



## S/HE Men's Program Outline

### Active Shooters

What would you do if someone started shooting people at the school? Do you have a plan?

If that happens, people are going to be looking to you as a leader to respond.

Active shooter events are unpredictable and take place very quickly. They are often over in just a few minutes.

A small amount of preparation now can save many lives during an active shooter incident, which will be characterized by confusion and panic.

Active shooter incidents frequently begin with people hearing what they believe are firecrackers.

If you hear the sound of firecrackers in the school, assume the worst and immediately implement your active shooter plan for your area.

First thing: Run away fast from the sound of gunfire.

A few tips for running:

- Run fast and straight toward cover.
- To maximize speed, run on the balls of your feet, hold the arms at the elbow at a 90-degree angle, and pump the arms at the shoulder so that your fist goes from the chin to the hip. The faster you pump your arms, the faster your legs will carry you. Breathe through the mouth. For a video demonstration of running technique, see <http://www.securehighered.com/jonathan-johnson-get-away-fast>.
- If you are physically able, practice running fast when you exercise.

If a door has a lock, use it. If a door does not have a lock, use your foot to jam the door shut, hold the handle so it appears locked and duck down low. Hold until a barricade can be set up.

A few tips for locking down:

- The work area or classroom that appears empty may be less interesting to the active shooter, so silence (including silencing cell phone ringers) and turning off lights can be helpful.
- The heavier and larger the barricade the better, but you must weigh barricade construction (which is noisy) against the benefit of making the classroom or work area appear empty.
- Try and find a suitable escape route (e.g., through a window) should the barricade or lock fail.
- Do not assume authorities have been notified, but you must also weigh the need for silence against your present ability to give notification.

If you are forced to hide without a locked or barricaded door:

- Hide behind something that appears thick enough to stop a bullet.
- Hide behind something that obstructs the shooter's view of you.
- Hide where you have escape options should you be detected.

As a last resort, you may be forced to counter-attack. In that event, remember:

- An improvised weapon is better than no weapon at all. The best projectile (thrown) weapons found in the classroom are heavy but relatively small, such as staplers, cell phones (without the case), baseballs, and paperweights, followed by text books, hard-heeled shoes, binders, and laptops. Your classroom may contain other items that are effective. If you have time, get the best projectile weapons you have into the hands of the best throwers in the classroom (e.g., baseball or softball players or someone you know to be athletically gifted) but only if those throwers appear capable of launching a counter-attack. A weapon in the hands of someone frozen with panic will not be effective.
- Hand weapons found in the classroom include baseball bats, scissors, and bags (e.g., backpacks, book bags, purses, and gym bags) with one or more heavy and solid item inside.
- Even a Sharpie pen or magic marker is more effective than no weapon at all. Hold the pen in your fist with an end protruding from either side of your fist and drive the end of the pen like you would an ice pick, striking hard against areas where the bone is not heavily covered in muscle: the head, spinal cord, sternum, hip, and ribs, for example. Other effective areas include the eyes, throat, and groin.
- The element of surprise enhances the effectiveness of the counter-attack against the shooter.
- Counter-attacks from multiple directions enhance the effectiveness of the counter-attack against the shooter. You must weigh this against compromising the element of surprise.

- Work with others as a team.
- Don't throw everything at once. Throw in waves like how the British army used to fire their single shot rifles. Throw from behind cover if possible.
- Do not stop the counter-attack until the shooter is incapacitated.
- Commit to your actions and act aggressively.

When contacting 911:

- Immediately state "Active shooter at [insert school name]".
- To the extent you know and have time, also describe the shooter(s) and their location, the location of possible hostages or people nearby the shooter(s), weapons held by the shooter(s), and the number of wounded and their locations.
- If you cannot speak, leave the line open and allow the dispatcher to listen. Turn down your receiver as the dispatcher will be asking questions and trying to get you to speak.

When first-responders arrive:

- Their first priority is to stop the shooter.
- They, like you, will be under extreme stress.
- As best you can, remain calm and follow instructions.
- Understand that help for the wounded is on the way.

Obviously, no one can consider every contingency in this situation. **The most important thing is that you think about what you would do in an active shooter situation, and have some sort of plan in place to escape, lock down, hide, and as a last resort fight should one occur.**

EXERCISE: RUNNING OUT THE DOOR FAST.

EXERCISE: GETTING TO THE DOOR FAST TO LOCK IT OR HOLD IT CLOSED.

## **Relationships**

*Why do girls always go for the jerks?*

Here's the answer: most girls are not attracted to jerks, but undeniably some are attracted to jerks. If you think that all girls are attracted to jerks, you should re-evaluate who you pursue as a romantic interest, and why you are pursuing that person.

There are some people, both girls and boys, that are attracted to people who reject them and are mean to them. They reject those who are nice to them.

Relationships with people like this are a nightmare, a constant battle of rejection and acceptance that is a lot of work for very little reward.

If you are in a relationship with someone who is physically violent toward you, get out of the relationship. It will not get better. If you do not end the relationship now, the relationship will transpire one of two ways: (1) you will be a continuous human punching bag for someone; or (2) you will be forced to defend yourself. If you do defend yourself after she initiates an attack, and the police get involved, who do you think will be blamed for the violence? Probably you. It's not fair, but that is the world we live in. It is much smarter to leave the relationship immediately.

On the other side, there are men who beat up women. Why do women stay with men like that? In many cases, it is economic. In other cases, the physical abuse is the culmination of a long psychological campaign to brainwash the victim.

*How do I talk to girls?*

The usual advice here is "be yourself". That is terrible advice! Yourself is insecure, selfish, and pretty much cares about one thing only. Yourself is a terrible person to be.

Most guys need to change their underlying philosophy about girls.

1. Change your attitude. Set out to make friends. If you do this sincerely, it is very freeing.
2. Act like you've seen a girl before. Look her in the eyes. Don't scope her out or stare at her breasts. Don't constantly scan the room for other people or stare at other women walking by.
3. Along the same lines, don't make comments about girl's bodies as they walk by. "Oooh boo. Look at you boo. You don't know what you do to me boo." Don't be woo! guy. Or shout propositions. That makes you sound like a case of arrested development.
4. You can make 100x more friends by being genuinely interested in other people than you can by trying to get other people interested in you. Find something that interests you about them, ask some questions, and learn something.
5. Cultivate friendships with girls.
6. Smile.
7. A person's name is the sweetest sound to him or her than anything else.
8. Be a good listener.

9. Make the other person feel important and do it sincerely. Encourage others to talk about themselves.
10. Make fun of yourself. Don't make fun of others.

On the subject of talking, you have a right to free speech and free association. But so does everyone else. So if you use your free speech to make people uncomfortable by constantly talking about sex or someone's body, or by making jokes or hateful statements based on someone's sexual orientation, sex, ethnicity, or religion, you put your future in a very vulnerable position, because most employers will use their free association to not hire you.

Potential employers already look at your Facebook page and do searches about you on the internet. Most of them care what you post and what is out there about you.

Search engines are also getting better and better. You will eventually be able to search by images and sounds, like your picture and the sound of your voice. In China, facial recognition technology is being perfected.

Everything on the internet is there for a future employer to observe. What you do now does matter. And it never goes away.

**EXERCISE: PREPARING TO COUNTER-ATTACK.**

### **Consent, coercion, and sexual safety**

Choice: You can watch the cliff video and discuss or jump right into the following content:

1. About 43% of you, between now and the age of 22, will experience an unwanted sexual advance where someone, typically but not always a female, will try and get you to do something sexually that you don't want to do.
  - a. Coercion can be physical, which is when someone makes you do something by threat or use of physical force, which is illegal. This was the second least common method of coercion by females against males, but it does happen.
  - b. Coercion can be through drugs or alcohol where you are passed out or so drunk you don't know what you are doing, which is also illegal. This is the most common method for male on male coercion and the least common method for female on male coercion (there is a medical explanation for this difference if you think about it).

- i. For your own protection, do not tolerate or be around men who coerce women. S/HE did a survey of people who treat predators and found overwhelmingly that they could give no assurance that a man who rapes a passed out woman would not rape a passed out man.
    - ii. This is because rapists have no sexual preference. They have preferred victims. Their preferred victim is a little boy because that's who they are good at luring, but if a grown woman comes along that they can dominate, they'll do that too. Predators convicted of raping women rape men in prison.
    - iii. Having sex with a passed-out woman is like having sex with a corpse. That's what Ted Bundy and Gary Ridgeway did. It's highly deviant. Giving someone like that access to you when you are asleep is pure insanity. Call the police on someone like that.
  - c. Coercion can be through a power relationship, like you are under 18 and the other person is over 18, which is statutory rape and illegal.
  - d. Coercion can be mental. This was the most common method of female on male coercion.
    - i. When mental coercion takes the form of blackmail or extortion, such as I have a dirty picture of you or embarrassing information about you and I'm going to tell everyone if you don't do what I say, that is illegal.
    - ii. When mental coercion takes the form of begging, pleading, or withdrawing benefits (I'm going to break up with you if you don't do this), that is not illegal, but it is undignified.
- 2. From the statistics, half of guys coerced ended up having sex against their will, 10% said sex was attempted, and 40% said the coercion resulted in fondling or kissing. So the majority of guys give in to this kind of coercion. It is not a requirement of being a man to give in! You have the right to say "no", and people will respect you *more* for saying "no" than for giving in.
- 3. If a girl coerces you physically, you have the right to use the force necessary to protect your body, but only that force that is necessary. Typically, this would consist of pushing away with mild pressure coupled with a very serious and commanding "don't do that." If the girl is physically stronger, most boys will tolerate some level of bodily violation to avoid hitting a girl. That is not fair and that is not right but it is the world we live in, and so the best thing is to avoid those situations altogether.

4. If a boy coerces you physically, you have more freedom to defend yourself, and that would include grabbing the offender by the testicles and squeezing until the attack stops.
5. If someone coerces you mentally, you have every right to say “no”. If it is illegal coercion, e.g., they are trying to blackmail or extort sex from you, your only good choice is to negotiate your way out of that situation and immediately tell your parents or a teacher or the police what happened. Not fun, but the consequences of any other course of action are worse.
6. How do you avoid being coercive yourself?
  - a. Ask her what she wants. It’s really that simple. If you do this, you will be a better partner than 95% of the guys out there.
  - b. Don’t imitate pornographic movies. They’ve done a study on the people who make these movies. The makers freely admit they make these movies to appeal to men who are mad at women and want to see them degraded. These aren’t instructional videos. They are fake. They are designed to appeal to men’s anger toward women, so they are borderline if not outright violent. Most women do not want to be spoken to or treated like they are in a porno. If they want that, they’ll tell you.
  - c. Don’t jam your tongue down her throat. Don’t jam anything anywhere. In many states, even digital penetration without consent is rape. Rape is a felony that can send you to prison for a long time, which will seem even longer because other convicts hate rapists (they have moms, wives, girlfriends and daughters).
  - d. Groveling, whining, and pouting is coercive but not illegal. It’s just undignified.
  - e. Don’t be the aggressor. If you are the rare guy who’s like “we need to wait”, it drives girls crazy. Be that guy.
  - f. Statutory rape. Do you know the age of consent in Virginia? The bright line age is under 18. There are exceptions for persons of the same age. If you are 18 or over, you cannot engage in sexual activity with someone under 18.
  - g. If you are too drunk to consent and she is too drunk to consent, who gets blamed for rape? Technically, you raped each other, but the world does not work that way, fair or unfair. You get blamed for rape and your intoxication does not constitute a defense to the accusation.
  - h. How drunk is too drunk to consent? There’s no bright-line. It’s not like DUI where anything above .08 is legally drunk. It’s a squishy, difficult to define line. She could be awake but intoxicated and even give consent and still be deemed too drunk to consent. This is why mixing intoxication with sexual activity

is a bad idea, particularly with someone you just met or don't know very well.

7. Pregnancy/false rape allegations.
  - a. Half of all pregnancies in the US are unplanned.
  - b. I know the thinking: if anything goes wrong we'll just get an abortion. No matter how you feel about it ethically, abortion is currently legal. And again, no matter how you feel about it, no one "just gets" an abortion. It's not a simple thing. It's an operation with many emotions tied up in it. The best thing to do is not put yourself in a position where you have to worry about abortion.
  - c. One study found that fear of pregnancy is the motivating force behind roughly 50% of false rape allegations.
  - d. Other common motivators for false allegations: guy was using the girl who liked him and ultimately said something very nasty to end the relationship; girl was cheating on her spouse/boyfriend; girl is afraid guy will tell others; guy rejected a girl's advances. These situations, other than the last one (which is also the least common), are largely avoidable.
  - e. Engaging in random hook ups increases your risk of a false allegation exponentially (not to mention disease).
8. [Hold up a small container of something; we use a tin of lip balm, but you can use anything.] This is a complete non sequitur, but did you hear about these containers? People stick their fingers in them because it feels really good. But it turns out 1 in 4 are contaminated, and your finger will develop a horrible rash. Sometimes that rash can't be cured, and you have these outbreaks 4 times a year or so. And some people if they had little cuts on their fingers get an infection that can kill them, and so nearly 2 million people got this infection and over a quarter of those people died.
  - a. Knowing that, does anyone want to stick your finger in this container?
  - b. So that's all a lie, but those are the statistics for sexually transmitted infections.
    - i. 1 in 4 teenagers will get an STI this year.
    - ii. For grown women out there today, 1 in 4 have genital herpes.
    - iii. 1.9 million Americans have been infected with HIV. Of those, over 600,000 died.
  - c. So none of you would stick your finger in this thing because there was a 1 in 4 chance you would get a rash on your finger, and you've got ten of those.
  - d. The STI rate among your generation is completely out of control, which is strong evidence that the idea of "safe sex" is a lie.
  - e. The only safe sex is no sex. There is *safer* sex, but not safe sex.



- f. I'm sympathetic to people who get STIs, because many were lied to or not told by someone they trusted that there was a risk.
  - g. That said, you do not want to get an STI. Herpes and HIV are particularly awful. The treatment for HIV is no picnic. And herpes has no effective treatment.
9. Would it shock you to know that people on the internet are not who they say they are? An internet prankster got 3 12-14 year old girls to meet him using a fake profile of a teenage girl. He then showed the video to 3 12-14 year old boys. A week later, he lured those boys to bad places using a profile of a 14 year old girl. One of the boys got into the same white van he watched a girl get into after saying "this doesn't seem right".
10. A boy in Wisconsin used a fake profile to trick 30 classmates into sending him compromising photos. He then used the photos to blackmail 6 boys into sex before he was caught and went to prison.
- a. If someone under the age of 18 sends you naked pictures of themselves or others under the age of 18, hit delete and respond "please don't send me these again". Keeping it is possession of child pornography. Sending it to others is distribution of child pornography. These are serious crimes that when discovered are almost always charged because they are slam dunks for the prosecutor.
11. NEVER keep a device in your bedroom or anywhere you are doing something private. Some malware allows people to spy on you, listen to you, or capture images, etc. that can be used to blackmail you.

#### EXERCISE: WHAT TO DO IF SOMEONE GRABS YOU FROM BEHIND.

BEING CHOKED.

BEING PUT IN A HEADLOCK.

REMEMBER: IF SOMEONE PUTS BOTH THEIR HANDS ON YOU, YOU JUST WON THE FIGHT. NOTHING IS PROTECTING THAT PERSON'S FACE, GROIN, OR OTHER VULNERABLE AREAS.

### **Alcohol, Drugs, & Mental Health**

#### *Alcohol*

It is illegal for you to drink, and we can tell you not to do so, but some of you will do so no matter what we say.

It's very important to understand what you are putting in your body, so here goes:

All alcoholic beverages are measured in something called Alcohol By Volume, that is, how much is pure alcohol and how much of it is something else.

Most beers are 5% ABV, but some can be over 3 times as high. It generally has ABV on the label.

Most wine is 13-20% ABV, again that's on the label.

Hard alcohol is measured in "proof", which is double the ABV, so 100 proof is 50% alcohol.

Blood Alcohol Content is the amount of alcohol in your blood. Legally too drunk to drive is .08, and you will not feel particularly drunk at that BAC, so you should really avoid driving at all when drinking. Members of Mothers Against Drunk Driving who lobbied to reduce the BAC for DUI have been arrested for DUI because they themselves didn't know how little it takes to have a .08 BAC, so it is not worth the gamble.

When you get an open piece of candy for Halloween, what do you do? Throw it away. So why would you ever go to a party and drink something someone hands you without knowing the alcohol content? What's more risky?

Another terrible idea is supplying alcohol to others, particularly someone who is a naïve drinker. You have no idea how they will react, how much or little it will take to put them in a coma or even kill them. Guys get charged with some frequency for supplying alcohol to someone who overdoses on it.

### *Drugs*

You know not to do drugs, but what we've seen quite a bit in the last few years is addition to drugs that are prescribed by a doctor, particularly painkillers.

Be very careful before taking a prescribed painkiller. Many people wind up addicted. It should be a last resort to take them, and you should get off them as fast as possible.

People assume something is safe because it is prescribed by a doctor and that is not the case with these painkillers.

Never ever mix drugs and alcohol. Deadly combination.

The number one cause of death among guys your age is accidents, and the leader in that category is accidental overdoses.

Ask questions about what pain killers are prescribed for you, and their necessity. 4 of 5 heroin users began with prescription drugs. It has gotten to the point where we all know someone who went from prescribed drug use to addiction. Addiction can happen to anyone, so be wary about prescription drugs, particularly painkillers.

### *Mental health*

Number two killer of guys your age (#1 in college) is suicide. Suicide is very often an impulsive act. The impulse passes, very often as the person commits suicide.

Ken Baldwin, who attempted suicide by jumping off the Golden Gate Bridge, reported “I instantly realized that everything in my life I’d thought was unfixable was totally fixable, except that I had just jumped.”

The things you can do to maintain good mental health are:

- Stay physically fit
- Eat well
- Don’t self-medicate with drugs or alcohol
- Cultivate strong personal relationships
- If you are going through a tough time, talk to someone about it

Most mentally ill people are a greater danger to themselves than others, but many school shootings have involved someone who is mentally ill.

If you have a classmate that has mental health problems, be aware and report on significant changes in behavior. For example, someone who has been depressed suddenly seems happy could mean that person made a plan to commit suicide. Make sure you bring that change of behavior to the attention of a teacher or parent.

### *Conflict Resolution*

Say you are walking down the street. You’re smart. You see a group of guys coming talking loud, looking for trouble. You do not want to walk into the middle of that situation. It is very difficult to defend yourself against multiple assailants. You cross the street, you go the other way. Make them work to come get you.

Same thing if you see even one guy who looks sketchy. You don’t know if he’s armed. You don’t know if he’s got help coming. Avoid him.

But say you are walking down the street texting. You are an easy mark no matter how big you are, and they did a study on this where criminals identified anyone not paying attention as an easy mark.

So he walks up and starts something. What do you do:

1. Create space between you and him.
2. Hands up about shoulder height. Why? 3 reasons:
  - a. Legally. Anyone watching is seeing you are not the aggressor.
  - b. Psychologically. You are calming him down, reducing the conflict.
  - c. Physically. This is the best defensive position. You are better poised to slap away his attack and counter before running off.

Now, what if the situation is something like an armed robbery? What are the odds you can get the gun away while its pointed at you? Not very good. We tested a 275 pound 8<sup>th</sup> degree black belt with a world record in board breaking against an 11 year old girl with no firearms training. He was shot 10 out of 10 times trying to disarm the girl. You create a distraction and run.

#### EXERICSE: PUNCH DUCKING AND SLAP AWAYS

#### **Courage, Cover-ups, Bullying and Intervention**

It is imperative that we deliver this message in a personal manner, from the heart, speaking as a mentor to these young men. It is useful as a teacher to include personal stories of times you measured up and times you fell short. The main points you need to cover are:

- We will all have times in our lives when we were cowards and times in our lives when we were brave.
- As you get older and look back on your life, the times you are going to be most proud of are when you stood up for someone who needed help, was being bullied, belittled, or assaulted, particularly when doing so could cost you something.
- Standing up for someone who is being bullied does not have to be physical. Mostly, it's just being the person who says "stop it" or "don't do that".
- If you stand up for someone who is being bullied or attacked, that person will remember you for the rest of their life. You will be a hero to that person.

- Swedish graduate students Carl-Fredrik Arndt and Peter Jonsson were riding their bikes when they saw Stanford varsity swimmer Brock Allen Turner assaulting an unconscious woman outside a fraternity. Jonsson asked what Turner was doing and Turner ran. Jonsson gave chase and tackled Turner and Arndt and Jonsson held Turner until the police came. Later, the woman wrote: “Most importantly, thank you to the two men who saved me, who I have yet to meet. I sleep with two bicycles that I drew taped above my bed to remind myself there are heroes in this story. That we are looking out for one another. To have known all of these people, to have felt their protection and love, is something I will never forget.”
- If you bully someone, that person will remember you for the rest of their life. It will not be a fond memory.
  - In 2012, in the midst of his campaign for President, the *Washington Post* reported how during high school, Mitt Romney and other boys “came upon John Lauber [a boy thought to be gay with bleached hair], tackled him and pinned him to the ground. As Lauber, his eyes filling with tears, screamed for help, Romney repeatedly clipped his hair with a pair of scissors.” The *New Yorker* reported later that “For the five former students who [spoke about the attack], it [became] the sort of indelible, awful wrong that haunts both sides. ‘It happened very quickly, and to this day it troubles me,’ Thomas Buford said.” Another boy named David Seed, who witnessed the attack, ran into Lauber 30 years later at an airport, and said “I’m sorry that I didn’t do more to help in the situation.” Lauber responded, “It was horrible” and went on to explain how frightened he was during the incident, and acknowledged to Seed, “It’s something I have thought about a lot since then.” Needless to say, this incident of bullying in high school was extremely damaging to Romney’s campaign.
  - In the book *Pledged*, a sorority graduate gets a job interviewing candidates for a prestigious company. One of her sorority sisters, who was the sorority bully, comes in for an interview. It is all smiles and nice talk until the interviewee leaves. The interviewer then drops her sorority sister’s resume in the trash can saying “you should have been nicer to me in college!”
  - Hazing: there’s no reason for it in high school and it’s also illegal. If you participate in it, everyone is just going to

remember what a jerk you are, and no one will associate that with hazing.

- Moreover, holding someone down and grabbing their private area or penetrating them with an object is not an initiation ritual. It is sexual assault and/or rape.
- Any hazing done as part of an initiation taints the entire group because when it comes out (and it will), *everyone will assume that every member of the group both **did it to others** and **had it done to them***. If this is happening, you need to tell an adult at the school and your parents immediately.
- I'm going to read to you the opening sentence from a *Seattle Times* article on a fraternity: "A University of Washington fraternity has been expelled from the school's Interfraternity Council for an evening of hazing that involved sheep." The article continues: "The pledges were described in a police incident report as wearing only their underwear and a coating of peanut butter. The sheep were described as appearing 'overheated and agitated.'" The article quotes the fraternity vice president as saying the fraternity "has taken this seriously from the beginning, and the sheep were taken care of in the best manner possible." Please don't let there be a similar article about you!!!
  - As an aside, a member of this fraternity traditionally got the fraternity letters tattooed on his ankle, so for the rest of his life people in the Seattle area are like, "Oh, you were in *that* house. What was *that* like?"
- Take a second and think of someone in your life you care about. Now think about them being violated in front of another guy. How do you feel about that guy who stood by, maybe even cheered or high fived the assailant?
- If you stand by while someone you know violates someone else, you will suffer from that the rest of your life. You will feel like a coward and it will torture you. It will consume you when you should be thinking about ways to be productive.
- How to intervene in a potential assault of an intoxicated person.

- Create a distraction. “Dude, she’s about to puke. Seriously. We need to get her to a bathroom now before she ruins the carpet.”
- Be their friend. “You’re not taking her upstairs. She’s clearly way too drunk. You’re putting yourself at risk and I’m too good a friend to let you do that.”
- Get a friend. “We’re not going to let you take her upstairs. She’s too drunk and you’re putting us at risk of being charged as accessories if we don’t stop you.”
- Call the police. “I can’t stop you from taking her upstairs, but if you do know the police will be here in a few minutes.”
- Call your parent. “My mom’s on the way here. You can’t take her upstairs.”
- Call her parent. “Uh, her Dad’s on the way to pick her up. You can’t take her upstairs.”
- These techniques work as bluffs as well, for example, even if her Dad is not on the way, telling someone her Dad is coming might dissuade further action, and if not and you aren’t able to physically prevent anything, then calling her parents remains an option.
- Remember that in this situation, the assailant is likely to be intoxicated. That means he will not be entirely rational. It also means that his movements are impaired. His ability to hit you physically is limited. When a drunk person swings, it looks like they are hitting in slow motion.
- Your hands should be in the open-handed defensive position. This does three things: (1) psychologically, you are telegraphing that you do not want to fight and are there to make peace; (2) legally, if anyone is witnessing or recording the incident, they will say your hands were open in a non-aggressive posture and you did not initiate an attack; and (3) physically, you are in the best possible position to slap away any attempted strike and counter-strike if appropriate.
- A guy who is attempting to violate someone when you are present is not a good friend or teammate or classmate. He is putting you in a position where you could be charged as an accomplice to rape.

- A guy who tells you or shows you that he violated someone is also not a good friend or teammate or classmate. He has put you in a position of being an accessory after the fact.
  - While at Vanderbilt University, Brandon Vandenburg sent two friends in California video of him and others violating a female student. Later, Vandenburg destroyed their cell phones and attempted to delete the video. The police were able to retrieve the video. Vandenburg was charged and convicted of rape, and his two friends were charged and pled guilty to accessory after the fact, for which they received one year probation.
- If you participate in covering up someone else's crime, which includes not reporting a crime you become aware of, you are committing a crime and could be charged with something like obstruction of justice. Anyone who asks you to help them in this way is not a good friend or teammate or classmate.
  - Former Penn State athletic director Tim Curley, vice president Gary Schultz and president Graham Spanier were all sentenced to 2-23 months in jail, plus house arrest and probation for failing to alert authorities to child molestation allegations against ex-football coach Jerry Sandusky.
    - The reason that Sandusky was stopped is because a boy told his mother that Sandusky touched him inappropriately in a shower. The mother and the boy went to their high school principal and the attorney general began an investigation that led to Sandusky's conviction and jail time for Curley, Schultz, and Spanier.
    - If you are touched inappropriately by an authority figure, including a coach or teacher, you should report that immediately to your parents and the school principal.
  - Cover ups are like taking a ride in an out of control hot air balloon. You can jump right away as it leaves the ground and sprain your ankle or you can crash down from 20,000 feet. The truth does come out eventually.

**EXERCISE:** If you have time, you can conclude with another active shooter drill to get the doors locked down.