



P³: Predator Prevention Program
By
P³: Parents, Peers, Professionals

I. Introduction. This program was developed by professionals in a wide variety of fields

II. Identify the Predator.

My name is **Ted**. I'm a law student, was a college honor student, I work part time for the Washington State Republican Chairman, and I was a delegate at the Republican National Convention.

Answer: Ted was a terrible person.

One woman who escaped did so because she trusted her instincts. Ted used to pretend he was hurt by wearing a sling on his arm or using crutches. He would ask a woman to help him carry something to his car and then hit her in the head from behind as she put it in the car. In this instance, his intended victim got a feeling like a blanket of evil covering her and she trusted that feeling, dropped what she was carrying and ran. Ted found another girl and did something terrible to her instead.

Lessons: Predators may use tricks (as elaborate as a cast or as simple as a smile) to appear non-threatening: stay on guard. Trust your instincts: If you think something is wrong, it probably is. Don't worry about being polite. Get out of there!

My name is **Mark**. I'm a high school quarterback with a football scholarship to UCLA. My dad won the Heisman trophy. Someday, I'd like to be an actor.

Answer: No, but he played one on TV. Mark Harmon played Ted in *The Deliberate Stranger*. He was so good it hurt his career for a time. Prior to taking that role, Mark was named *People Magazine's* Sexiest Man Alive in 1985.

Lesson: It shows you that Ted was attractive and that you cannot tell a bad person by the way he or she looks.

My name is **Katrell**. I'm a currently unemployed barber. I'm also homeless.

Answer: Although many registered sex offenders are homeless because they can't find anyone to rent them an apartment, Ketrell is not a sex offender and is

actually a hero. He stopped a man from raping a woman. Ketrell is also smart because before he intervened, he got himself a weapon. Ketrel used a stick and a brick and he beat the bad man with them. Always use a weapon if you can find one.

Lesson: If you are attacked, be smart like Ketrell and use a weapon to defend yourself. When you use a weapon like a stick use short repeated swings and go for bone, like the hands, elbows, shins, hips, or knees. Almost anything hard can function as a weapon, but the best weapons are sharp. According to a study for the Department of Justice, 99% of women wielding a projectile or edged weapon when attacked by a would-be rapist escaped unharmed.

My name is **Jorge**. I'm a member of the Society of Jesus (a Jesuit Priest) known for my care of the poor and destitute.

Answer: Pope Francis has never been accused of a crime. However, if you though he was a bad person, that's not a terrible assumption, because 4% of people convicted of hurting people like you are authority figures like priests, teachers, and policemen.

Lesson: Even authority figures can be bad.

III. Escaping a one-handed grasp.

IV. Fighting a criminal.

- A. Criminals never fight fair. You must do everything possible to escape. Don't fight fair. We're going to show you how to fight in an unfair way.
- B. Say to yourself, "I need to be ruthless" and then do it.
- C. Scream aggressively. Yelling demonstration ("Get Away From Me!").
- D. You have several advantages:
 - 1. Remember that they are cowards or they would not be attacking a girl. They don't expect you to fight.
 - 2. Strike hard and without warning and keep striking until you can run away.
- E. Statistics during attempted rapes (Department of Justice):
 - 1. Women who scream in fear or pain are most likely to be raped
 - 2. Women who scream violently and aggressively escape unharmed 50% of the time
 - 3. Women who run escape unharmed 85% of the time
 - 4. Women who strike back forcefully escape unharmed 86% of the time
 - 5. Women who fight back with a projectile or edged weapon escape unharmed 99% of the time.
- F. Eye Test.
- G. Nose test.

V. Punching/Kicking/The Eye Gouge. The flurry. Practice with pads.

VI. Stats:

1. Stats: 43% will be sexually assaulted
2. Of those who are, 10% will tell their parents
3. Of those who are, 60% will tell a friend.
4. 40% of those "friends" will say "I don't believe you" or "it was your fault.
5. God help you if you are one of those friends.
6. Say "I love you, I believe you, what can I do to help you?" And then listen.
7. The less you talk other than asking things like "Is there anything else you want to tell me about it?" the better because it is easy to offend someone.

VII. Escaping the two-handed grasp (both hands on one arm, one hand on each arm). If someone puts both hands on you, it is scary but you just won the fight.

VIII. A few common scenarios.

A. Internet

1. People on the internet are not who they say they are
2. They will try and turn you against your parents
3. Looking for girls who are isolated and lonely and need a friend
4. 12 year old girl was being bullied at school and needed a friend. She found one on the internet, a 19 year old boy (engineering student on X-C team at Virginia Tech) who with the help of a 19 year old female VT student, killed the 12 year old.
5. When you meet someone on the internet, you endanger yourself and everyone you know. Once I have your phone, I can text your friends to meet me somewhere and kidnap them because they think the text is coming from you.
6. When you see someone who is lonely, you can save their life by letting them know you are there for them.
7. 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.

B. Someone walking behind you. "After you".

C. Kidnapped

1. They will lie to you: We'll got you, we'll get your sister; we'll kill your family; you'll go to jail because of what we made you do.
2. Those things have never happened to the thousands of girls who have escaped. They will be on the run if you escape because they know your parents are either going to kill them or go to the police.

D. He's saying gross things at a public place and won't leave you alone

1. Record him with your phone and get up and show a policeman. Virginia has a vulgarity statute so the police can cite him, and if he is drunk take him to detox. Va. Code § 18.2-388. If that policeman won't do it, go get another one. Virginia law also prohibits profane language and threats over the telephone. Va. Code § 18.2-427.
- E. Clothing choices. We know of no research that shows that a woman was assaulted because of the way she dressed. It is a fact however that it is much easier to rape someone wearing a skirt or dress than it is someone wearing jeans or pants. To remove pants, both of the perpetrators hands must be occupied with removing them, leaving the eyes, nose, throat, etc. vulnerable.
- IX. Escaping the front choke. Raising the hand exercise followed with eye gouge and groin kick. Then escape. (Tal)
- X. Alcohol (Tal)
- A. If you are passed out, none of these self defense techniques will work.
 - B. Quiz- you never know the effect alcohol has on you. It is never a good idea to have mixed drinks/hard alcohol in mixed company.
 - C. NEVER drink from a container that you have not opened, been in control of the whole evening.
 - D. NEVER experiment with alcohol in mixed company. That is the worst possible time to start learning what effect alcohol has on your body.
 - E. If you see someone who has had too much to drink being taken somewhere, INTERVIEN. Call it a crime.

XI. Escaping the rear choke. (Tal)

XII. Domestic Violence (Tal)

It is difficult to tell when meeting someone whether or not they will act in an abusive manner. Obviously, if a man early in a relationship touches you in a violent manner, you should at a minimum end the relationship.

They all know how to do this. It's like they go to school or something. Sounds callous, but it's the same story over and over. If you tell me you suffered prolonged abuse, I'll tell you exactly how it happened.

- They are charming and likeable.
- They have a complete focus on you.
- They make you feel like the center of the universe.
- They are very helpful and attentive. "I'll take care of that for you."

Then they start to manipulate and make you dependent on them:

- ✓ Isolating you from friends, family, and others or discouraging you from interacting with them
- ✓ Acting jealous
- ✓ Seeking to control what you do and when you do it
- ✓ Putting you down, telling you that you cannot do anything right, belittling you, and/or convincing you that you are incompetent. "I'll take care of that because you know you can't do it."
- ✓ Acting like your memory of events is poor or things you claim to have happened did not happen a/k/a "gaslighting" (the name comes from the classic play *Gaslight*, where the husband tried to convince the wife she was crazy by dimming the gas lights and acting like she was insane when she noticed it)
- ✓ Pressuring you sexually or to take drugs or use alcohol
- ✓ Intimidating you with looks, statements, or weapons
- ✓ Threatening to damage your property or hurt those you love such as pets, friends, parents, or children

Abusers may attempt to justify these actions as "wanting to just be with you", "wanting to take care of you", or "loving you too much". They will cry after the abuse. "You make me a better person." They will convince you to feel sorry for them. The truth, however, is that none of these actions are healthy in a relationship, and may well be the precursor to and even worse relationship involving physical abuse.

These relationships end three ways: (1) at first sign of abuse, abused leaves the relationship; (2) abused stays and cycle repeats until the abused nearly gets killed and the abuser goes to jail; or (3) abused is killed after prolonged abuse.

There are no other endings for this.

XIII. The throat trick. Parents need to grab child and start walking forward and child needs to press on throat with finger until parent has to back off.

XIV. Guns.

A. Holdups.

1. Never go with them where they want you to go, particularly if you are in a place where someone can hear or see you. He's not putting a gun on you to take you to a birthday party with kids, balloons, and cake.
2. If he wants your purse, surrender it by throwing it on the ground (never put it in their hand) and RUN fast. Always avoid wearing shoes that make it hard to run.
3. Acting: "My big brother just showed up behind you." Or (addressing someone behind him there or not) "Dad, be careful, he's got a gun." Distract him so he looks away and bolt.
4. You are better off making a stand in public than going with him. He's probably not that good of a shot, and if he wanted to shoot you then and there, he'd have already done it.
5. Store robbery story.

- B. Active shooter
 - 1. Barricade
 - 2. Running away
- XV. Escaping being pinned on the ground. (Tal)
 - A. Tell them you cannot breathe and then play dead
 - B. If he's not off you at that point, take him out in the most violent way possible.
- XVI. How to run away.
- XVII. Reserved.