



# NEWS YOU CAN USE

*She attended the Poway High School in San Diego County. She was a straight A student. She played the French horn for the San Diego Youth Symphony. She was a member of her school cross country team and volunteered in a peer counseling program. She went for a jog alone, in a local park and did not return. Her remains were found about a week later. She was attacked, raped and murdered by a sexual predator. Chelsea King was seventeen.*

*The information provided in this edition of "News You Can Use" is to suggest ways and assist you in ways to NOT become a victim. Please share this information with the women in your life, young or old, your teenagers and your children, Practice common sense, be alert, and be cautious.*

*All information is available at [LiveSecure.org](http://LiveSecure.org) and all articles are written by Dr. Clinton R. Van Zandt. Used with permission*

## Victim Profiles of Crimes Against Women

The #1 thing men look for in a potential victim is hairstyle. They are most likely to go after a woman with a ponytail, bun, braid or other hairstyle that can easily be grabbed.

They are also likely to go after a woman with long hair. Women with short hair are not as common targets.

Assailants also look for women on their cell phone, searching through their purse or doing other activities while walking because they are off guard and can be easily overpowered.

The time of day men are most likely to attack and rape a woman is in the early morning, between 5 and 8:30 a.m.

The number one place women are abducted from or attacked is at a grocery store parking lot. Number two is office-parking lots/garages, and number three is public restrooms. These assailants are looking to grab a woman and quickly move her to a second, secluded location where they don't have to worry about getting caught.

Only 2% of the rapists interviewed said they carried weapons because rape carries a 3-5 year sentence but rape with a weapon is 15-20 years.

Therefore, if you put up any kind of a fight at all, your assailant may become discouraged, this as it only takes a minute or two for him/them to realize that going after you isn't worth it because it will be time-consuming. The rapists interviewed say they will not pick on women who have umbrellas or other similar objects in their hands that can be used from a distance. Keys are not necessarily a deterrent because you have to get really close to the attacker to use them as a weapon, but they may be better than nothing. So, the idea is to convince these guys you're not worth the challenge!

## Security Issues Facing Women

*Almost two million women are physically assaulted annually in the United States according to studies conducted by the Justice Department and Centers for Disease Control and Prevention.*

A majority of the women seen in hospital emergency rooms across the country have been the victim of assault, mainly by men that they know. The sad fact is that about 90% of rapes occur between people who already know each other and that approximately half of rapes are date rape. Date Rape is forced or coerced sex between people.

Experts say that because the majority of sexual assaults go unreported, the numbers from these studies may represent only a fraction of the actual violent crimes against women.

While these numbers may seem frighteningly high, safety authorities are quick to point out that women need not view themselves as helpless victims. Crime (continued on page 2)

# Security Issues Facing Women (continued)

and safety specialists have suggested the following as the most effective precautions a woman can take to keep herself from becoming an assault statistic:

## If You're Alone, Dress to Kill

Clogs, high heels, and tight skirts are hard to run and fight in and scarves and long necklaces are easy to grab. If possible, modify your fashion style or wear comfortable clothing when alone. You can always change into dress clothes later. Or, think through how you would fight in your dress clothes. Kick off your high heels or hike up your skirt to run or kick; you can even use your high heel as a weapon.

## Make Eye Contact

It may be your first instinct to lower your gaze as you walk to your destination, but looking straight into the face of potential assailants is the better option. Eye contact is important as such may scare off attackers in that they fear you will be able to identify them.

## Keep your Eyes and Ears Open and your Hands Free

It is important to be alert to your surroundings. Talking on a cell phone or listening to headphones makes you a likely target as well as easy prey for a predator. Also, limit the number of bundles you have to carry by using a backpack or bag with a shoulder strap. This will ensure that your hands are free to defend yourself. Be prepared to surrender your backpack or purse as opposed to becoming the victim of a violent assault.

## Be Lazy

Take the Elevator Over the Stairs. And when in the elevator, stand in front of the doors, that way, if someone you feel uneasy about gets on with you, you can step off immediately.

## Fight Your Inner-Woman

Experts say that women tend to be sympathetic — Don't be! History has shown that serial killers and other criminals often play on the sympathies of unsuspecting women to lure them into dangerous situations. If someone asks for the time, directions, or help around their car, be as courteous as possible but keep moving and definitely move away from the potential assailant. You can always assist the stranger by making a phone call to the police from a safe location, or by finding others to go back and help with you.

## Change It Up

Regularly change your walking routine. Plan out a few different routes that you can take and mark out "safe houses" in your mind at intervals along the way. In the event of attacks, you can escape to these shops or homes. Try to incorporate these houses every time you vary your route. If you feel you are being followed, retrace your steps to the last safe location, or walk in the opposite direction of the person or vehicle that you are suspicious of.

## Be Paranoid and Suspicious

It is always better to be safe than sorry. When in a parking lot, look at the cars parked on either side of your vehicle. If a male in a vehicle is sitting alone in the seat nearest your car, or if you are parked next to a van, always enter your car from the side opposite the strange vehicle. If the parking lot is dark or deserted, it may be wise to go back and find a friend or guard who can walk you to your car. Don't be the last person out of a location and be forced to walk alone in a dark empty parking lot. Look in your vehicle's back seat to insure no one is hiding there before you enter, then get in and lock your doors immediately.

# Dating Safety Tips for Teens

Avoiding Teen Dating Violence whether your teen has known her boyfriend or date for seven years or seven days, she should be conscious of the person's behavior at all times and not put her safety at risk. Pass along these warning signs to your children so that they can respond proactively to a threatening situation rather than re-actively.

If your date exhibits these behaviors, he/she is probably someone you should not date.

- Acts jealous and possessive.
- Won't let you have friends.
- Checks up on you.
- Refuses to accept breaking up.
- Bosses you around.
- Insists on making all decisions.
- Belittles you and your opinions.
- Frightens or threatens you.
- Owns, uses or talks a lot about weapons.
- Acts violent, getting into fights or angering quickly.
- Pushes, grabs, or hits you.
- Pressures you for sex or gets serious about your relationship too fast.
- Uses alcohol or other drugs and/or pressures you to do the same.
- Threatens to hurt him/herself to make you comply with his or her demands.
- Demands that you lie to others about your relationship.
- Has been involved in a number of failed relationships.

What can your child do to protect themselves in a threatening situation?

Here's some advice you can provide them:

- Talk to someone you trust and/or can help, like a parent, friend, counselor or clergyman.
- Tell a school counselor or security officer what's going on.
- Make daily notes about the disturbing behavior.
- Avoid being alone with your date at home, school, work or any-

where else.

- When you go out, tell someone where you are going, who you are with and when you'll be back.
- Plan and rehearse what you will do if your dating partner gets abusive.

If a friend of yours is a victim of dating violence, here are some ways you can help:

- If you see signs of abuse, talk to your friend about it.
- Tell your friend that you're worried and want to help.
- An abusive partner often undermines the victim's self-confidence, so point out your friend's good qualities.
- Encourage your friend to speak with a trusted adult, offering to go along.
- If the situation's getting worse, talk to an adult yourself, and if you witness an assault, contact the police, school principal or other adult immediately.
- Don't endanger yourself by confronting the abusive partner.

If you want to take an active role helping others deal with dating violence, consider:

- Starting a peer education program for teenagers in your area.
- Ask your school librarian to purchase self-help books about dating violence and domestic violence.
- Use school bulletin boards and newspapers to raise awareness about the problem and how to deal with it.

Exclusive Free DVD Offer from Live-secure.org "Protecting Your Child From Predators"

Each DVD includes a Child ID Kit where you can store your child's photo, fingerprints and DNA information. This DVD can save your child's life.

# Defense Mechanisms For Women

Be aware of your surroundings, take someone with you if you can and if you see any odd behavior, don't dismiss it. Always go with your instincts.

If someone is following you on the street or in a garage or in an elevator or stairwell and you feel they are suspicious, look them in the face and ask them a question, like what time is it, or make general small talk: "I can't believe it is so cold out here, we're in for a bad winter." "I've seen you before somewhere haven't I?" Now that you've seen their face and could identify them in a lineup, you may lose appeal as a target.

If someone is coming toward you, hold out your hands in front of you and yell "Stop!" or "Stay back!" Most of the rapists said they'd leave a woman alone if she yelled or showed that she would not be afraid to fight back. Again, they are looking for an EASY target. Carry pepper spray (many self defense instructors advocate it) and yell "I HAVE PEPPER SPRAY!" Hold it out both as a deterrent and be ready and able to use it if necessary. Don't have to look for it in your purse.

If someone grabs you, you probably can't beat them strength-wise, but you can outsmart them. If they grab your wrist, pull your wrist back so your hand is in waving position (palm facing forward) and twist it toward yourself and pull your arm away. It is hard to hold onto wrist bones that are moving in that way. They stumble toward you and you stumble back, so you can use that momentum to backhand them with your knuckles in the forehead, nose or teeth. If you are grabbed around the waist from behind, pinch the attacker either under the arm between the elbow and armpit, or in the upper inner thigh, and do it HARD.

After the initial hit, always go for the groin. It is extremely painful if you slap a guy's testicles (Don't hesitate, your life is at stake!). You may think you'll make him mad and want to hurt you more, but most rapists interviewed report they want a woman who won't cause them a lot of trouble. Cause them lots of trouble!

If he puts his hands up to grab you, grab his first two fingers and bend them back as far as possible with as much pressure pushing down on them as possible.

Always be aware of your surroundings, take someone with you if you can and if you see any odd behavior, don't dismiss it, always go with your instincts. You may feel a little silly at the time, but you'll feel a lot worse if the guy really is trouble. You want to identify potentially threatening situations and avoid them. If the situation doesn't feel right, it probably isn't!

## About LiveSecure.org

LIVESECURE.ORG was founded by famed criminal profiler Dr. Clinton R. Van Zandt. LIVESECURE.ORG provides the public with vital security information and products to protect their homes and businesses as well as the very latest crime news. The idea for LIVESECURE.ORG was born from thousands of requests for additional information from the numerous speeches Dr. Van Zandt has given to business and community groups over the years.

### About Our Founder:

Dr. Van Zandt retired from the FBI in 1995 after 25 years of service, ending his career as both the FBI's Chief Hostage Negotiator and as a Supervisor in the Bureau's Behavioral Science/Psychological Profiling Unit. During his career in the FBI, Dr. Van Zandt conducted negotiations that brought about the release of hostages held by prison rioters, and kidnap victims held by both South American guerrillas and terrorists in the Philippines. Dr. Van Zandt also correctly profiled Oklahoma City bomber Timothy McVeigh on the day of that fateful bombing as well as personally negotiated with Branch Davidian cult leader David Koresh in Waco, Texas and wrote an analysis predicting his fatal actions.

Dr. Van Zandt is currently President of Van Zandt Associates, Inc. (VZA), an international risk and threat assessment group specializing in behavioral and forensic analysis as well as NBC's Chief Crime Correspondent. Dr. Van Zandt is best known for leading the VZA analytical team that identified the "Unabomber" after retiring from the FBI.

Dr. Van Zandt is among the world's foremost experts on personal and family security, abnormal psychology, as well as aberrant behavior and law enforcement. He has appeared on over 2000 national and international television specials, and has contributed to hundreds of media stories on criminally oriented topics. Dr. Van Zandt is also a regular consultant on films and television series and a highly sought after corporate speaker. He has published over 25 professional articles, as well as authored and co-authored numerous books. His latest book Facing Down Evil is available online at the Security Store.

## 10 SAFETY TIPS FOR CHILDREN

1. Do not get into any car unless your parents personally tell you to. Also, stay away from anyone who follows you on foot or in a car. You should not go near a car to talk to the people inside.
2. Adults and other people who need help should not ask you for help; they should ask other adults. Adults should not ask you for directions or to look for a "lost puppy" or tell you that your mother or father is in trouble and that they will take you to them.
3. Quickly get away from anyone who tries to take you somewhere. Yell or scream, "This person is not my father (or mother)."
4. Use the "buddy system" and never go places alone. Always ask your parents' permission to leave the yard/play area or to go over to someone's home and especially always ask permission before you go into someone's home.
5. Never hitchhike! Don't ride with anyone unless your parents have told you it's OK.
6. People should not ask you to keep a special secret. If they do, tell your parents or teacher. Also, tell anyone who wants to take your picture, "No," and quickly tell your parents or teacher.
7. No one should touch you on the parts of your body covered by your bathing suit and don't touch anyone else in those areas. Your body is special and private.
8. You have the right to say "No" to anyone, including adults and even relatives or friends who try to take you anywhere against your will, or try to touch you, or make you feel uncomfortable in ANY WAY.
9. Use a special code word with your parents that they can tell to someone so you know they are safe to go with.
10. Practice a "Special" yell that is low, loud and long! It tells the person trying to get you, "I know what to do! I'm not an easy victim!" It tells everyone within the sound of your voice, "I need help!" It gets you going! Don't panic and freeze in an emergency. When you yell you take a deep breath that gets oxygen and energy to your brain and muscles. Your yell can give you courage and get your feet moving when you need to run away!

## Setting the Stage

We don't want to scare our children. We want to empower them to have the ability to protect themselves and each other.

It is very important to approach the subject of safety in a non-threatening way. We do not want to make children fearful of potentially dangerous situations or people in general. We do want to teach them to be cautious and to be able to recognize when something may be wrong.

The key is to help children feel empowered and to encourage them to develop and trust their intuition. We want to teach them to be able to talk to you, their caregiver, when something is bothering them. Open communication between parents and children is one of the most important aspects to protecting your child from predators.

## WEAR THE LOGO AND SHOW YOUR SUPPORT!



**Enclosed with your Newsletter is the Official Product Line Catalog for the Pennsylvania Sheriffs' Association.**

**These high quality products are embroidered or sealed with the registered logo of the Association and are only available through the Levin Promotional Products.**

**When you place your order with Levin, you are continuing your support of the Sheriffs of Pennsylvania and this Association.**


**Our products make great gifts for any occasion!**



PENNSYLVANIA SHERIFFS'  
ASSOCIATION

P O BOX 61857  
HARRISBURG, PA 17106

Phone: 717-236-7336  
Fax: 717-236-7332



We're on the web  
[www.pasheriffs.org](http://www.pasheriffs.org)