

WHEN THE TIME COMES...**BE PREPARED!**

PPIM

PERSONAL PROTECTIVE MEASURES

Campus Safety



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Pittsburgh Personal Protective Measures

6901 Lynn Way, Suite 205

Pittsburgh, PA 15208

412-298-4486

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Violence is “icky”



“I think Violence is Repugnant, therefore so does everybody else”

This is a unique mindset in most circles in the western civilized world. The good news is that we WANT a society wherein the use of violence is abhorrent to our way of life, and that conflict is managed in a civilized way. Unfortunately, that is not always our reality. There are entire swaths of our society that use and experience violence every single day. To some, violence is nothing more than a tool to get what they want, or to enforce group rules.

If you ever get confronted by violence, this is one of the psychological barriers that gets shattered as a victim. Our world view is one of laws and courteous social interactions. So remember - not everybody finds violence repugnant.

“I can Go Anywhere and Do Anything I want”

Technically yes. However, that doesn't mean you are free from the possible consequences of your choices. Real world violence and those who perpetrate it do not care if you are convinced of your own immortality and “right” to go anywhere you want and behave however you see fit. I am not planning on flashing cash at the ATM, nor am I walking into a biker bar and mouthing off and expecting to get away with it. A lot of stuff has to go wrong before a situation ever goes hands on. And all those steps that took place prior to the violence breaking out are all chances to off ramp, de-escalate or simply mitigate the very real risks of violence happening to you.

Violence against you is NEVER your fault! However, you can mitigate the risk of it potentially happening to you through awareness and smart choices.

Resource Predators



“I’m not going to let this guy take my stuff!”

Resource Predators are after one thing. Your resource. You have it, they want it. And they will use violence to get it. The question becomes: is a piece of property worth your life or the risk of injury? The contents of your wallet can be replaced. Call the credit card companies and have new ones overnighted to your doorstep by tomorrow. Go buy a new watch. Call your insurance company and report your car stolen and have a rental car that same afternoon. Is it a pain in the ass? Sure, but inconvenience is a small price to pay to keep your health and life. Unless pre-attack indicators tell you something different, then a resource predator will most likely just move on after you give them what they demanded. So toss over your wallet all while moving out of attack range. Process Predators are an entirely different animal and require a different understanding of asocial violence.

Victim Selection



“It may not be your fault, but it could be your problem”

Research shows again and again that predators choose victims based upon behaviors, not what they are wearing, etc. In our seminars we discuss the concept of the “interview”. A predator will interview their targets from first glance observations on body language to location all the way up to social and physical interactions. The predator wants an easy victim, not one that is going to fight back. Awareness levels and making eye contact can be a great initial deterrent as a predator notices you noticing them. Boundary setting and Boundary maintaining is a critical skill. Predators will test your boundaries to see if you will hold or maintain them.

Remember, NO is a complete sentence. It is OK to be rude. You do not owe anybody an explanation, nor it is advisable to engage in a social script that a predator will use to their advantage.



**“NO is a complete
Sentence”**

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Margin of Error

“I’ll have time to react”

This is a fallacy we tell ourselves. Maybe you have had some training and you are looking forward to doing all those fancy karate moves you saw in the movies. Real world violence happens hard, fast and with more surprise than you think. Remember, the predator doesn’t want a victim to fight back – the cost is too high. One of the ways they stack the odds in their favor is by surprise physical attacks that hit from blind angles at times when you are not paying attention. This means that most likely you are already behind the curve by the time you realize what is going on. We spend a lot of time in our courses training the flinch response and operant conditioning by stepping off the X when an attack gets launched. This and only this gives us some margin of error to assess what is transpiring and plan our responses.

“Trust Your Gut”

Your intuition is a powerful tool to keep you safe. Your brain is constantly receiving sensory input from all of your senses, all of the time. Typically your brain “prunes” all of the information that it considers non-essential for your daily life. However, all that information and cues is still being absorbed, filtered and evaluated somewhere in your head. And when your brain senses something that it thinks you should pay attention to, it gives you a heads up.

So a few key points about your intuition:

1. It is Always in Response to Something
2. It has Your Best Interests at Heart
3. Our INTERPRETATION of Intuition is NOT always Right
4. Intuition Knows More or remembers more about the Situation than we are Consciously Aware of
5. What you Think you are Making Up, you are Calling Up
6. Intuition gives you TIME to react or deal with a situation. IF you listen.

Messengers of Intuition: Nagging Feelings, Persistent Thoughts, Humor, Wonder, Anxiety, Curiosity, Hunches, Gut Feelings, Doubt, Hesitation, Suspicion, Apprehension, Fear



**Listen to That
Inner Voice**

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“Pre-Incident Indicators”

Before anything ever happens, there are usually what's known as Pre-Incident indicators. These are interaction clues that someone may wish you harm. Several of these revolve around establishing and maintaining your own boundaries and thresholds. Predators will test you to see if you are an ideal “victim”, AND they will test you to see if you will not only establish a boundary, but will you maintain it when pressed.

Pre-Incident Indicators: The Victim Interview, Forced Teaming (“we”), Loan Sharking (Unsolicited offer ie “free drink”), Offering Too Many Details (Extraneous un-needed detail), Unsolicited Promises, Charm (Unsolicited Flowery Compliments), Type Casting (Statement/inherent Challenge ie “Not that Independent”), Discounting the Word “NO” (They Ignore or Push Past - it's a test).

The 5 Stages of Violent Crime

- 1. Intent**
- 2. Interview**
- 3. Positioning**
- 4. Attack**
- 5. Reaction**



“Violent Crime”

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“Pre-Attack Indicators”

Immediately prior to things going hands on and the start of violence, there are physical clues that are typical and can give you time to react. Be on the look out for these tell-tale physical signs that an attack is imminent.

Pre-Attack Indicators: Range Development (Closing/ Cornering), Attack Positioning, Location of Hands (Around Waistline), Blading or Coiling, Witness Check, Jaw Lowering, Self Calming/Self Soothing/”Petting”, Weapons Check (draw/deploy NOT display)

Strangers?

“Stranger Danger”

While the myth of the sexual predator who is a complete stranger continues to proliferate, the truth is that most sexual assaults are committed by someone we already know. And yes, while women receive the brunt it, men and women are victims of sexual assault and sexual harassment.

SEXUAL ASSAULT

A look at how sexual assault is reported at public, private universities

ON CAMPUS

In its first year, the SRVR Team, a group of trained counselors within the Counseling Center who offer 24/7 privileged and confidential support, advocacy and counseling to students, provided in-person support, advocacy and discussion of reporting options to **144 students**, with an **additional 38** seeking support by phone.



= 10 people who were provided in-person support



= 10 people who were provided over-the-phone support

In 2014-15, the Title IX coordinator received

143

reports from students impacted by sexual assault, relationship violence, stalking and harassment.

Throughout 2014-15, Student Assistance staff members provided case management services to

114

students impacted by sexual and relationship violence.

ACROSS THE COUNTRY



91% of the victims of rape and sexual assault are female and 9% are male.

\$151,423

The approximate amount of money each rape costs the U.S. government

Rape is the **most under-reported** crime.

90%

of sexual assault victims on college campuses don't report the assault.



The percentage of men at one university who self-reported acts qualifying as rape or attempted rape admitted to committing repeat rapes



8/10

In 8 out of 10 cases of rape, the victim knew the person who sexually assaulted them.



81% of women and 35% of men report significant short-term or long-term impacts such as Post Traumatic Stress Disorder (PTSD).

Where Does it Happen?



“Where does violence occur?”

While violence may appear to be unpredictable, we CAN narrow down the criteria in which it regularly occurs. The below are really good rules of thumb.

WHERE violence happens:

1. Violence happens where people go to get their Minds Altered (think bars, parties)
2. Violence happens where Young Men Gather in Groups (think football games, festivals)
3. Violence happens where Territories are in Dispute (Real and Imagined)
4. Predatory Violence happens in Lonely Places (think transition areas - ie the areas BETWEEN public areas and away from potential witnesses)
5. Violence happens in Time (the Threat of Violence is a Gift, ie you have time to mitigate the risk)

Violence Happens in Transition Areas

***“Where Violence
Happens”***

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It's Happening

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“If Violence is a problem, then Violence is also a solution.”

If violence has visited your doorstep, and things have gone “hands-on”, then it is go time. When your life and well-being are at risk, then you have no real choice except to fight. Predators can and will use physical violence against you, and the only way to stop violence unfortunately, is by meeting it with violence.

Do you need to know any fancy moves to be successful in defending against an assault? No. Violence of action trumps technique any day of the week. But you have to counter attack with purpose. Your counter attacks have to cause damage, and you have to keep doing it until they stop doing what they are doing! We spend time in our seminars on areas to target for counter attacks (think eyes, joints, soft tissue), and how to put your entire body behind it so wherever you hit, and whatever you hit with is maximized for full effect. Then once the assault stops, it is time to immediately move to safety.

The safety of large numbers of people, lights and the authorities.

Call 911. Document any prior communications (text messages, social media posts, stalking behaviour, etc.), preserve evidence, tell someone, fill out police reports. Remember, violence against you is NEVER your fault, and it is NEVER ok.



**You are your Own
First Responder**
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You Have Permission



“Give Yourself Permission”

You have Permission to Defend Yourself

You have Permission to Be Rude

You have Permission to Say No

You have Permission to Survive

You have Permission to Fight “dirty” if it means your life

You have Permission to Act

You have Permission to Win

You have Permission to Determine What Winning is



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Resources

<https://www.publichealth.org/resources/sexual-abuse/>

<https://www.rainn.org/>

<https://www.nsvrc.org/>



<https://www.facebook.com/PittsburghPPM/>

<https://www.instagram.com/pghppm/>