that it is applicable to anyone, regardless of their age, sex, location, profession, or skill level. Even though his students often have positive feedback about the RTBAV workbook included in the Student Packet, he encourages them to take personal notes in the workbook during the seminar. Those notes – combined with what they've learned in the seminar – allow his students to create customized personal protection plans that they can review and adjust as necessary.



Earl finds the section covering home security to be one of the most valuable. He points out that even people who are proactive in practicing situational awareness during their normal routine usually consider their homes to be safe havens where they can lower their guard. While he acknowledges that this is healthy, to a certain extent, it means that the home must be made a hard target – difficult to attack or surveil. This includes preparing a plan in case something happens while you are there. The RTBAV program offers great tips and suggestions on how and why people should prepare their homes and safe spaces inside their homes.

Earl remembers an attendee who signed up for a seminar after experiencing a criminal confrontation. This person even insisted on bringing along a close friend to attend the seminar, due to their discomfort around strangers. “The RTBAV seminar was just one avenue this person was pursuing in order to feel safe again,” says Earl, “but they did reach out sometime later with news that because of some of the tips learned in the seminar, in conjunction with other helpful recovery programs, they now are beginning to feel in control again.” This memorable feedback reinforces the value of what we teach in this program.

His greatest suggestion to other instructors is: “Stay relevant!” When you obtain an instructor credential, no matter the subject, you have proven your ability to take your knowledge and skills and pass them on to others. However, criminals evolve quickly, tactics and techniques change, and best practices are in a constant state of revision. To teach a high-quality program, you must keep sharp and stay active. It's up to you to stay abreast of current events, and read police blotters, news reports, and after-action reports. Continue to train yourself by taking new classes, attending refresher training, and sitting in to observe other instructors' classes. “Bottom line: know yourself and your program and continue to seek self-improvement.”



Low-Tech Home Security Upgrades

When you get home and close the door to the world outside, you feel a sense of calm and security. However, this sense of security can make you a little more vulnerable. You may be less aware of what's going on around you as you fall into normal routines and habits. Don't let your guard down; home security is vital.

The high-tech world of home security has amazing products that provide value and peace of mind, but you don't have to go with the most expensive options on the market to protect your home. There are many options that don't have high costs or complicated installations.

1. Strategic landscaping can help improve security. Plant thorny bushes under the windows to make it harder for criminals to gain access to your home – and to snag on clothing that may preserve evidence of prowlers. Keep bushes and trees trimmed and neat to prevent them becoming hiding places around your home. Notice where your trees and shrubs cast shadows and create dark places where someone could hide, especially around doors and windows.
2. Motion-detecting lights eliminate the shadows around your home. A sudden burst of light can startle a potential burglar. Solar-powered motion-detecting lights are often inexpensive, easy to install, and can be placed where there are no convenient plugs or wiring.
3. Get a door reinforcement kit to strengthen the weak spots on your doors. A door reinforcement kit may include metal plates to strengthen the strike plate for the door frame where a latch or deadbolt engages the frame, the deadbolt itself, and the hinges. You can find door reinforcement kits designed for traditional doors and French doors.
4. Pin locks on double-hung windows and sliding doors prevent the pieces of glass from moving. Secure sliding doors with a security bar.
5. Battery-powered door or window alarms are inexpensive and easy to install. These emit a loud alert when someone opens the window or door without disabling the alarm.

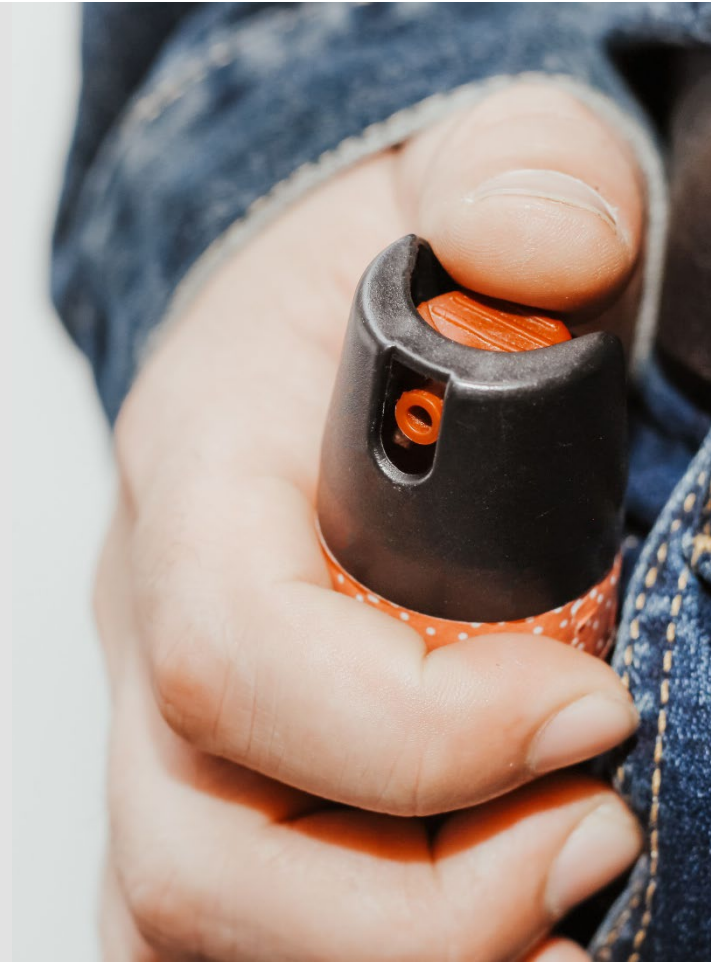
These easy and inexpensive options can help you make your home more. Even if you already have the high-tech security options, these small steps can help protect you and your family in the future.

Device Spotlight: Pepper Spray

Pepper spray, also known as oleoresin capsicum (OC) spray, is one of the most popular choices for personal protection. Most contain capsaicin, which causes irritation to the eyes, nose, throat, and lungs. It can take several seconds for it to take effect, and the effect can vary from person to person.

Pepper spray devices come in a variety of sizes and designs, including some that are great to carry in a pocket, backpack, purse, or even on a keychain. They are relatively inexpensive and available in stores or online. This versatility makes it easy to fit one into your regular routine and style.

Just like any self-defense tactic or tool, you need to be comfortable with your pepper spray to use it. Some include a training cartridge or canister so you can get familiar with using that device. How far does it spray? How hard is the button to push? Is there a safety switch? How easy is it to aim? You can be more sure of the answers to these questions with a little practice. Be sure to check the laws relating to pepper spray in your state or locality.



The [NRA Store](https://nrastore.com) carries the NRA Palm Defender. This pepper spray device is refillable, with a unique tactical hold and a precise stream. The Palm Defender is designed to meet professional law enforcement standards.

<https://nrastore.com/nra-palm-defender>

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

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