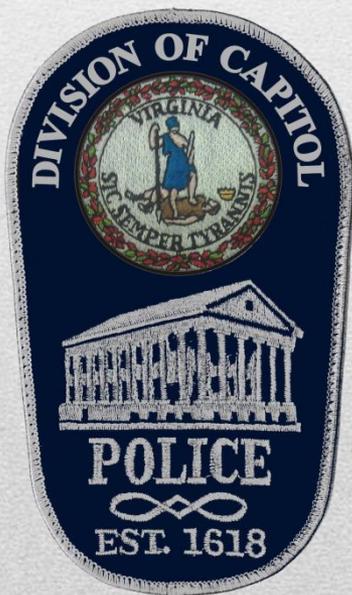


Personal Safety

Presented by:

Division of Capitol Police
Crime Prevention
www.dcp.virginia.gov



Who has been a victim of a crime?



In 2013, there were estimated **1,163,146** violent crimes in Virginia. (FBI 2013 Crime Statistics)

Nationwide, there were an estimated **8,632,512** property crimes (FBI 2013 Crime Statistics)



What is needed for crime to be committed?



Don't make it easy.

Let's learn how to minimize their opportunity



Division of Capitol Police www.dcp.virginia.gov





- Recognizing and acting upon your intuition to reduce the risk of being a victim of a violent assault
- Personal Safety Techniques
- Home Safety Techniques
- How to respond to an attack



Avoid Being a Victim

Be alert!

Stay alert to your surroundings.

- Know who is around you
- Know where you are
- Don't be preoccupied
- Look in your car before you get into it
- Call police if you see anything that seems suspicious



Be Aware!

- Know what choices to make if you find yourself in a potential situation.
- Remember if you allow alcohol and other drugs to impair your judgment, you make yourself vulnerable to anything.
- There are three common Date Rape Drugs (Rohypnol, GHB, Ketamine). Never leave your drink unattended.



Plan where you are going

- Never walk alone – two people with you reduces the chance of being a victim
- Avoid unlit and unpopulated areas – You can't see the criminals and others can't see or hear you. Stairs are good hiding grounds for predators
- Walk in familiar locations – You know what looks right and wrong
- Mix up your routine – change the route you go home
- Walk straight to the building and/or the car, don't wander



Be Confident

Don't look like a Target:

- Eyes down – no eye contact
- Slumped over
- Non-assertive body language



Body Language:

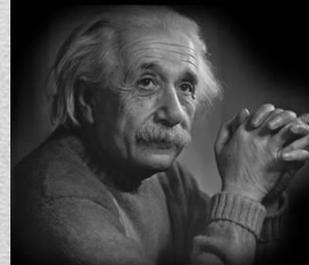
- Walk with Confidence (Firm and steady pace)
Send the message you're calm, confident and know where you're going
- Look people in the eye when you pass them (criminals don't want to be identified)
- Keep eyes and ears open, hands free (cell phones and headphones are distractions)



Trust your instincts and intuition

- Intuition is reading the signals we give ourselves
- Intuition is always right in two ways:
 - It is always in response to something
 - It always has your best interest at heart.
- If you feel uneasy about a situation – avoid it!
- History shows criminals often play on the sympathies of others to lure them into dangerous situations

**THE ONLY REAL
VALUABLE THING IS
INTUITION.**



Albert Einstein
German Theoretical-Physicist
(1879-1955)

QuoteHD.com



Streetwise The Way To Be

- Keep zippers and snaps closed on bags and purses.
- Hold your purse/briefcase tight and keep it close to your body, but not towards your back. Put your wallet in the inside of your coat or front pant pocket.
- Carry your purse/briefcase towards the building side of the sidewalk and not the street side.
- Don't display your cash or any other inviting targets like cell phones, hand-held electronic games, or expensive jewelry and clothing.
- The more packages you carry, the more vulnerable you are.
- If a driver stops to ask for directions, avoid getting near their vehicle.
- Walk close to the curb. Avoid doorways, bushes and alleys.



Safety in a car

- Keep your car in good working order. Make sure you have gas and fill up during the day.
- Always have your keys out and be ready to get in your car.
- Look in, around & under your car while walking to it. If something looks suspicious walk past.
- Lock your doors immediately after entering and keep your doors locked at all times.



- If someone asks for help at a different location, be courteous but keep moving you can assist by making a phone call from a safe place
- If you are attacked in a parking lot roll under a car, it makes it hard to get you and call police on your cell.



Safety at Work

- When entering or exiting the building look for suspicious activity and report all suspicious vehicles and people to Police
- Know the location of the nearest exit
- When working late, make a suspicious person or intruder in the building think that someone is working with you.
- Leave to go to the parking area with a friend or coworker.
- Let a friend or family member know when you are working late.
- Call them when you leave work.



- Don't Get on an elevator or in a stairwell with someone who looks suspicious or makes you feel uneasy.
- Don't Tell callers that a coworker is on vacation.



Safety at Home

A home invasion is when robbers force their way into an occupied home, apartment or hotel room to commit a robbery or other crime. They want a confrontation and use violence versus traditional burglars.

- The entry point is often through the front door, garage or unlocked window.
- Home invaders already have a scam or impersonations in place in order to get you to open the door; they will use deception to gain entry.
- Invaders will use an exorbitant amount of force and threats to gain control and produce fear in the victims



Some Prevention Steps

- Keep doors, garage doors, and windows locked at all time, even when you are home
- Do not open the door without question
- Use the door peephole **BEFORE** opening the door.
- If you are not expecting a package, delivery or service call do not answer the door.
- Have a solid core door, strong locks with reinforced strike plates, and reinforced window devices will help to stop most forced entries.
- Keep porches and all entrances well lit, i.e., driveways, garages and alleys.
- Arm your security system, if you have one, even when you are home.



Stalking

In Virginia, stalking is defined as repeated conduct which places a person, or his or her family, in reasonable fear of death, sexual assault, or bodily injury.

Stalking is a unique crime, because stalkers are obsessed with controlling their victims' actions and feelings. Stalkers will frequently threaten and harass, and in many instances will actually physically injure their victims.



Stalking is a crime that can be committed against anyone, regardless of gender, race, sexual orientation, socioeconomic status, or geographic location.

1.4 million people are stalked annually.

1 in 20 women will be stalked in their lifetimes.

Only one half of stalking cases are reported to authorities, and 25% receive a restraining order.

79% of women know their stalkers; 50% were in an intimate relationship with their stalker; 80% of these relationships were abusive.

Stats provided by the *National Institute of Justice*, the *National Violence Against Women* survey



If you are being stalked:

Imminent Danger

- Call 911. Go to a safe place.

Tell Everyone

- Report the incident to law enforcement
- Give friends, co-workers, & neighbors description of the stalker.
- Ask them to Document anything they see and record the time of the occurrence.

File Charges

- Call police or go to the magistrate immediately and request a warrant each time the stalker breaks the law.



Obtain a Protective Order

- If stalking warrant is issued, you may file for a protective order at the General District Court clerk's office.

Necessary Documentation

- Obtain and keep copies of warrants, protective orders, court orders, etc.

Gather Evidence

- Physical evidence is a key component to convicting a stalker. If it can be done safely, photograph the stalker. Also, save and date all cards, letters, notes and envelopes from the stalker.



Domestic Violence

Domestic violence is a pattern of physically, sexually, and/or emotionally abusive behaviors used by one individual to assert power or maintain control over another in the context of an intimate or family relationship.

Domestic Violence – Who is affected?

EVERYONE!



Define Intimate or Family Relationship:

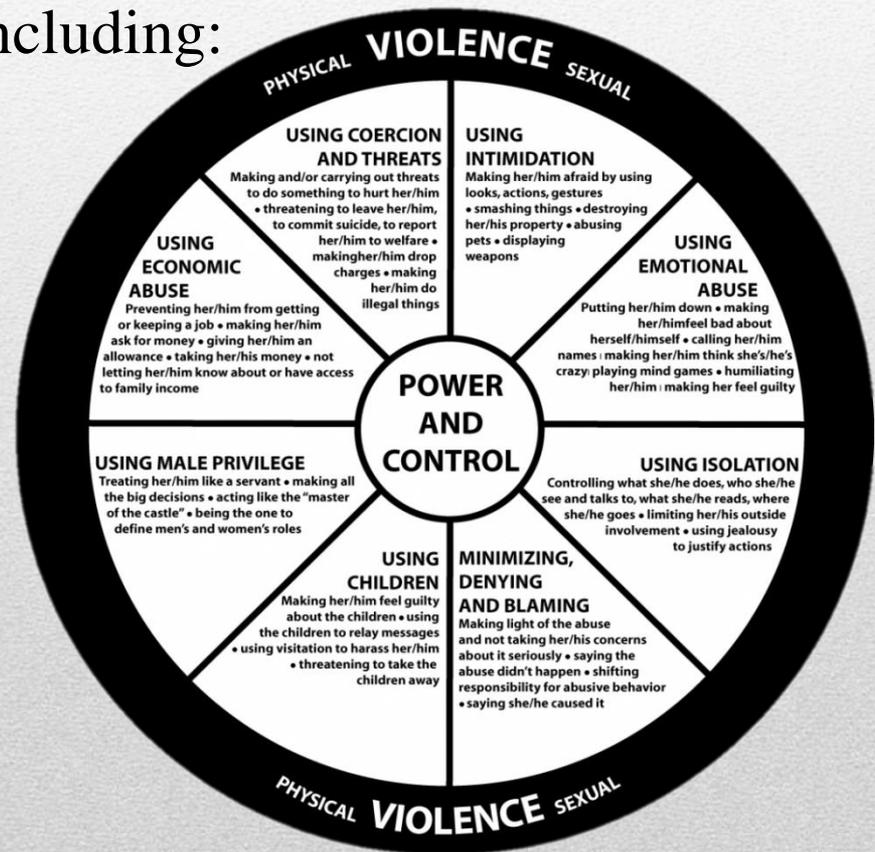
- Family or Household Member—(Virginia Code §16.1-228) Includes:
 - Spouse (regardless of whether you live together);
 - Ex-spouse (regardless of whether you live together);
 - Parents, children, stepparents and stepchildren, brothers and sisters, half brothers and half sisters, grandparents, grandchildren (regardless of whether you live together);
 - In-laws (if you live in the same house);
 - Cohabitants (those who live together) and those who cohabited in the past year and their children; and
 - persons who have a child in common (even if you have never lived together)



Recognizing Domestic Violence

A pattern of behaviors with the goal of controlling and maintaining power over their intimate partner, including:

- Coercion and threats
- Intimidation
- Emotional abuse
- Isolation
- Minimizing concerns
- Denying bad behavior
- Blaming others
- Using children
- Using male privilege
- Economic abuse



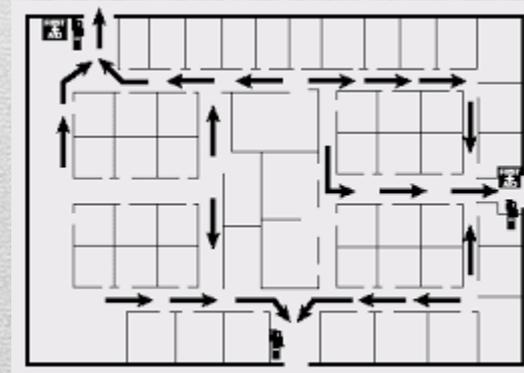
Signs of Domestic Violence

- Visible injuries
- Illnesses – especially stress-related ones
- Problems related to other issues (family, alcohol, drugs, mental health issues)
- Poor work performance or employment history
- On-the-job harassment by the abuser



Domestic Violence in the Workplace

- Tell a human resource officer or supervisor if you've been threatened in any way.
- Let a receptionist or security guard know what the threatening individual looks like, and that they should notify you before allowing this person access to your work area.
- Become familiar with where all exits are located in the building.



- Let Capitol Police know if you've been threatened.
- Give Capitol Police a copy of any Emergency Protective Orders.
- Call Capitol Police IMMEDIATELY if the threatening individual comes to your workplace
- Other resources:
 - Local agencies
 - Shelters

Division of Capitol Police

Emergency

804-786-HELP (4357)

Non-Emergency

804-786-2568



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Avoidance Strategies for Sexual Assault

- Remember, Everyone has the right to say “no” to unwanted sexual contact.
- No one has the right to force or coerce sex from another.
- Communicate Clearly
- Maintain Self-Control



Myth versus Reality?

Rape is a “Crime of Passion.”

Rape is a act of power, control, anger, & hostility. Sex is used to express these feelings.



Myth versus Reality?

Most rapists are strangers.

The majority of rapes –
80% - are committed by
person known and trusted
by the victim



Myth versus Reality?

Only young attractive women are raped

Anyone can be raped. Rapists seek out the vulnerable. Children, elderly, and the disabled are especially at risk.



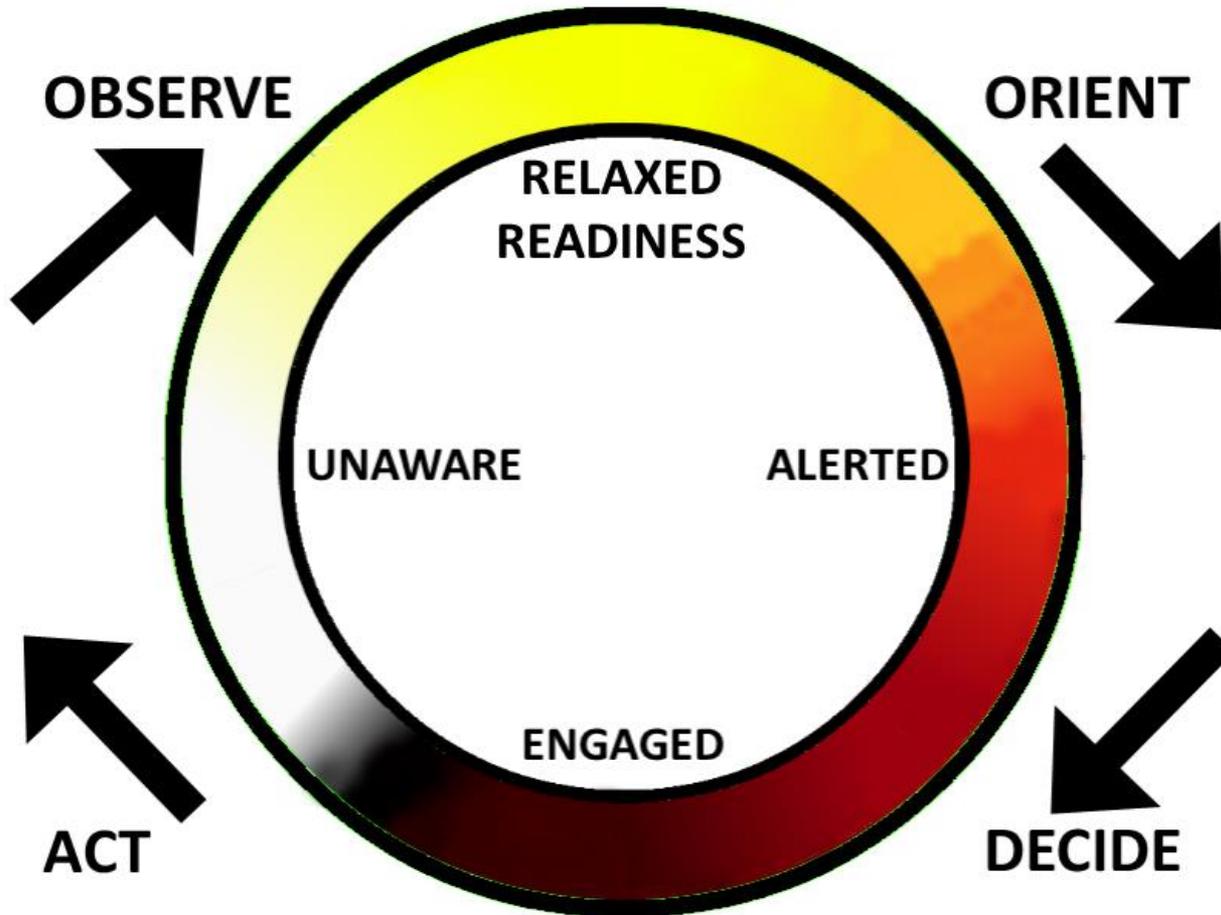
Responding to an Attack

- Stay calm and think rationally about your options.
- Make your decision based on the situation.
 - What is the intent of the suspect?
 - Weapon involved?
 - Is there one or more attackers?
- Options: non-resistance, negotiating, stalling for time, distracting the attacker and running to a safe place, verbal assertiveness, physical resistance, and defensive weapons.

Your goal is SURVIVAL!



Boyd's OODA Loop: Color Code of Mental Awareness



During the attack

- Stay observant and alert so that you can help describe your attacker to police.
- Keep assessing the situation as it occurs. If one thing doesn't work try something else.
- Attract attention, cause a disturbance or try to disable your attacker.



Should You Resist?

Only YOU can decide.

- It may be more advisable to submit than to resist. If you are being robbed, give the robber what he/she wants. Your life is more valuable than what you have.
- If you are being forced to get into a vehicle, your life is in danger. Do NOT get into the car.



After an Attack

- Do not feel guilty or embarrassed
- Go to a safe place to report the crime
- Preserve all physical evidence
- Call the police immediately
- If needed, seek counseling



Remember, you can do everything right and still become the victim of a crime



1.800.838.8238 V/TTY
Free. Confidential. 24 hours a day.



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Classes/Training/Products for self-defense

There are several classes you can take.



RAD at VCU
www.vcu.edupolice.rad



Women's Self Defense Network
www.gotma.net



The YMCA
www.ymcarichmond.org



Divas in Defense
www.divasindefense.com



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There are also several products you can buy, but remember if you purchase an item you need to be properly trained on how to use it and when you can use it legally.



You Are Ultimately Responsible For Your Own Safety



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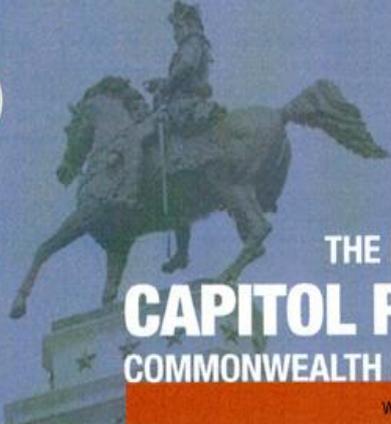
Save the Date!

The next session
February 18, 2015 from
12:00 to 1:00 p.m.

Washington Building

Capitol Police Headquarters





THE DIVISION OF
CAPITOL POLICE
COMMONWEALTH OF VIRGINIA

www.dcp.virginia.gov



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