

# Refuse To Be A Victim.®

A Crime Prevention and Personal Safety Program from  
the National Rifle Association of America

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- 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 Refuse To Be A Victim.®?

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

- Developed by the National Rifle Association 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 foster safety



# NRA

- **Estimated 1,163,146 violent crimes in 2013**
  - 1 violent crime occurs every 27.1 seconds
  - Violent crime includes murder, rape, robbery, aggravated assault
- **Estimated 8,632,512 property crimes in 2013**
  - 1 property crime occurs every 3.7 seconds
  - Property crime includes burglary, larceny-theft, motor vehicle theft, arson



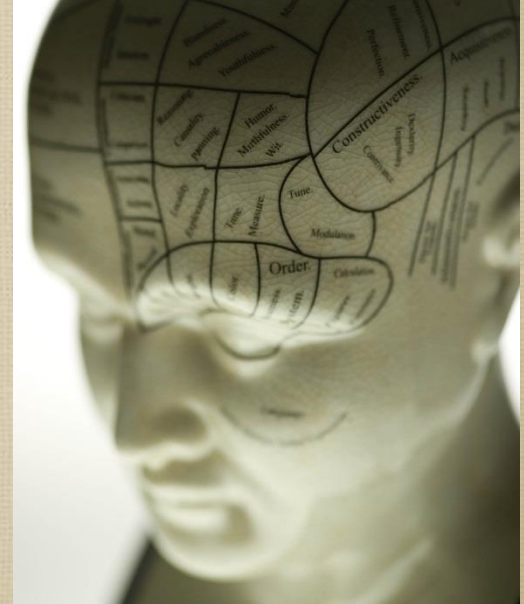
\*According to 2013 FBI Crime Statistics

- **Let's examine our day:**
  - Mentally review your daily activities
  - Identify areas and activities where you are most vulnerable
- **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



- **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



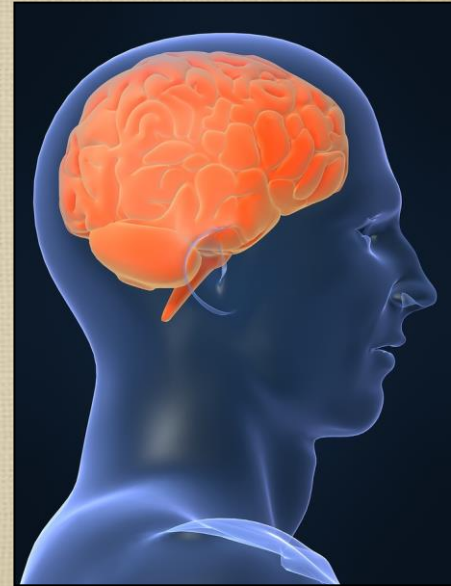


- **Mental conditioning:**

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

- **Ramifications and outcomes:**

- Consequences of your reactions could result in criminal prosecution or a civil lawsuit against you





PHYSICAL SECURITY

- Awareness
- Intuition
- Mindset
- Boundaries



## Automated Teller Machines

- Stay alert
- Don't go into vestibules
- Plan ahead



- 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



- Wait in well-lit areas
- Watch your belongings



## Briefcases, Purses & Wallets

- Carry only necessary items
- Fanny pack or money belt
- Muggers' money or chump change
- Decoy wallet
- Dump it!





- **Laundry rooms/laundromats**
  - Don't go alone
  - Don't go early/late
  - Always bring cell phone
- **Public restrooms**



- **Pros**

- Battery powered
- Loud noise
- Activated by button or pin

- **Cons**

- Must be in close contact
- May not draw attention



## Self-Defense Physical Training

- Locate
- Investigate
- Commit





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 three** chance of becoming a victim of violence.



## 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**



- **Types of windows:**
  - Double sash
  - Casement
- **Window coverings:**
  - Examine your home from outside
- **Window locks:**
  - Install good quality, metal locks

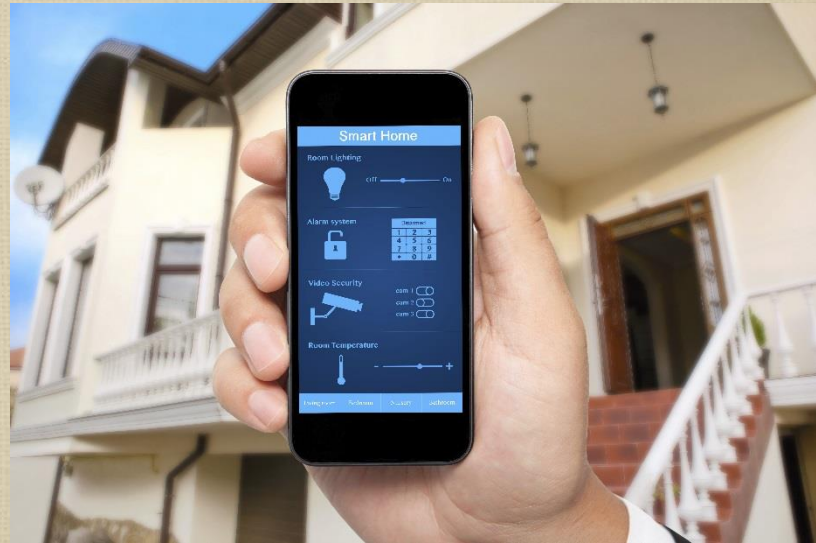




- **Interior lighting:**
  - Create the illusion of being home
  - Types of timers:
    - Photoelectric cells
    - Motion sensors
    - Night lights
- **Exterior lighting:**
  - 360° lighting
  - Pathway lighting



- **Alarms:**
  - Silent
  - Perimeter
  - Motion detection
  - Alarm signs
- **Alarm monitoring:**
  - Evaluate companies
  - Reset codes periodically



- Simple vs. complex system?
- Maintenance
- Fake camera



- **Alternative to alarm system**
- **Positives:**
  - Acute hearing and smell
- **Negatives:**
  - Care and training
  - Liability and insurance
- **What size is best?**
- **Fool the criminal techniques**



## Keys

- **Separate your keys**
- **Two-piece key rings**
- **What to do with spare keys:**
  - Don't hide in car
  - Don't label
- **Children and keys**



## Defense Plan & Safe Room

- **Determine the best location**
- **Safe room necessities:**
  - Cell phone
  - Flashlight/extra batteries
  - Home/car keys
  - Protective devices
  - Ladder
- **Discuss plan with all occupants and practice!**



- Wide angle door viewers
- Confirm identification
- Packages
- Never tell visitors you are alone
- Offer to make call while visitor waits outside
- Don't broadcast your plans in public



- Personal mailbox service
- Post office box







# AUTOMOBILE SECURITY

# Automobile Security

## Approaching, Entering & 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
- Map/navigation system
- Cell phone



- Doors locked
- Windows rolled up
- Tell someone where you are



- **Something is wrong with your car**
- **Someone needs help**
- **Stealing gas:**
  - Use a locking gas cap or lockable hinges gas tank cover
- **Staged accident**



# Automobile Security

## Accidents & Police Cars

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



- **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
- Vehicle tracking devices





- **Self-service gas pumps**
- **Stop lights**
  - Drive away



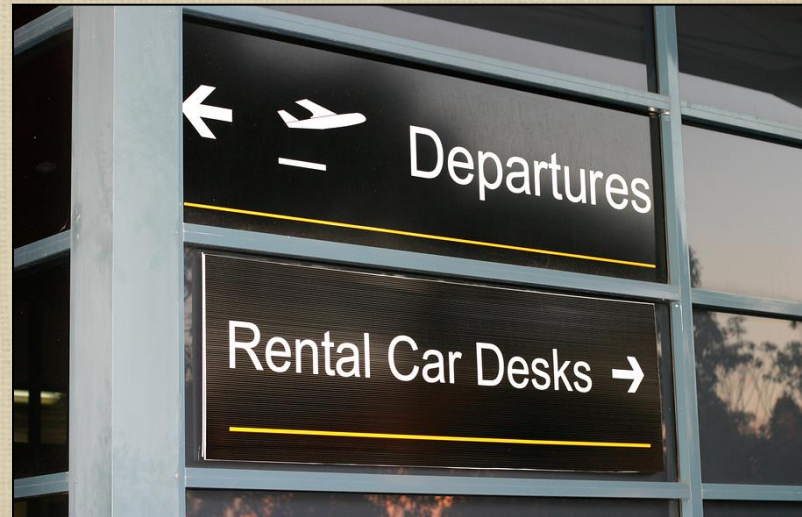
A white commercial airplane is parked on a tarmac, viewed through a large window. The scene is illuminated by warm, golden light, likely from a low sun. In the foreground, rows of airport-style seating are visible, with a person's legs and feet seen in the lower center. The text "TRAVEL SECURITY" is overlaid in white, bold, sans-serif font on the right side of the image.

# TRAVEL SECURITY

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



- Don't look like a tourist
- Have directions ahead of time
- Don't leave travel documents in car when returning it



- Check for displayed credentials
- Take picture of license plate
- Don't sacrifice safety for convenience
- Public transportation
  - Avoid isolated stops
  - Sit near driver



- **Security**
  - Locks
  - Door Viewers
  - Keys
- **Not above the tenth floor**
- **Safe area**
- **Security staff**
- **Room entry plays**



## Traveling to a Foreign Country

- Don't take excessive cash
- Take a translation dictionary and map
- Do your research:
  - Culture
  - Laws
  - Crime statistics
  - Emergency numbers
  - Phone system



## Don't Forget Back Home

- Mail pick up
- Periodic inspection
- Remove circulars
- Parked car



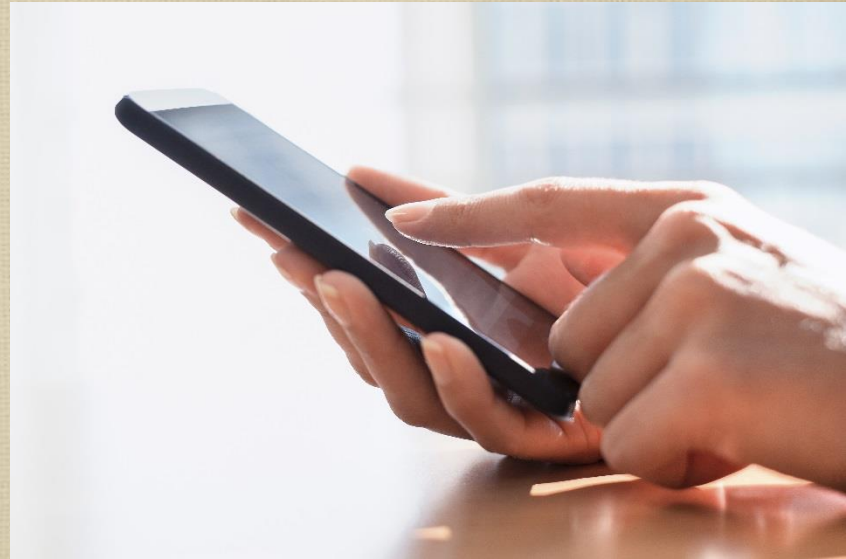


# TECHNOLOGICAL SECURITY



## Telephone Security – Phone Scams

- **Phone scams**
  - Free product
  - You won!
  - Outstanding ticket/warrant
  - Needs money wired
- **Don't give out payment info**
- **Call back using number found on official website/in phone book**



- **Telemarketers:**
  - [www.donotcall.gov](http://www.donotcall.gov)
- **Assistance services:**
  - Direct Marketing Association
    - [www.the-dma.org](http://www.the-dma.org)
  - Federal Trade Commission Consumer Information
    - P.O. Box 45600  
District of Columbia 20026
    - [www.consumer.ftc.gov](http://www.consumer.ftc.gov)
    - 877-987-3728



- **Abusive Phone Calls**
- **Optional Phone Services**
  - **Caller ID**
  - **Anonymous Call Rejection**
  - **Call Block**
  - **Call Trace**
- **Using 911**



- Any charged cell phone can call 911
- Keep phone charged
- Know coverage limits
- Conversations may not be private
- Keep locked
- Deactivate GPS when taking pictures



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



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



- Use virtual credit card
- Use strong passwords
- Update security software
- Clear browser
- Use secure sites





# Technological Security

## Internet Cyber Fraud/Electronic Theft

- Attachments and hyperlinks
- Antivirus software
- Secure connection indicator
- Uniform Resource Locator (URL)



- 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!!



- **Resources:**

- Federal Trade Commission
  - [www.ftc.gov](http://www.ftc.gov)
- Federal Bureau of Investigation
  - [www.fbi.gov](http://www.fbi.gov)
- Consumer Action Handbook
  - [www.publications.usa.gov](http://www.publications.usa.gov)



### Types of Harassment:

- Postings on social media
- Email
- Instant messaging
- Text messaging
- Blogs
- Cell phone calls/texts





**PERSONAL  
PROTECTION DEVICES**

**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.**

# Personal Protection Devices

## Pepper Sprays & Foams

- Various forms:
  - Sprays, foams & streams
- Instant effect:
  - More effective than mace
- Strengths vary
- Affects breathing and sight for 20-40 minutes



## Pepper Sprays & Foams

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





- **Batons:**
  - **Sizes**
  - **Training**
  - **Practice**



## Tasers/Stun Guns

- **Taser:**
  - Shoots up to 15 feet
  - Doesn't work on thick clothing
- **Stun Gun:**
  - Requires close contact
  - Doesn't work on thick clothing



- Whistles
- Keys
- What else could you use?



- Firearms:
  - Seek certified instruction
  - 1-800-NRA-3888
  - Know the firearm laws for your state
  - Seek legal advice

- **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®**

- 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](mailto:refuse@nrahq.org)

A woman with long dark hair, wearing a white button-down shirt, stands on the left side of the frame, smiling and looking towards a group of people seated around a table. The group consists of several individuals of diverse backgrounds, including a man with glasses in a light blue shirt, a man with a beard in a light blue shirt, a woman with blonde hair in a blue top, and a woman with dark hair in a white top. They are all looking towards the woman standing. The setting is a bright, modern office or meeting room with large windows in the background. A whiteboard is visible behind the woman standing. The overall atmosphere is professional and collaborative.

# MODULE ONE

*In the Workplace*

## Basic Measures & Working Alone

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



## Interacting With Co-workers

- Report harassment
- Personal information
- Over 1 million assaults and threats annually
- Strangers





- **Possible warning signs:**
  - Threats
  - Irrational behavior
  - Displays of unwarranted anger
  - Inability to take criticism
  - Lack of concern for the safety of others



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





**MODULE TWO**  
Parents & Children

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



- 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

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



- **Be observant!**
- **Don't fall prey to crimes of opportunity**
  - Don't leave dorm room unlocked
  - Don't leave valuables in sight
  - Don't leave backpack/purse unattended
- **Don't broadcast schedule**



- **Safety in numbers**
- **Don't do laundry early in the morning/late at night**
- **Always tell someone where you are going**





- **Don't trust someone just because they're an acquaintance**
- **Know where call boxes are**
- **Report all crimes**
- **Know your limits**





# MODULE THREE

*Senior Citizens &  
Persons with Disabilities*

# Seniors & Physical Disabilities

## Background & Scope

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



# Seniors & Physical Disabilities

## Personal Protection Devices

- **Electronic devices:**

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

- **Items on hand:**

- Cane
- Crutches
- Wheelchair
- Whistle
- Broom

# Seniors & Physical Disabilities

## Inside Your Home

- **Keep valuables locked up**
- **Install wide angle door viewer**
- **Keep meds locked up, shred medical info**
- **Make home accessible to avoid accidents**
- **Lock doors/windows not frequently used**



# Seniors & Physical Disabilities

## Outside Your Home

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



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



- **Domestic elder abuse:**
  - Known to victim
- **Institutional elder abuse:**
  - Residential facilities
- **Self-inflicted abuse**
- **Choose carefully**
- **Investigate**
- **Interview**
- **Talk to staff and residents**
- **Report**



# Seniors & Physical Disabilities

## Scams, Direct Deposit & 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**



# Seniors & Physical Disabilities

## Government Agencies/Services

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



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

- **Question ?**

**Thank you**

**More information contact:**

- Jesse-Thomas Lim

WAC Chairman of Rifle and Pistol