



MEMORANDUM

To: Parents
From: S/HE staff
Re: Secure/ Higher Ed Predator Protection Program (P³) training FAQs
Date: March 11, 2016

What is P³™ training?

P³ training is age-appropriate facilitated education designed to help parents and their daughters from ages 7-13 to recognize and avoid situations that may lead to sexual assault, escape those situations where avoidance fails, and fight their way out if escape is not possible. The program name stands for three things – Predator Protection Program, Parents Peers Professionals, and Punch Punt Prevent – each taking these concepts to the power of 3.

Girls are trained with their parents in like age groups of 7-8, 9-11, and 12-13. The curriculum is adjusted accordingly to be appropriate and engaging for each age group. With parental permission, S/HE makes exceptions and allows girls from the same family in different age groups to train together.

Trainings last 1 hour for 7-8 year olds, 1.5 hours for 9-11 year olds, and 2 hours for 12-13 year olds.

Why should a parent of a 7-year-old girl start worrying about sexual assault?

Girls are most vulnerable to molestation by pedophiles from ages 7-13. Moreover, sex trafficking is a growing crime. Due to relatively lax penalties and the glorification of pimps in pop culture, many criminals are moving from drug dealing to sex trafficking. While our broken foster care system has traditionally supplied these swine with victims to sell to pedophiles, growing demand has caused brazen kidnappings of girls from typical American families. ***According to the FBI, the average age of a female sex trafficking victim is 11.*** You read that correctly.

What are the consequences of a sexual assault?

Children kidnapped for sex trafficking are initially raped, tortured, and beaten into submission. Their captors threaten to kill their families or kidnap their siblings if they don't comply. After the child has been sold to a pedophile, their captors read the child criminal statutes indicating that the child will be imprisoned for prostitution if s/he contacts the police. Reported cases include children being kept in a dog kennel or sold to pedophiles up to 24 times a day. If rescued, the children return home broken and hurting.



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According to a study conducted for the National Institute for Justice, “Being a victim of sexual assault is one of the most violating experiences anyone can endure and can cause immediate, as well as long-term, physical and mental health consequences.”

What is the P³™ training curriculum? What will my child be asked to learn?

Your child will learn: (1) how to recognize situations that are high risk for kidnapping and sexual assault; (2) strategies to avoid those situations; (3) strategies to peacefully escape those situations; (4) methods of working with friends to protect each other; (5) methods of saying no to verbally and physically coercive behavior; and (6) techniques to overcome physically coercive behavior when saying no is not enough.

The curriculum consists of games, videos, role-playing, and facilitated discussions designed to teach young people about situations they will encounter that are risky and how to reduce those risks. Interspersed throughout the curriculum are physical defense techniques, which are learned and re-learned for reinforcement.

Why should we believe that P³™ training will be effective?

S/HE personnel are educators, counselors, facilitators, doctors, attorneys, human resource professionals, law enforcement personnel, and martial artists with decades of experience in both education and dealing with virtually every aspect of sexual assault, from the investigation, conviction, incarceration, and counseling of the offender to the protection and treatment of the victim. P³ training is based on the latest research concerning sexual assault, physical resistance, facilitated education, and effective messaging.

SH/E personnel have developed P³ training from multiple perspectives, but with a single agenda: create a program that works to make sexual assault less likely for program participants, and turn those students into leaders at their schools to organize others for protection and to effect a real and lasting change. S/HE is self-funded, and is beholden to no political party, religious institution, school, or government agency that could seek to influence its programs. S/HE sponsorships are conditioned on non-interference with the program curriculum.

P³ uses the three greatest influences in a girls’ life – parents, peers, and professionals – to engage girls and effect lasting change. Nearly 100% of



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parents taking the program report that the program not only changed their own and their daughter's attitudes, ***but also changed their own and their daughter's behavior*** in a way that would keep them both safer.

What do parents who have taken P³™ training say about the program?

After P³ training, parents are amazed at: (1) how little they themselves knew about sexual assault prevention; (2) how they were unintentionally undermining their own efforts to keep their kids safe; and (3) that a determined child can successfully fight off an adult.

Unlike most programs of this type, the P³ curriculum was developed by professionals from varied backgrounds who have spent a significant amount of time with sex offenders and survivors in the types of settings where honesty is most likely.

Parent reactions include: "Empowering", "Lifesaving", "Most useful", "Informative, hands-on, and fun", "Nothing but praise", "We both had fun and enjoyed doing this together", "One of the best things I've done with my daughter", "I can't remember the last time I learned something as important as this", "A great experience", "Conveyed from a practical standpoint ... it will really sink in", "The information conveyed was invaluable", "Unbelievable how my child can bring me to my knees", "This really works. Amazing.", "So great!", and "We feel empowered by our new skills".

What do children who have taken P³™ training say about the program?

Girls have fun at P³ training sessions. Many start tentative but virtually all leave feeling empowered and elated. Some quotes from children taking the program include: "Fun", "Awesome", "I liked beating up my mom", "I did it!", "Cool", "I can get away from my dad!", "I had a lot of fun", "I got to learn how to fight for myself if I'm being kidnapped", "I can't believe I did it!", and "Best day ever!"

What research indicates that P³™ training can reduce the incidence of sexual assault?

S/HE surveys all P³ training participants periodically after training. Parents almost universally have observed that the training altered their and their daughters' attitudes *and behavior* in a way that would keep the child safer. As an added bonus, parents also nearly universally report that the training



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altered their own attitudes and behavior in ways that would keep the parent safer!

In Canada, a program consisting of four three-hour instructional units taught female college freshmen to recognize and exit dangerous situations. The program provided two hours of self-defense training based on Wen Do (a female self-defense discipline developed in Canada). The program was tested at three Canadian universities using an experimental group and a control group. During their freshman year, program participants had 1/2 as many completed rapes and 2/3 fewer attempted sexual assaults than control group members. Similarly, researchers Fisher, Daigle and Cullen after an extensive review of the literature note that situational awareness and self-protective measures offer the most promising prospect for sexual assault prevention.

How is P³™ training different from the Canadian program?

P³ training differs from the Canadian program to account for significant differences between the United States and Canada and to meet the needs of girls rather than college students.

Why is humor used in the curriculum given that sexual assault is such a serious subject?

S/HE is not making jokes about sexual assault, but many of the attitudes that contribute to or perpetuate sexual assault are subjects of ridicule in the P³ curriculum because humor is an effective teaching tool, particularly in exposing faulty thinking.

What if my child has already suffered a sexual assault?

Children who have suffered a prior sexual assault are at an elevated risk to be assaulted again. But, as the results of the Canadian program demonstrate, that risk can be reduced through comprehensive training.

Importantly, S/HE personnel and facilitators are most likely deemed mandatory reporters in your state, meaning that if anyone at S/HE is told about a prior sexual assault of a minor, they are legally obligated to report it to authorities.

P³ training may involve “trigger words” that can cause mental distress in people sensitive to such things.



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We are religious and concerned about discussing sexual assault with our children. Does the Bible address this issue?

One of the first stories in the Bible involves a terrified Lot offering his virgin daughters to the mob to be defiled. The Lord ultimately blinds the mob so Lot, his daughters, and the angels can escape in safety. Most Christians pledge to teach the stories of the faith to their children – not just some of the stories. As such, no serious Bible teaching can avoid the topic of sexual assault and other crimes.

At S/HE, we are sensitive to these concerns and teach the subject in an age-appropriate manner, using terms like “hurt” instead of “rape”. We leave it to the parents to discuss any details with their children in the manner they deem best.

Who developed the P³™ resistance techniques?

The physical resistance techniques were developed specifically for P³ training by eighth-degree black belt Master Buddy Hudson and fourth-degree black belt Jennifer Lane of the Professional Black Belt Academy.

Master Hudson has trained thousands of students of all ages and backgrounds (including law enforcement) and is recognized as one of the top martial arts instructors in the world. Master Hudson is a seven-time national fighting champion, a World Games silver medalist, and has been inducted into the International Karate Hall of Fame and the Masters Hall of Fame.

In August 2015, Jennifer Lane became the United TaeKwon-Do Alliance National Fighting Champion.

The physical resistance techniques are designed for use against a stronger attacker in the most common sexual assault situations. A person of virtually any size and strength can utilize the techniques.

What is involved in the physical resistance training?

These techniques cannot be taught effectively without testing the child against a bigger and stronger opponent. The parent must fulfill this role. Your child will be striking you as part of the training. The techniques hurt when done properly. If you have physical limitations, are easily injured, or



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bruise or break easily, then you might want to find a relative willing to stand in for you during the physical training.

By its nature, physical resistance training has inherent risks. You or your child could be injured. You are 100% responsible for your safety and that of your child. Neither S/HE, nor any trainer, participant, sponsor, property owner, or S/HE principal or consultant will be liable to you for any injury of any type.

You must agree to an unlimited liability waiver prior to participating in the training.

What should my child wear to the P³™ training? Does my child need to bring anything to the P³™ training?

Something comfortable. Casual clothes or sweats are fine. No skirts or dresses. No jewelry. Your child does not need to bring anything to the training. Trimmed nails are also a good idea.