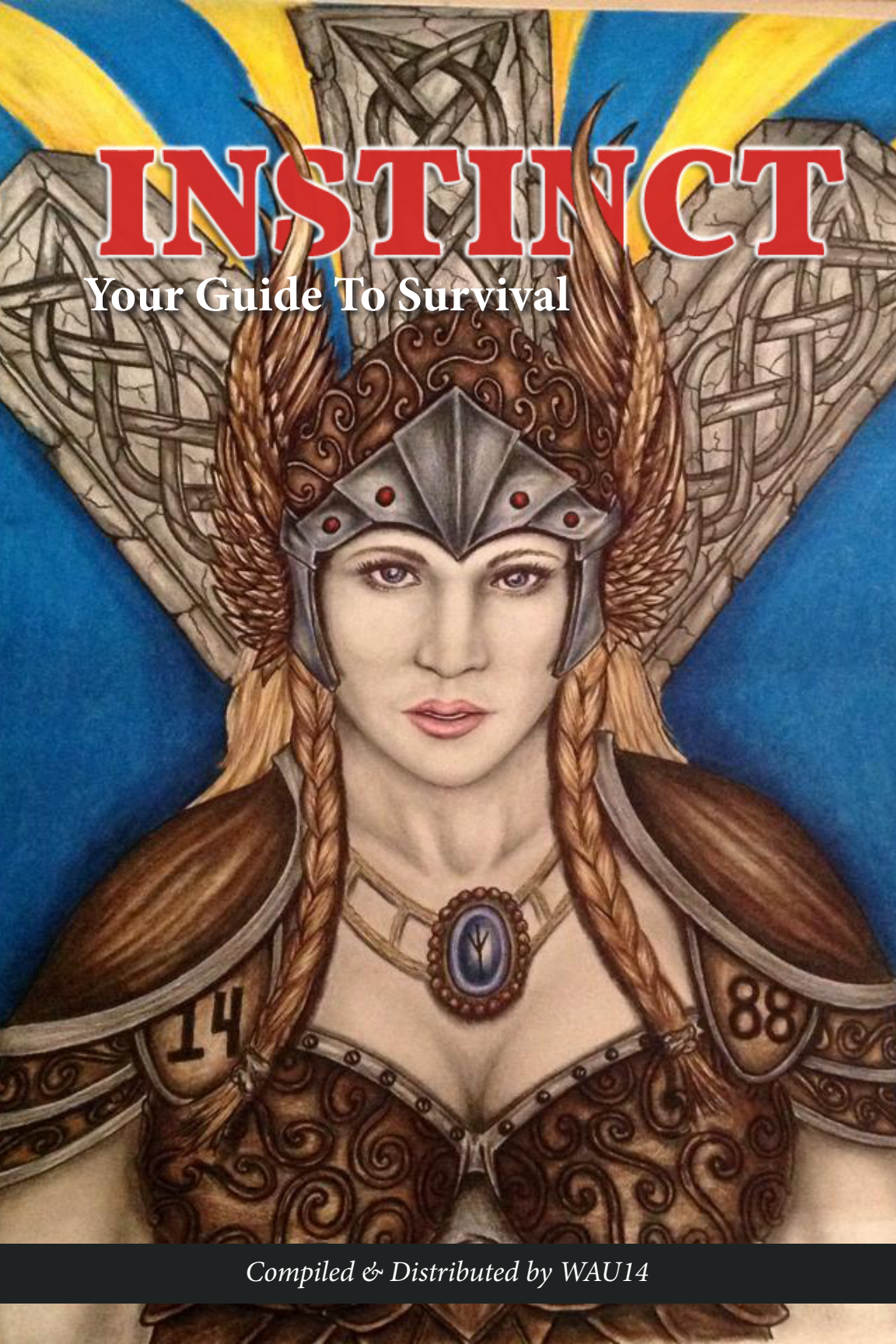


INSTINCT

Your Guide To Survival



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Your Guide To Survival

by Women for Aryan Unity

2014 Edition

Will You Know What To Do
When The Time Comes?

The most essential element to survival and combat power is preparation and knowledge. Without the two we know that when it comes time to fight for our lives, that knowledge in first aid and basic survival are a MUST. As Women we MUST plan now and educate, that is why the women of WAU have decided to compile into a book and share one of our most successful publications: INSTINCT.

To be educated and prepared on what to when the time comes is a key element for your survival as an individual as well for your family and for us all as a people! We will start with the basics, and will progress along to the next steps as we go along.

Instinct may appear to be a little militant for some women, but we are heading for those times again. We may find ourselves in situations where our men-folk are not around to protect us, so then it will be up to us to take charge of protecting our families and homes. We will have to learn how to bear arms, hand to hand combat, how to assist wounded comrades. There are many unknown or unfamiliar things that may occur, so at least with some basic knowledge you are less likely to panic, for if you do, you are already of no use to anyone.

*Hail To The Future,
Your Sisters For Race & Nation
The WAU Sisterhood*

Note to the reader:

Although this book is available for free download, we advise you to print it out and read it completely so that you can learn, take in and fully understand everything. This is really about the content and not pretty images, it is not meant to be for on-line fast reading, it is made to educate you, to guide you in how to be ready if and when the time comes, and it may save your life or your family's life one day!

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Chapter I

SURVIVAL BASICS

Section I

PREPARATION

Preparation is one of the most important procedures you must do, not only will you need supplies, which will be discussed mostly throughout the next few pages, but basic knowledge of Survival. For Example: Study up to date maps of your area, know local methods of shelter, building and fire making, wildfoods, herbal medicines, water sources etc.

Know river directions, waterfalls, rapids and difficult currents. Know mountain ranges and hills, also know temperatures and how they differ from day to night. All this can be found out by actually getting out and experiencing it, you should get a small group of your closet comrades together, and get familiar with your surroundings.

This section will offer a list of the equipment you will need if you wish to survive a lengthy engagement with the enemy. Don't be stuck out in the cold, equip yourself for the turbulent times ahead!

Section II

CLOTHING & EQUIPMENT

The advances in the development of outdoor clothing, equipment, emergency food, and techniques have been growing rapidly in recent years. For those beginners interested in using the outdoors there is unlimited information available. However, experience is the best teacher in any outdoor situation and your reaction in a survival situation depends on your education. Always keep in mind that it can happen to you. Those who are mentally and physically prepared to survive are more likely to do so. To deal with an emergency one must be able to make decisions, improvise, and remain calm.

SURVIVAL EQUIPMENT

The area of attack is key to the types of items you will need on your survivor's list. How much equipment you put in your kit depends on how you plan to carry it. A kit carried on your body will have to be smaller than the one carried in a vehicle.

Always layer your survival kit, heaping the most important items on your body. For example, your handgun, attack chart, throwing knives, poison darts etc. Should always be on your body where they are easy assessable. In preparing your survival kit select items you can use for more than one purpose, pick the one you can use for another function, don't duplicate items as this increases your kits size and weight.

A basic survival kit does not need to be elaborate! You need only functional items that will meet your needs, and a case to hold the items in. For the case you might use an ammunition pouch or another suitable case. This case should be water repellent, easy to carry or attach to your body, and suitable to accept various sized components, and durable!

CLOTHING

Clothing must provide warmth and offer protection from the elements. Layers of light, natural fibers are best. Hats are a must, as they offer protection from both the heat and cold. Water proof outer layers are necessary.

EQUIPMENT

Equipment must be easily manageable and promote survival in any situation. Items to carry in your pockets may include a fire starter, waterproof matches and/or lighter, a pocket knife, goggles, compass, small first-aid kit and some sort of trail food.

SURVIVAL KITS

Items should be packed in a waterproof container that can double as a cooking pot and water receptacle and be attached to your belt.

KITS

The most important tools for survival are having all the right equipment. In this chapter you will find how to prepare first aid kits; from a basic and medical ones to the pocket and car kits. Let's start with the basic and progress along. Here is a list of larger supplies first:

- Sleeping Bag
- Backpack (preferably camo or drab)¹
- Polythene Bags (for Waterproofing)
- Radios
- Vehicles (if Possible)

BASIC SURVIVAL KIT:

You will also need a well supplied survival kit, a small tin should be large enough to fit supplies in. Essential items for all kits, include these items below:

- Matches (Waterproof or strike anywhere)
- Candle (Tallow is great, can also be used as fat for frying)
- Flint (Processed flint with straw striker)
- Magnifying Glass (For starting fires, splinters and stings)
- Needles & Threads (You'll need strong coarse thread)
- Boiled sweets (for energy)
- Loud whistle (to alert comrades)
- Compass (Preferably liquid Filled)
- Beta Light (Light Emitting Crystals)
- Snare Wire (Preferably brass wire)
- Flexible Saw (To Cut Trees); Sharp penknife

1 Backpack - A good, comfortable backpack is mandatory. Loads of about 18 kg (40 lb.) are average. Items to include are; flashlight, extra jacket, socks, and mittens, a pocket saw, gas camp stove, first-aid kit, emergency food, and a tent and fly.

MEDICAL KIT:

This is a long list and can become expensive, so you should purchase items weekly or monthly.

- Analgesic for pain
- Intestinal sedative for diarrhea
- Antibiotics for infection
- Anti histamines for allergies
- Anti malaria
- Sterilizing Tablets
- Surgical blades
- Scalpel blades
- Butterfly sutures (for wounds)
- Plasters (for minor cuts and abrasions)
- A Condom (they can hold up to 1 liter of water)

CAR SURVIVAL KIT

You should keep a survival pack plus first aid in your car. For long journeys pack the be-low.

- Radio
- Jump leads to recharge batteries
- Flares
- Spare tyre, fan belt, bulbs
- Small fire extinguisher
- Big torch
- Shovel
- Tow rope
- Large plastic bottle of water
- Spare petrol in can
- Tin of oil
- Paper towels
- Spare clothes
- Rugs & Sleeping bags
- Road maps & useful phone numbers

POCKET SURVIVAL KIT

This kit should fit into a tin that snaps tight and fits into your pocket.

- Flexible Saw / Pocket knife
- Flint & Striker
- Aspirin and plasters
- Wire for fastening and cutting
- Safety pins
- Cleansing wipes
- Waterproof pencil & paper
- Copy of Morse code, first aid leaflet and drawing of solar still
- Map

SURVIVAL POUCH

This is a more extensive kit, suitable if you are going on a long survival program. Include the items from the pocket survival plus:

- A mess tin for cooking
- Fuel (a tommy cooker is good as it carries it's own fuel)
- Torch; Pencil torch for extra light
- Insect repellent / Sunscreen lotion
- Mosquito netting
- Mini flares in a bag separate from matches
- Marker Panel
- A bar of fluorescent material
- Matches
- Brew Kit (Tea , Milk , Sugar)
- Food
- Water
- Water bottle, canteen etc
- First aid kit
- Survival Bag (With blanket¹ for cold weather)
- ALSO Weapons (Guns, Bows, Knives & Mace)

1 Space blanket, this is a lightweight blanket, windproof and water-proof, which give some insulation from extreme heat and cold. It is coated with aluminum on one or both sides to reflect sun or heat.

PROGRAM IDEAS:

Bellow you will find a pre-made check list that might be handy and help you to know which basic and useful items you must always have ready and packed. Also it will provide you with an overall idea on how to make a checklist but you can make your own. Maybe you live in an area prone to flooding, or an earthquake area, or you might want to be just ready for an eventuality. You might have kids or a baby and you will need some extra items to take care of them.

We will show you the basics, now you just need to adapt them to your and your families' needs.

CHECK LIST

- A map and compass.
- A large, bright plastic bag.
- A flashlight with extra batteries.
- Extra water and food.
- Extra clothing such as raingear, gloves, a sweater and pants.
- Sun protection such as sunglasses, sunscreen, a hat.
- A sharp pocketknife.
- Waterproof matches, a lighter and/or a flint.
- Candles and fire starter.
- A first aid kit.
- A whistle, flares, a tarp.
- _____

Last Check Date: _____

Section III

WATER

WATER

Another crucial element to survival is water, the average person loses 2–3 liters a day. So the main topic of water is where to find it: The easiest way to obtain water out in the open is from dew or rain collection in trees, another way is by placing a plastic bag over a plant or tree, they retain water from the ground, so let it pump water for you.

You can also retrieve water from ice and snow, make sure you heat it up first, to disinfect it. Many plants hold water in their roots, there are many plants that are cupped shaped and have cavities between their leaves, such as bromeliads which grow in Hawaii and in Virginia. Other great sources are vines, some can poison you, another is roots, the easiest types found are:

- Water Tree
- Desert Oak
- Bloodwood which can be found in the plentiful in Australia, and to wrap it up, plant palms and cactus are also great sources for water.

Animals are another great source of water, this may sound extreme but animals eyes contain water, which can be extracted by sucking them. Desert animals can also be a good source of moisture, for example, desert frogs store water in their bodies, and it can be squeezed out, of course there are many ways of retrieving water when you really need to survive, these are just a few basic tips for retrieving water outdoors. Here are a few more handy tips when looking for water.

HOW TO FIND SAFE DRINKING WATER

Water is a necessity of life, while a person can survive for a few weeks without food; you will only last 3 days without water. So in a survival situation, how do we make sure that the water we find is safe for drink.

To assess the purity of the water there are some general rules to follow, and every situation needs to be assessed individually and these rules do not account for pollutants.

DOS & DON'TS FOR DRINKING WATER:

- Avoid drinking from the same area as animals, those this may be unavoidable.
- Never drink water from an ice cap or glacier, which is milky, as it contains, fine particles of rock debris, which can cause severe cramps.
- If you come across a pool of water with no sign of life, it is a good indicator of poisoned water.
- Ice is easy to melt, and will produce more water than snow.
- Try and collect running water as this is always better than still water.
- Water from a spring is generally purer.
- Always look for clear water
- Avoid water covered in algae, discoloured or from swamps or marshes.
- Don't drink water that is located near roads.
- Don't drink water that is located downriver of industries, factories, cities or towns.
- Don't drink water that has passed through agricultural lands - it may contain fertilizers and pesticides.
- Do not drink seawater, urine, coffee, tea or alcohol, they will dehydrate you.

WHERE TO LOOK FOR WATER

- At low tide, dig shallow holes either side of the high tide mark; there is often a small amount of water just beneath the sand.
- A group of ants climbing a tree may be heading towards a small pool of trapped water.
- Look in the pit of a valley; rainwater naturally drains down to the bottom of a hill.
- Look in mountain crevices, where pools of water are often trapped.
- Most grain eating birds (such as finches & pigeons), grazing animals, and flies are sign water is near.
- Dig where there are green patches of vegetation; plants need water to live.
- If at home and your water supply is disturbed by natural or other forms of disaster, you can obtain limited amounts of water by draining your hot water tank or melting ice cubes.

Once you have found water make sure it is safe to drink. There are a few hazards lurking in water that can make you fall ill and may even put your life in danger.

PURIFICATION METHODS:

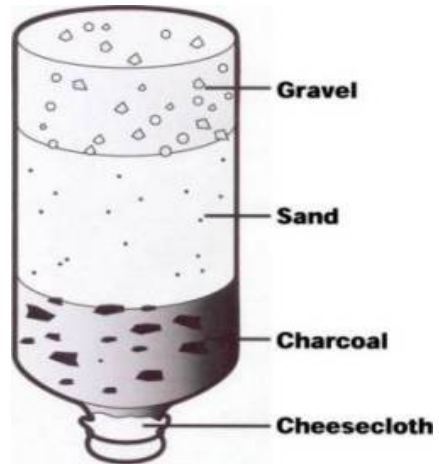
There are two ways of purifying water while on the move and these can be by either boiling or filtering.

BOILING WATER will kill most types of disease causing organisms; if the water is cloudy, filter it through clean cloth first and allow it to settle. Boil the water for between 5 – 20 minutes; allow cooling and then store in clean containers.

FILTERING: There are a number of good commercial water filters on the market, which will remove most bacteria; it is always good to keep

a supply of these in you bug out bag. Normal unscented household bleach will kill some disease causing organisms, but not all of them. Add 1/8 teaspoon (or 8 drops) of liquid bleach for each 4 litres/1 gallon of water, stir it well and let it stand for 30 minutes before you use it. Store disinfected water in clean containers with covers.

BUILD A WATER FILTER: You can make a water filter from an old plastic soft drink bottle or make a cone from birch bark; you may need to pass the water through the filter more than once. Generally speaking, the bigger the filter, and the more layers you have in it, the better.



You will need multiple layers starting from the bottom and working up, you will need a clean cloth or cheesecloth, then a layer of fresh charcoal from a wood fire, then a layer of sand and then gravel or grass. Once you have constructed the filter, simply pour impure water through the filter, catching it in another container at the bottom.

WATER SAFETY

If by any chance you need to get into the water; either to collect water, food or to get to a safer place, keep in mind the water's movement and make changes according to currents and weather condition. Below there is advice on how to spot signs of danger in and near water, and how to deal with certain critical situations.

CURRENTS: A strong current can easily sweep you away, so learn to spot places where currents may be particularly strong or slack.

TIDES: Tides make seawater rise or fall, as well as pulling it away from or towards the shore. It takes about six hours for a high tide (when water is inshore) to change to a low tide (when water is out). The tides pull at its strongest during the 3rd and 4th hours, so try and avoid being caught out in those hours. Check the times of the tide changes with people who know the area.

WINDS: If you are going out on water, check the strength and direction of wind. To check the direction, look at stationary boats out on the water, also look at exposed trees or flags on dry land, to see which way they are being blown. Wind is usually stronger on open water and around exposed headlands. Dark patches of ripples moving across the surface, and wave crests being blown off in a cloud of spray, also indicate strong gusts.

DOS & DON'TS:

- Do learn as much as you can about currents and tides before entering water.
- Do check weather forecast for daily ahead.
- Do look out for potential danger areas; make sure you know what are hazards.
- Don't set out in strong offshore winds, it can blow you into dangerous areas, and stop you from getting back to shore.
- Don't set out in an onshore wind if there are rocks by the shore.
- Don't swim against a current if you avoid it, it is easier to swim diagonally across it until you reach slacker water.

Section IV

FOOD & SALT

FOOD

Your body needs food to supply heat and energy, and to provide the materials it needs to build new tissues. Whether for growth or reproduction. If you are inexperienced, it can be very dangerous to eat wild plants, you can easily be poisoned. Trapping wild animals for food is also risk, since you can get badly attacked by a wounded animal. In any case, you can live up to a month without food, so it should never be your first priority in CRISIS. However, lack of food makes it difficult to keep warm, to recover from after hard work or injury, food also gives you the strength to fight off disease.¹

That is why we must teach ourselves to identify foods that are not a basic food source, such as different plants, we will discuss mammals in another booklet along with hunting techniques etc. First we must learn how to test plants for potential food, most importantly check Plants for worms, and if they are rotten.

CHECK SMELL: if it smells of bitter almonds or peaches discard.

SKIN IRRITATION: Rub slightly or squeeze some of the juice on a tender part of the body, if any discomfort, rash or swelling is experienced, disregard, DO NOT TOUCH!

TEST ON THE LIPS, MOUTH, AND TONGUE: Place on corner of mouth : Place on tip of tongue : Place a piece under tongue : Chew a Small portion : In all cases, if any discomfort is felt, such as soreness to throat, irritation or stinging, burning sensations, DISCARD!

¹ Food gives you energy and can keep you healthy, so eat well before you go on a survival expedition, and take some food with you. Check your supplies on a regular basis to ensure they are edible.

SWALLOWING: Swallow a small amount, do not drink or eat anything for at least 5 hours, if no side effects after the five hours, continue eating.

TO GATHER PLANTS get a bag with a cloth or birch bark box, or large leaves stitched together, this stops the harvest from being crushed, plants to look for are:

- Leaves and stems
- Young Growth Preferred
- Roots & Tubers
- Choose large plants
- Fruits & Nuts

Make sure you go through the edibility test, most can be VERY POISONOUS: Fungi, medium size preferred.

THESE ARE PLANTS TO AVOID:

- Avoid any plants with a milky sap, unless positively identified as safe, such as dandelion.
- Avoid red plants also, unless identified, avoid especially if in the tropics.
- Avoid grasses and other plants with tiny barbs on their stems or leaves.
- Avoid wilted or old leaves, the leaves of some trees develop hydrocyanic acid when they wilt, including raspberry, blackberry cherry, peach & plum.

Plants can be also be identified by the temperature zone you are in. Most plants can be identified by appearance, shape & size, leaves, flowers, fruits & seeds, these are just a few hints to find plant life as food.

TEMPERATURE ZONES:

- Dandelions, Nettles, Docks, Plantains found in countries where temperatures vary.
- Palms, Wild Figs and Bamboo are found in sub Tropical and Tropical Zones.
- Spruces and Willows, Lichens, Kelps and lavenders found in arid and desert zones.

SALT

Salt is of great importance to the body, a normal diet should include an intake of 10mg a day, we lose salt through sweat, urine, so the hotter the climate the greater the loss. The best way to retrieve salt is watch animals around you all animals need salt to survive, salt can be obtained from Plants. For Example in North America the best source is the root of Hickory trees, boil the roots until all the water is evaporated and black salt crystals are left, if no direct salt sources are available to you, then you will have to rely on getting it second hand, through animal blood, which should NEVER be wasted, as it is a valuable source of minerals. The first symptoms of salt deficiency are:

- Muscle Cramps
- Dizziness
- Nausea
- Tiredness

The remedy is to take a pinch of salt in a pint of water, there are salt tablets in your survival kit, break them up and dissolve in an appropriate amount of water. **DO NOT SWALLOW WHOLE, DOING SO COULD CAUSE STOMACH UPSETS AND HARM YOUR KIDNEYS.** Another good idea is to try and keep a diary of all events, record what you discovered to be edible etc, ideas of what work and don't work. It will become a valuable source of information, and will help boost morale.

Section V

FIRE

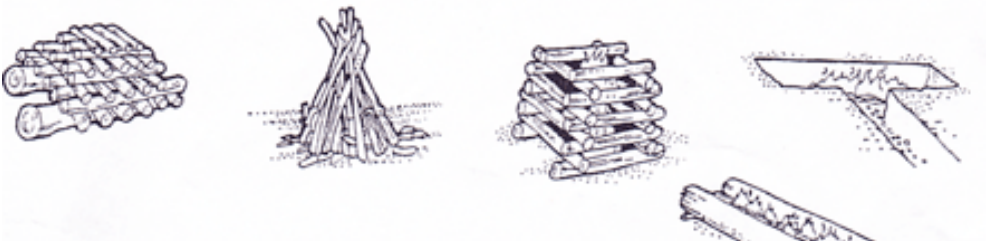
BUILDING FIRES

Next to having water to drink, being able to build and light a fire, no matter how wet it is, or even if you have no matches, is the most important survival skill. All of us should learn how to build a fire. Go out one night when it has been raining for several days and try, remember, any fires needs the following three things: HEAT, FUEL, OXYGEN, if any of the three are missing, the fire will not burn.

Building a fire is the most important task when dealing with survival in the wilderness. Be sure to build yours in a sandy or rocky area or near a supply of sand and water as to avoid forest fires. The most common mistakes made by those attempting to build a fire are: choosing poor tinder, failing to shield precious matches from the wind and smothering the flames with too large pieces of fuel.

HOW AND WHERE:

The first thing we must decide, before we even start to think about building a fire is 'what is it being used for'? A fire that will effectively keep a group of people warm will not be the best kind of fire to cook on, and do you just want to use the fire for just one meal and then move on? Or is it going to be part of a static camp! The following are just a few fire designs:

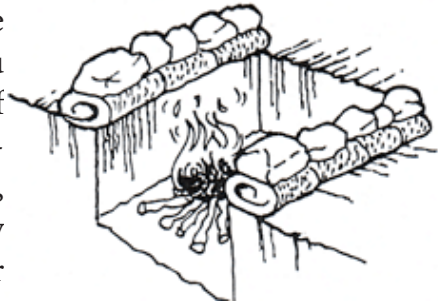


Next we have to find a site for our fire, and remember the damp from the ground will be drawn up, so if it is very wet underfoot you should build a platform of logs, thick sticks or flats stones to build a fire on.



This method can even be used if you need to light a fire when there is standing water on the ground. If it is raining hard, you may need to build shelter over the fire. Try and make sure that both this and the platform are made of green, and not old dry wood. Make sure that if you are building your fire on grass, that you cut the turf away before you start, as the platform will eventually burn through. Now we must start to look around for material to build the fireplace and fire, and to keep it going once the fire has started.

The Fireplace also won't want to set fire to the surrounding country, so make sure that you clear the fire site and if there is grass on the ground you cut the turf out. Be especially careful if you build a fire on peat, once it catches fire, it is very hard to put out. Also, make sure you do not damage trees by lighting fires to near them or under overhanging branches. To contain the fire and make it easier to cook on, you will need to surround the fire with logs and rocks.



If you use rocks NEVER use ones, which have been in the water as they could explode when hot. If you use logs, try finding green ones, which will take longer to catch fire. These same rules apply if you are building your fire on a platform. If it is very windy, dig a trench and build a fire in that.

FUEL:

You will need three types of fuel when you are building your fire: Tinder, Kindling and heavier fuel. Tinder is the material that you light, it will have to generate enough heat to set your kindling on fire, which, in turn, will light the heavier fuels. Items which can be used as tinder include paper, fluff from your pockets, fine strips of silver birch, bandage, cotton wool and so on. Place your tinder in a small pile in the middle of the fireplace and build the kindling around it, making sure that you do not pack it too tight, as the fire will need oxygen to burn well.

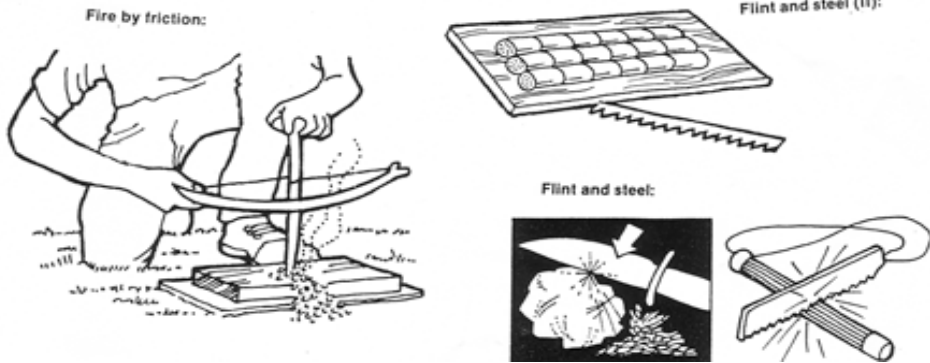
Make sure that you have plenty of kindling available, so that you can add more as the fire becomes established. Once the kindling is well alight you can add the larger fuel, trying to make sure that the first fuel you put on is as dry as possible. Never throw wood onto a fire, always place it carefully.

LIGHTING THE FIRE:

There are a number of ways to light a fire other than using matches, so try them, they need plenty of practice. If there is a strong wind shelter the fire before you try to light them.

- Flint & Steel: Using a piece of flint and some steel
- Flint & Steel (II): Using a ready prepared flint and steel, you will. Find that a ready prepared kit is much easier to use and more effective. Cotton wool is great tinder as we already mentioned for this method. Once again you can buy a kit or make it yourself, buy some flints and super-glue them together, two or three across and six down, on a piece of wood. Add to this a piece of hacksaw blade and you have your kit.

FIRE BY FRICTION: We are including this method in this list, as it can be very useful, but it does need a great deal of practice and some very dry wood, and is probably the most difficult method provided. Make sure that the base board is made of dry soft wood and that the spindle is made of a harder wood.



MATCHES: If you have matches, always strike them into the wind, if the matches are damp or wet, wipe the striking end in our hair, the natural grease will help them dry out. If matches are in short supply you can make them go further by splitting them in half way length-ways. You can make normal matches waterproof by coating them with candle wax, or you can buy special matches called 'lifeboat matches' which can burn in high wind or even underwater.

There are a number of other methods of lighting fires, but many involve chemical or more hazardous ways of making a spark to start a fire, by all means try these.

CREATE A SPARK

The most common ways to create spark are:

- Waterproof, strike-anywhere matches are your best bet. Matches may be waterproofed by dipping them in nail polish. Store your matches in a waterproof container.

- A cigarette lighter is also a good way to produce a spark, with or without fuel.
- The flint and steel method is one of the oldest and most reliable methods in fire starting. Aim the sparks at a pile of dry tinder to produce a fire.
- The electric spark produced from a battery will ignite a gasoline-dampened rag.
- Remove half of the powder from a bullet and pour it into the tinder. Next, place a rag in the cartridge case of the gun and fire. The rag should ignite and then may be placed into the tinder.
- Allow the sun's rays to pass through a magnifying glass onto the tinder.

Dry grass, paper or cloth lint, gasoline-soaked rags, and dry bark are all forms of tinder. Place your tinder in a small pile resembling a tepee with the driest pieces at the bottom. Use a fire starter or strip of pitch if it is available. It is important to keep in mind that smaller pieces of kindling such as, twigs, bark, shavings and gasoline, are necessary when trying to ignite larger pieces of fuel. Gather fuel before attempting to start your fire. Obviously dry wood burns better and wet or pitchy wood will create more smoke. Dense, dry wood will burn slow and hot. A well-ventilated fire will burn best.

PROGRAM IDEAS:

Find as many different types of tinder as you can, and make a chart listing advantages and disadvantages of each.

Get each group of comrades to select a cooking fire design, build it and light it, this will give you an idea of the benefits of each type.

See how quickly you can light a fire using the above methods.

To make a spark, hold a knife and a flint just above the tinder scrape the knife on the flint in a downward motion, the sparks should set light to the dry tinder.

Section VI

SHELTER

BUILD A SHELTER

A small shelter, which is insulated from the bottom, protected from wind and snow and contains a fire is extremely important in survival.

Before building your shelter be sure that the surrounding area provides the materials needed to build a good fire, a good water source, and shelter from the wind.

WILDERNESS SHELTERS MAY INCLUDE:

1. Natural shelters such as caves and overhanging cliffs. When exploring a possible shelter tie a piece of string to the outer mouth of the cave to ensure you will be able to find your way out. Keep in mind that these caves may already be occupied. If you do use a cave for shelter, build your fire near its mouth to prevent animals from entering.
2. Enlarge the natural pit under a fallen tree and line it with bark or tree boughs.
3. Near a rocky coastal area, build a rock shelter in the shape of a U, covering the roof with driftwood and a tarp or even seaweed for protection.
4. A lean-to made with poles or fallen trees and a covering of plastic, boughs, thick grasses or bark is effective to shelter you from wind, rain and snow.

5. A wigwam may be constructed using three long poles. Tie the tops of the poles together and upright them in an appropriate spot. Cover the sides with a tarp, boughs, raingear, or other suitable materials. Build a fire in the center of the wigwam, making a draft channel in the wall and a small hole in the top to allow smoke to escape.

6. If you find yourself in open terrain, a snow cave will provide good shelter. Find a drift and burrow a tunnel into the side for about 60 cm (24 in) then build your chamber. The entrance of the tunnel should lead to the lowest level of you chamber where the cooking and storage of equipment will be. A minimum of two ventilating holes are necessary, preferably one in the roof and one in the door.



PROGRAM IDEAS:

You can even practice building a shelter in your backyard. Try it with your kids, start by setting up a tent or build small shelters with the materials you can find in your surroundings!

Section VII

CAMOUFLAGE

In a survival situation, especially in an aggressive environment you may find it necessary to camouflage yourself, your equipment, and your movement. It may mean the difference between survival and death. Camouflage and movement techniques, such as stalking will also help kill more of your enemies.

PERSONAL CAMOUFLAGE

When camouflaging yourself, consider that certain shapes and particular to humans. (i.e. enemies) The enemy will look for these shapes. The shape of a hat or black boots can give you away easily! Even animals know to run from the shape of a human silhouette!

Break up your outline by placing small amounts of vegetation from the surrounding areas in your uniform, equipment and headgear. Try to reduce any shine from skin or equipment; blend in with the surroundings and it's colors. (i.e. simulate the texture of your surroundings.)

SHAPE AND OUTLINE

Change the outline of weapons and equipment by tying vegetation or strips of cloth onto them. Make sure the added camouflage does not hinder the equipment's operation. When hiding, cover yourself and your equipment with leaves, grass, or other local debris. Conceal any signaling devices you have prepared, but keep them ready for use.

COLOUR AND TEXTURE

Each area of the world and each climate condition has color patterns and textures that are natural for that area. While color is self-explan-

atory, texture defines the surface characteristics of something when it looks at it! For example, surface texture may be smooth, rough, rocky, leafy, or many other possible combinations. Use color and texture together to camouflage yourself effectively. It makes little sense to cover yourself with dead brown vegetation in the middle of a large grassy field; similarly, it would be useless to camouflage yourself with green grass in a desert or rocky areas.

To hide and camouflage movement in any part of the world you must take on the color and texture of the immediate surroundings. Use natural or man made materials to camouflage yourself, paint, leaves, strips of cloth; pine boughs and camouflage uniforms are a few examples.

Cover all areas of exposed shine, including face, hands, neck and ears. Use camouflage paint, charcoal, or mud to camouflage yourself. Cover with darker color areas that stick out more and catch more light (i.e. forehead, nose, cheekbones, chin and ears.) Cover other areas particularly recessed or shaped areas (i.e. around the eyes and under the chin) with lighter colors. Be sure to use an irregular pattern. Attach vegetation from the area or strips of cloth or the proper color to clothing and equipment if you use vegetation replace it as it wilts. As you move through an area be alert of color changes and modify your camouflage colors as necessary.

As shine gets oily, it becomes shiny. Equipment with worn off paint is also shiny, even painted objects if smooth may shine. Glass objects such as mirrors, glasses, binoculars and telescopes shine. You must cover these glass objects when not in use; anything that shines automatically attracts attention and will give away your location. Whenever possible, wash oily skin and reapply camouflage, skin oil will wash off camouflage so reapply it frequently. If you are in a position that requires you to wear glasses camouflage them by applying a thin layer of dust to the outside of the lenses. This layer of dust will reduce the reflection of light. Pay particular attention to covering boots, eyelets,

buckles on equipment, watches, jewelry, zippers and other shiny objects on clothing.

When hiding or traveling stay in the deepest part of the shadows. The outer edges of the shadows are lighter, and the deeper parts are darker. Remember, if you are in an area where there is plenty of vegetation, heap as much vegetation between you and the enemy as possible, this action will make it very hard for the enemy to see you, as the vegetation will partially obscure you from his view. Forcing the enemy to look through many layers of vegetation will fatigue his eyes very quickly. When traveling, especially in built up areas at night, be aware of where you cast your shadow, it may extent out around the corner of a building and give away your position. Also if you are in a dark shadow and there is a light source to one side, an enemy on the other side can see your silhouette against the light!

MOVEMENT

Movement, especially fast movement attracts attention. If at all possible, avoid movement in the presence of the enemy. If captured appears imminent in your present location, and you must move, move away slowly making as little noise as possible. By moving slowly in a survival situation, you decrease the chance of detection and conserve energy that you may need for a long-term survival or long distance envision.

When moving past obstacles, avoid going over them, if you must climb over an obstacle, heap your body level with its top to avoid silhouetting yourself. Do not silhouette yourself against the skyline when crossing hills or ridges, when you are moving you will have difficulty detecting the movement of the enemy. Stop frequently, listen and look around slowly to detect signs of hostile movement.

NOISE

Noise attracts attention, especially if there is a sequence of loud noises such as several snapping twigs. If possible, avoid making any noise at

all. Slow down your pace as much as possible to avoid making noise when moving around or away from possible threats.

You should use background noise to cover the noises of your movement; sounds from aircraft, trucks, strong winds, and people talking will cover some or all of the sounds produced by your movements. Rain will also mask a lot of movement noise, but it also reduces your ability to detect potential enemy noise.

SCENT

Whether hunting animals or being hunted by the enemy, it is always wise to camouflage the scent associated with humans. Start with washing your body and clothes without using soap, this washing method removes soap and body odors. Avoiding strong smelling foods such as garlic helps reduce body odors. Do not use tobacco products, candy, gum or cosmetics.

You can use aromatic herbs, or plants to wash yourself or your clothing, to rub on your body and clothing, and chew on camouflage in the form of pine needles, mint or any similar aromatic plant. Standing in smoke from a fire can help mask your scent from dangerous animals, while animals are afraid of fresh smoke from fire, older smoke scents are normal smells, and do not scare them.

While traveling, use your sense of smell to help you find or avoid enemies. Pay attention to smells associated with potential enemies such as fires, cigarettes, gasoline, oil, soap, and food. Such smells may alert you to their presence long before you can see or hear them, depending on wind-speed and direction. Note the wind direction and when possible, approach from, or shift around on the down-wind side when nearing the point of attack.

METHOD OF STALKING

Sometimes you need to move undetected to and from a location, and you need more than just camouflage to make these moves successful. The ability to stalk or move without making any sudden movement or loud noise is essential to avoid detection. You must practice stalking if it's to be effective.

Use the following techniques when practicing:

UPRIGHT STALKING

Take steps about half your normal stride when stalking in the upright position. Such strides help you maintain your balance. You should be able to stop at any point in that movement and hold that position as long as necessary. Curl the toes up out of the way when stepping down so the outside edge of the ball of the foot touches the ground. Feel for sticks and twigs that may snap when you place your weight on them. If you step on one, lift your foot and move it. After making contact with the outside edge of the ball of your feet, roll to the inside ball of your foot, place your heel down, followed by your toes. Then gradually shift your weight forward to the front foot. Lift the back foot to about knee high and start the process over again.

Keep your hands and arms close to your body, and avoid waving them about or hitting vegetation when moving in a crouch, you gain extra support by placing your hands on your knees. One step usually takes one (1) minute to complete, but the time it takes will depend on the situation.

CRAWLING

Crawl on your hands and knees when vegetation is too low to allow you to walk upright without being seen. Move one limb at a time and be sure to set it down softly, feeling for anything that may snap and make noise. Be careful that your toes and heels do not catch on vegetation.

PRONE STALKING

To stalk in a prone position, you do a low, modified push-up on your hands and toes moving yourself forward slightly, and then lowering yourself again slowly. Avoid dragging and scraping along the ground as this makes excessive noise and leaves large trails for trackers to follow.

ANIMAL STALKING

Before stalking an animal, select the best route. If the animal is moving you will need an intercepting route. Pick a route that puts objects between you and the animal to conceal your movement from it. By positioning yourself in this way, you will be able to move faster until you pass that object. Some objects such as large rocks and trees may totally conceal you, and others such as small bushes and grass may only partially conceal you. Pick the route that offers the best concealment and requires the least amount of effort.

CONCLUSION

We do not provide all the answers a comrade will need to know while in a survival situation. What it does provide is thought provoking insights and tips that will help you prepare yourself psychologically for the turbulent times ahead. It is imperative that every comrade trains and familiarizes themselves with all the psychological techniques, skills and tactics needed to survive the impending conflict.

Being physically able to engage in a conflict (i.e. aggressive assault) is only one factor that will determine our success or failure. If our mental faculties are not capable to give our physical being (i.e. body) sound directions in how to engage the enemy, our slaughter is inevitable. The enemy is well trained in almost all cases, and we must be equally stringent in trying to teach and learn these same combat survival skills.

As you learn new skills make it a point to share this knowledge and

the new found abilities with every comrade you encounter. It is very important to each of your counterparts have the knowledge you possess and they are as well prepared as you are. Remember, even though this is a conflict being waged to inflict death and destruction on our enemies, it is imperative that we never lose focus of our main objective. This is a fight for the continued existence (i.e. survival) of not only yourself, but also your family, comrades, and cultural heritage. We must never forget this.

If our level of training and preparations are not the highest that the civilized world has known, our chances of survival are very slim. There has never been a combat squadron military, or otherwise who was able to survive any length of time with diminutive training and preparations. Our future and success will be determined by the willingness we have to train ourselves, and our desire to become completely aware of what must be done in a survival situation!

PROGRAM IDEAS:

Practice camouflage and stalking techniques. You can be creative and do it with your kids and family and this helps to prepare them as well.

Make it like a fun game, a typical or upgraded hide and seek game.

Practice it in different scenarios, weather, day and night.

Chapter II

SURVIVAL ACTIONS

Section I

BE A SURVIVOR

PREPARING TO BE A SURVIVOR:

In primitive times, everyday was a battle for survival. People had to find their own water, food and shelter, so everyone learnt the essential skills to survive. Today we have forgotten many survival skills, since we can buy nearly everything we need. However, survival situations can still arise: you could be stranded in a snowbound car, a fire could break out in your home. Being prepared mentally and physically is as important as having the equipment and the skills we taught you before. In this chapter we at W.A.U. have put together some information that will give you a better chance of surviving unharmed.

BASIC SURVIVAL PROCEDURES:

Let's start with the basic procedures. If you find yourself in a survival situation, try to do the following straightaway:

- Get Yourself and anyone else out of further danger.
- Apply first aid if you or anyone is injured.
- Move and supplies of equipment, food and water away from harms way.
- Protect yourself physically from the elements by getting into shelter ASAP.
- Examine the supplies that you have with you, and decide what are your priorities; if in a hot climate it is going to be WATER, if in a cold climate, SHELTER will be your first priority.
- Decide whether you are going to stay where you are, or try moving to another spot, where you are more likely to survival and seek help if needed.

Section II

SIZE UP & MAKE A PLAN

SIZE UP THE SITUATION

If you are in a combat situation be sure you have a place to conceal yourself when your actions are not aggressive, remember that security is priority! Use your sense of hearing, smell, and sight to get a feel of the combat or attack zone: what is the enemy doing? Advancing? Holding in place or retreating? You will have to consider what is developing in your combat zone when your survival plan is made! Be vigilant and never be careless!

SIZE UP YOUR SURROUNDINGS

Determine the pattern of the area you are in, and a feel for what is going on around you, remember, every environment has a rhythm or pattern. These rhythms and patterns include numerous noises you should always be familiar with; being aware of civilian noises or enemy traffic sounds will greatly enhance your chances of survival during aggressive times. Noise from animals and insects can be equally beneficial to you since most will make noise when evading someone who moves to close to them. Animals and birds are key players in giving up enemy locations also! Pay attention to movements and sounds.

SIZE UP YOUR PHYSICAL CONDITION

If you have engaged in actual combat the pressure of the conflict you were in, or the trauma of being in that situation may have caused you to overlook wounds you received. Check your-self for wounds, if you have some tend to them immediately to prevent further bodily harm, the only effective soldier is a healthy one!

You can greatly improve your survival chances if you try to keep physically fit. Even half an hour exercise a day can improve your fitness. In any survival situation you also need ingenuity, an ability to improvise, and a certain amount of organized thinking to pull you through. You can develop these abilities by imaging yourself in a survival situation and deciding how you would deal with it.

SIZE UP YOUR WEAPONS AND EQUIPMENT

Perhaps in the heat of combat you lost or damaged one of your weapons or equipment. Always check to see if your weapon and other equipment are in place, and what condition it is in, we can only be as effective as our weapons allow us to be. Without adequate tools to fight without efforts will fail. Always include an extra weapon, and allot of extra ammunition to your kit, you can never have enough bullets!

Now that you have sized up the area of attack, it's surroundings, your physical condition, weapons, equipment and basic physical needs; you are now ready to make some survival plans.

USE ALL YOUR SENSES, UNDUE HASTE MAKES WASTE!

You may make a wrong move when you react quickly without thinking or planning. That move may result in your capture and ultimate death. Do not move, just for the sake of taken action, and always consider all aspects of your situation (size up the situation) before you make a decision to move. If you act in haste, you may forget or loose some of your equipment, or even a weapon. In your haste you may become disorientated so that you do not know which way to go – plan your moves. Be ready to move out of an area quickly without endangering yourself if the enemy is near you, use all of your senses to evaluate the situation (i.e. Sight, smell and hearing). BE OBSERVANT.

REMEMBER WHERE YOU ARE AT ALL TIMES

Spot your location on the attack chart you have prepared for yourself and relate to the surrounding terrain. This is the basic principle that you must always follow. Make sure all others in your group are aware of the location and at all times be aware of who in your group is in the possession of your attack location charts, the chances of you fighting in an area you are familiar with is rare, if the person in charge of the charts is killed in combat you will need to recover these in order for your mission to succeed. Always pay close attention to where you are and the ground you have covered. If for some unforeseen circumstance the attack location charts are lost it will serve you well to have a clear mental picture of where you are, and where to turn if you have to retreat. As a minimum always try to determine how your location relates to the following:

- The location of the enemy units and controlled units
- The location of friendly units and strong holds
- The location of local water resources
- Areas that will provide good cover and concealment for your troops/attack group

These four things will allow you to make intelligent decisions when you are in a survival or combat situation.

IMPROVISE

In every part of the country we have combat and survival items for all our needs. Many of these different weapons and tools are cheap to replace when damaged. Our easy come, easy go, easy to replace culture makes many comrades feel that it is unnecessary to improvise, this inexperience can and in many cases, will be the enemy in a combat or

survival situation. Learn to improvise! Take a weapon tool used for a specific purpose and see how many other uses you can make of it. Learn to make use of natural objects around you for different needs (i.e. rock, steel, glass etc.) No matter how complete your weapon or equipment attaché maybe, it may very well be lost or damaged after a lengthy engagement with the enemy, your imagination must take over when your survival equipment is lost or destroyed.

VANQUISH FEAR AND PANIC

The greatest enemies in a combat situation are fear and panic. If uncontrolled they can destroy your ability to make an intelligent decision. They may cause you to react to your feelings and imagination rather than to your situation. They can drain your energy and thereby cause other negative emotions. (Note: survival and combat training, and self confidence will enable you to vanquish fear and panic.) We will address this subject further in the next section. you will learn how to deal with your emotions and state of mind.

For now keep in mind you must stay calm, seize the situation and your surroundings and make a plan that will suit better your physical condition the equipment and resources you have available and the situation you are in.

SURVIVAL PLANNING

Survival planning is nothing more than realizing something could happen that would put yourself in a survival situation and with that in mind, taking steps to increase your chances of survival. Thus, survival planning means preparation. Preparation means having survival equipment and knowing how to use it! Comrades who live in snow regions prepare the vehicles which will be used for our transportation by putting on snow tires, add extra weight in the back for traction, and they carry a shovel, salt and a blanket.

Another example of preparation meaning knowing your intended route in and out of the area you will be traveling and familiarizing yourself with the surroundings! Finally emergency planning is essential!

IMPORTANCE OF PLANNING

Detailed prior planning is essential in potential survival situations. Including survival considerations in combat planning will enhance your chances of survival when an emergency occurs. For example, if your group's responsibilities require you to work (i.e. fight) in a small enclosed area that limits what you can carry on your person, plan where you can put your attached survival equipment. Put it where it will not prevent you from getting out of an area quickly, yet where it is readily accessible to you.

PROGRAM IDEAS:

In a survival situation it is important to know how to orientate yourself. Try to practice some orientation in different scenarios. Here are some ideas:

In the wild you can practice finding the northern star, orientate yourself by the sun and you can try making a solar watch.

In a city context it is hard to guide yourself by the sun and almost impossible to find the northern star. So use a map and a compass and try to figure out the faster ways to get out of the city and move around either by car or foot.

Don't rely on GPS gadgets because in cases of survival your batteries will go flat.

Chapter III

**PSYCHOLOGY
OF
SURVIVAL**

Section I

STRESS

It takes much more than knowledge and skills to build shelters, get food, make fires and to travel without the enemy being able to locate you, to live successfully through a survival situation. Some people have managed to survive life-threatening circumstances with little or no survival training, and yet some people with years of survival training have not used their skills and died. The key ingredient in any survival situation is the mental attitude of the comrades involved. Having survival skills is important, having the will to survive is ESSENTIAL, without a desire to survive, acquired skills serve little purpose and invaluable knowledge goes to waste.

There is psychology to survival! The person in a survival environment faces many stresses that ultimately impact the mind. The stresses can produce thoughts and emotions that, if poorly understood, can transform a confident, well trained comrade into a indecisive, ineffective soldier with questionable ability to survive. Thus, every comrade must be ware of, and be able to recognize those stresses commonly associated with survival. Additionally it is imperative that comrades be aware of their reactions to the wide variety of stresses associated with combat survival situations. The next sections will identify and explain the nature of stress, the stresses of survival, and those internal reaction comrades will naturally experience when faced with the tresses of a real world survival situation. The knowledge you, the comrades in arms gain from this section should help you come through the toughest times alive!

A LOOK AT STRESS

Before we can understand our psychological reactions in a survival setting, it is helpful to first know a little about stress. Stress is not a disease

that you can cure and eliminate. Instead, it is a condition we all experience. Stress can be described as our reactions to pressure. It is a name given to the experience we have physically, mentally, emotionally to all of lives tensions.

NEED FOR STRESS?

We need stress because it has many positive benefits. Stress provides us with challenges; it gives us chances to learn about our values and strengths! Stress can show our ability to handle pressure without breaking, it tests our adaptability and flexibility, and it can stimulate us to do our best! Because we usually do not consider unimportant events stressful, stress can also be an excellent indication of the significance we attach to an event; in other words, it highlights what is important to us!

We need to have some stress in our lives, but too much of anything can be bad. The goal is to have stress, but not an excess of it! Too much stress can take its toll on comrades and organizations. Too much stress, but not an excess of it! Too much stress can take its toll on comrades and organizations. Too much stress leads to distress. Distress causes uncomfortable tension that we try to escape, and preferably, avoid.

Next are a few common signs of distress you may find in your fellow comrade or yourself due to too much stress:

- Difficulty making decisions
- Angry outbursts
- Forgetfulness
- Low energy levels
- Constant worry
- Thoughts about death
- Trouble getting along with others
- Withdrawing from others
- Neglecting responsibilities
- Carelessness

As you can see, stress can be constructive or destructive. It can encourage or discourage, move us along, or stop us dead in our tracks, and make life meaningful or seemingly meaningless! Stress can inspire you to operate successfully and perform at your maximum efficiency in survival/combat situations, it can also cause you to panic and forget all your training! The key to your survival is the ability to manage the inevitable stresses you will encounter. The survivor is the comrade who works with his or hers stresses instead of letting stresses work them!

SURVIVING STRESS !

Any event can lead to stress, and everyone has experienced some and they can tell you these events don't always come at one time, often stressful events occur simultaneously. These events are not stress, but they produce it and are called stresses. Stresses are the obvious cause, while stress is the response, once the body recognizes the presence of stresses; it begins to act to protect itself.

In response to stresses, the body prepares either to "fight or flee"; this preparation involves internal SOS sent throughout the body. As the body responds to this SOS several actions take place! The body releases stored fuels (sugar and fat) to provide quick energy; breathing rate increases to prepare for action; blood clotting mechanisms are activated to reduce bleeding from cuts; senses become more acute (hearing becomes more sensitive, eyes become big, smell becomes sharper) so that you are more aware of your surroundings; and heart rate and blood pressure rise to provide more blood to the muscles. This protective posture lets a person cope with potential danger, however a person cannot maintain such a level of alertness indefinitely.

Stresses are not courteous when one stress leaves, another often takes it's place. Stresses just add up! The cumulative effect of minor stress can be a major distress if they happen to close together. As the body's resistance to stress wears down and the sources of stress continues (or increase) eventually a state of exhaustion arrives, at this point the abil-

ity to resist stress or use it in a positive way gives out, and signs of distress appear. Anticipating stresses and developing strategies to cope with them are two ingredients in the effective management of stress. It is therefore essential that a comrade in a survival setting be aware of the types of stresses he will encounter.

LET'S TAKE A LOOK AT A FEW OF THESE:

INJURY, ILLNESS OR DEATH

Injury, illness or death are real possibilities a comrade will have to face. Perhaps nothing is more stressful than having being left alone after one or all of the comrades in your squadron have been killed and you are left alone in an unfamiliar environment where you could die from hostile actions as well! Illness and injury can also add to stress by limiting your ability to maneuver, get food and drink, find shelter, and defend yourself.

Even though injury or illness don't lead to death they add to stress through the pain and discomfort they generate. It is only by controlling the stress associated with the vulnerability to injury, illness and death can a comrade have the courage to take the risk that is associated with a combat/survival task.

UNCERTAINTY AND LACK OF CONTROL

Some comrades have trouble operating in settings where everything is not clear-cut. The only guarantee in a combat survival situation is that nothing is guaranteed! It can be extremely stressful operating on limited information in a setting where you have limited control of your surroundings. This uncertainty and lack of control adds stress to the stress of being ill, injured, or a comrade being killed.

ENVIRONMENT

Even under the most ideal circumstances, nature is quite formidable.

In survival, a comrade will have to contend with the stresses of weather, terrain, and the variety of enemies who will inhabit a combat zone. Heat, cold, rain, winds, mountains, swamp, desert, insects and dangerous animals are just a few other challenges you will be faced with once the conflict with your enemy begins.

Depending on how a comrade handles the stress of his environment, his surroundings can be either a source of food and protection, or can cause extreme discomfort leading to injury, illness or death.

HUNGER AND THIRST

Without food and water a comrade will weaken and eventually die. Thus, getting and preserving food and water takes on increasing importance as the length of time in a combat survival setting increase. For a comrade used to having his/hers provisions issued, this can be a source of stress.

FATIGUE

Forcing yourself to continue fighting and surviving is not easy, as you grow more tired. It is possible to become so fatigued that the act of just staying awake is stressful enough itself, and very dangerous in hostile situations.

ISOLATION

There are some advantages to facing adversity with others. As individual fighters we learn individual skills, but we train to function as a team. Although we, as individual, fighters complain to comrades, we become used to the information and guidance it provides, especially during times of confusion. Being in contact with others also provides a greater sense of security and a feeling someone is available to help when problems occur. Significant stresses in a combat survival situation is that often a comrade or team has to rely solely on its own resources.

The survival stresses mentioned in the section are by no means the only ones you may face. Remember, what is stressful to one person, may not be stressful to another. Your experiences, training, and personal outlook, physical and mental conditioning and level of self-confidence contribute to what you find stressful in a combat survival environment. The object is not to avoid stress, but to manage the stresses of survival and make them work for you!

We now have a general knowledge of stress and the stresses common to a combat survival situation; the next step is to examine our reactions to the stresses we may face.

PROGRAM IDEAS:

Learn stress management techniques

People under stress have potential to panic if they are not well trained and prepared psychologically to face whatever the circumstances we find ourselves in.

It is within our ability to control our response to these circumstances, and we must! Stress management techniques to develop include relaxation skills, time management skills, assertiveness skills and cognitive restructuring skills. (The ability to control how you view a situation.)

Section II

NATURAL REACTIONS

Man has been able to shift in his environment throughout the centuries. His abilities to adapt physically and mentally to a changing world has kept him alive while other species around him have gradually died off. The same survival mechanisms that kept our forefathers alive as well! However, these survival mechanisms that can help us, can also work against us if we do not understand and anticipate their presence. It is not surprising that the average person will have some psychological reactions in a combat survival situation.

We now will examine some of the major internal reactions you and the comrades with you might experience with the survival stresses addressed in the earlier paragraphs:

FEAR

Fear is our emotional response to dangerous circumstances that we believe has potential to cause us death, injury, or illness. This harm is not just limited to physical damage, the threat to ones emotional and mental well being can generate fear as well. For the comrade trying to survive, fear can have a positive function if it encourages him/her to be cautious in situations where recklessness could result in injury! Unfortunately, fear can immobilize a person.

It can cause him to become so frightened that he fails to perform the responsibilities essential to survival. Most comrades will have some degree of fear when moving into unfamiliar surroundings under adverse conditions. There is no shame in this! Each comrade must train himself not to be overcome by his fears! Ideally through realistic training we can acquire the knowledge and skills needed to increase our confidence, and thereby manage our fears.

ANXIETY

Associated with fear is anxiety because it is natural for us to be afraid, and it is also natural for us to experience anxiety. Anxiety can be an uneasy apprehensive feeling we get when faced with dangerous situations (physical, mental and emotional.) When used in a healthy way, anxiety urges us to act to end, or at least master the danger (s) that threaten our existence. If we were never anxious there would be little motivation to make the changes we desire. The comrade in a survival setting reduces his anxiety; the comrade is also bringing under control the source of that anxiety, his fears! In this form, anxiety is good; however, anxiety can have a devastating impact. Anxiety can overwhelm a comrade to the point where he becomes easily confused, and has difficulty thinking; once this happens it becomes more and more difficult for him or her to make good judgments and sound decisions. To survive, the comrade must learn techniques to calm his anxieties and keep them in the range where they help not hurt.

ANGER AND FRUSTRATION

Frustration arises when a comrade is continuously thwarted in his attempts to achieve a goal. The goal of survival is to stay alive until you can reach help, or until help can reach you. To achieve this goal the comrade must complete some tasks with minimal resources. It is inevitable in trying to do these tasks that something will go wrong, that something will happen beyond your control, and that one's life is at stake, every mistake is magnified in terms of importance, thus sooner or later comrades will have to cope with frustrations when a few of their plans run into trouble. One outgrowth of this frustration is anger.

There are many events in a combat survival situation that can frustrate or anger a comrade. Getting lost, damaged or lost weapons and equipment, the weather, inhospitable terrain, enemy patrols, and physical limitations are just a few sources of frustration or anger. Frustration and anger encourage impulsive reactions, irrational behavior, poorly thought out deci-

sions, and poor attitudes! (Note: People sometimes avoid doing something they don't fully understand.) If a comrade can harness and properly channel the emotional intensity associated with anger and frustration, he can productively act as he answers the challenges he faces. If the comrade does not properly focus his angry feelings, he can waste much energy in activities that do little to further either his chances of survival or those around him.

DEPRESSION

It would be a rare person indeed who would not get sad, at least momentarily, when faced with the privations of survival. As this sadness deepens, we label the feeling "depression". Depression is closely linked with frustration and anger. The frustrated comrade becomes more and more angry as he fails to reach his goals. If the anger does not help the person to succeed, then the frustration level goes even higher. A destructive cycle between anger and frustration continues until the comrade becomes worn down physically, emotionally and mentally. When the comrade reaches this point, he starts to give up, and his focus shifts from "what can I do" to "there is nothing I can do", and that is dangerous.

Depression is an expression of this hopeless, helpless feeling. There is nothing wrong with being sad as you can temporarily think about your loved ones, and remember what life was like before the aggressive theater of WAR began. Such thoughts in fact, can give you a desire to try harder to achieve the ultimate goal. On the other hand, if you allow yourself to sink into a depressed state, then it can sap all your energy and more important, you will to survive. It is imperative that every comrade resists succumbing to depression.

LONELINESS AND BOREDOM

Man is a social being! This means we as human beings enjoy the company of other. Very few people want to be alone all of the time. As you are aware there is a distinct chance of isolation in the combat survival setting. This is not bad. Loneliness and boredom can bring to the sur-

face qualities you thought only others had. The extent of your imagination and creativity may surprise you.

When required to do so, you may discover some hidden talents and abilities. Most of all, you may tap into a reservoir of inner strength and attitude you never knew you had. Conversely loneliness and boredom can be another source of depression as a survivalist, surviving alone. With others you must find ways to keep your mind productively occupied. Additionally, you must have faith in yourself and your capability to “go it along” if you have to!

GUILT

The circumstances leading to your being in an aggressive conflict and sometimes dramatic, and tragic. It may be the result of an accident, or a combat mission where there was a loss of life. (i.e. your own). Perhaps you were the only one of a few in your group to survive the engagement. While naturally relieved to be alive, you will be simultaneously be mourning the death of your comrades. It's not uncommon for survivors to feel guilty about being spared from death while others where not. This feeling, when used in a positive way has encouraged comrades to fight even harder with the belief they were allowed to live for a great purpose!

Comrades always fight, and fight to stay alive so they can carry on the work of their fallen comrades! Never let guilt prevent you from living, those comrades who abandon the chance to carry on accomplish nothing; such as act is the greatest tragedy!

PROGRAM IDEAS:

Try to understand what type of person you are and how to improve your emotional responses. Here is a list of what we call the 7 enemies of survival: Fear, Pain, Cold, Thirst, Hunger, Fatigue and Boredom. These factors can affect your spirit, mood and morale. Know them and think of ways that you could avoid and/or fight them.

Section III

PREPARING YOURSELF

YOUR MISSION IN A COMBAT SURVIVAL SITUATION IS TO STAY ALIVE!

As you can see you are going to experience an assortment of thoughts and emotions. These can work for you, or they can work to your downfall. Fear, anxiety, anger, frustration, guilt, depression, and loneliness are all possible reactions to the many stresses common to a survival situation. These reactions when controlled in a healthy way help to increase a comrade's likelihood of surviving. They prompt the comrade to pay more attention in training, to fight back when scared, to take actions that ensure sustenance and security, to help the faith with his fellow comrades and to strive towards total victory against ALL odds! When the comrade cannot control these reactions in a healthy way, they can bring him to a standstill.

Remember, survival is natural to everyone; being unexpectedly thrust into a life or death struggle is not! Don't be afraid of your natural reactions to this unnatural situation. Prepare yourself to rule over these reactions so they serve your ultimate interest in staying alive with the honor and dignity of a time revolutionary. (Remember that in almost every case a comrade will suffer a psychological defeat long before he physically succumbs!) It involves preparations to ensure that your actions in a combat survival setting are productive, not destructive.

The challenge of survival has produced countless examples of heroism, courage and self-sacrifice. These are the qualities it can bring out in you if you have prepared yourself. Below is a list of tips to help prepare yourself psychologically for a combat survival setting. Through

studying this booklet, and participating in training exercises you can develop the true survivalist spirit.

KNOWING YOURSELF

Through training, family, and comrades take time to discover who you are on the inside. Strengthen your stronger qualities and develop the areas that you know are necessary to the survival of you and your kindred!

ANTICIPATE FEARS

Don't pretend that you will not have fears! Begin thinking about what would frighten you the most in an aggressive survival situation and train in these areas that concerns you. The goal is not to eliminate the fear, but to build confidence in your ability to function despite your fears.

BE REALISTIC

Don't be afraid to make an honest appraisal of a situation! See circumstances as they are, not as you want them to be, and keep your hopes and expectations within the estimate of the situation. When you enter a combat survival setting be sure you go into it with realistic expectations, if you do not, you may be laying the groundwork for horrible consequences. Follow the adage "Hope for the best, and prepare for the worst!" It is much easier to adjust to pleasant surprises and unexpected good fortunes than it is to be hit with unexpected deadly circumstances.

ADAPT A POSITIVE ATTITUDE

Learn to see the potential goal in everything when it comes to your survival. Looking for the good not only boosts morale, it also is excellent for exercising your imagination and creativity.

REMEMBER YOURSELF WHAT IS AT STAKE!

Remember, failure to prepare yourself psychologically to cope with a combat survival setting leads to reactions such as depressions, carelessness, inattention, loss of confidence, poor decision making, and giving up before the body gives in. At stake is your life, but most importantly the lives of your comrades who are depending on you also!

TRAIN

Through training and life experiences begin today to prepare yourself to cope with rigors of a combat survival situation. Demonstrating your skills in training will give you the confidence to call upon them should the need arise. Remember, the more realistic the training, the less overwhelming an actual survival setting will be.

VALUE LIVING

All of us were born fighting and kicking to live, but we have now become used to the soft life, we have become creatures of comfort and we dislike inconveniences and discomforts. What happens when we are faced with the inevitable combat and survival situation with its stresses, inconveniences and discomforts? This is when the will to live and placing high value on living is going to be so vital. The experience and knowledge you have gained through life and your combat and survival training will have bearing on your will to live. Stubbornness, a refusal to give into problems and obstacles the system has placed before you will give you the mental and physical strength to endure the troubled times ahead.

LIVE BY YOUR WITS, BUT FOR NOW LEARN BASIC SKILLS

Without training in basic skills for surviving and aggressive insurgence in the combat zone, your chances of living through the situation are slight. Learn these basic skills now not when you are headed for the ar-

eas of attack. How you decide to train and equip yourself before striking the enemy will impact on whether or not you survive! You need to know about the environment to which you are going and you must practice skills geared to that environment. For instance, if your going to the desert, you'll need to know how to get water in the desert, learn basic skills and be familiar with the attack environment your survival depends on this awareness!

ALWAYS REMEMBER THAT IN A SURVIVAL SITUATION THE MAIN TASK IS TO STAY ALIVE AND TO KEEP YOUR FAMILY ALIVE!

IF YOU FACE A DIFFICULT SITUATION AND YOU START TO DOUBT YOURSELF AND YOUR STRENGTH TO KEEP GOING, HANG ON TO THE IDEA AND MEMORIES OF ALL THE THINGS YOU LOVE IN THIS WORLD.

THINK OF ALL THE GOOD THINGS YOU WANT TO LIVE FOR AND ALL THAT YOU WANT, AS WELL AS THE THINGS YOU STILL WANT TO DO AND ACCOMPLISH IN THIS LIFE!

THINK OF YOUR FAMILY, YOUR COMRADES AND YOUR PEOPLE! THINK ABOUT THOSE WHO DEPEND ON YOU!

PROGRAM IDEAS:

Take some First aid and health and safety training courses. It is advisable to call your local Red Cross, Fire Departments, schools and community centres as they sometimes have courses available for free.

Chapter IV

DANGEROUS SITUATIONS

Section I

PREPARING FOR DANGEROUS SITUATIONS

Violent crimes can affect anyone at anytime, regardless of where they live or work. These crimes include assault, domestic violence, robbery, car jacking, rape and murder. Based on statistics it's possible that at some point in your life you might be a victim of a violent crime. The criminal's primary strategy is to use the advantage of surprise. Criminals mainly choose targets which appear to be unaware of their surroundings. So, please be prepared before something happens.

PREPARING YOURSELF

You can prepare against different threats by practicing how to quickly reach the objects and how to use those effectively and safely. Unfortunately during a confrontation situation your imagination will not usually be fast enough to invent weapons out of these objects, so planned objects should be carried. Always practice how to quickly and effectively use them.

THE FIRST IDEA TO PREVENT CONFRONTATION IS TO AVOID THE PLACES AND SITUATIONS WHERE THESE CAN OCCUR.

Here I'll give you a few very simple examples:

- **Be Aware.** Awareness is one of the most important things in Self Defense. By being aware of your surroundings, many threats on the streets can be avoided

- If you see or sense problems on your way, change route or go to the other side of the road and prepare to run or defend yourself
- Never wear conspicuous jewelry when you are walking in the streets
- Never hitchhike, use buses or taxis
- Never act or look like an easy target
- Most "fights" are won before they start, and aggressors will back down if you maintain eye contact and are not intimidated by them.

USING YOUR ENVIRONMENT

In survival confrontations everything at hand should be used including things that are around you, on or with you. Wherever you are everything has the potential to be a weapon. A life threatening situation is a matter of survival and the person being attacked should aim to win by using anything that comes to hand.

There is only one rule if you are attacked. You must survive. You have to do everything you can: Scream, scratch, bite (possibility you could be infected with HIV so use only, if there are no other possibilities), hit or kick, attack with a common object, do all that is needed to end the threat or to have enough time to escape.

OBJECTS YOU CAN USE

Everything that surrounds you. Indoors for example: ashtrays, chairs, bottles, kitchen utensils etc. can all be used as weapons. Outdoors for example, one can use, sand, stones, coins etc. to throw. Bricks and wood can be used to strike with. An opponent can be thrown against sharp pointed gates, railings and walls etc.

- Stonelike objects (that you can hit with): stones, sand, coins, iron balls.

- Objects you strike opponents with: also stones, knives, pencils, iron sticks, crochet or knitting needles, etc. You can attack also by using your cellular phone like a stone.
- Sprays: Any aerosol cans, hair spray, spray paint, pepper, tear gas etc.
- Objects on you.

Due to the awareness of violence, people take it upon themselves to carry illegal self-defense weapons. These weapons are usually quite obvious and even though they may successfully ward off attacks, they can bring a lot of legal difficulties for the user. Many very effective, perfectly legal weapons which still produce the same results, may be carried instead. At any one time people unconsciously carry many potential weapons. For example, belts may be used as a garrote or a whip with the buckle, coins may be thrown into the face of an opponent to stun and blind him, clothes may be used to whip, ward off attacks, choke and obscure vision etc.

Most women carry handbags which can also be used to strike or strangle. In addition, these handbags contain an arsenal of potential, legal weapons e.g. a lipstick case to poke into the eyes, a hair brush to scratch across the eyes, perfume to spray into the eyes etc. People are often unaware of the potential legal weapons they are carrying. Unfortunately during a confrontation situation your imagination will not usually be fast enough to invent weapons out of these objects, so planned objects should be carried. Always practice how to quickly and effectively use them.

WHEN CHOOSING OR PLANNING HOW TO USE COMMON OBJECTS, CONSIDER THE FOLLOWING:

- All the different angles it may be held into a strike
- All the different surfaces that can be used.
- All the different targets that it could strike

ALWAYS PRACTICE

How to quickly and effectively use them. When you are in danger, do not hesitate to use them! Attack quickly, and if possible, vulnerable points by using a lot of power.

You might have only one possibility to defend yourself, do not lose it.

The following things give you information on how to reduce your actual risk of being Assaulted on the Street. This information uses known risk factors and it gives you an easy way to determine what life style actions, habits or associations will raise your risks:

- Do not wear a convention badge while out of the meeting room.
- Do not make your last name visible when you work.
- Never open your door to strangers when you are unarmed.
- Always lock your mailbox.
- You must have a solid door with a ‘peephole’ or way to view who is outside.
- Always lock your bedroom door when going to sleep.
- Do not carry a lot of cash
- Do not carry many credit cards.
- Never use outside ATM (anytime teller machines) after dark
- Do not go to nightclubs and take home partners
- Never hitchhike or pick up hitchhikers.
- If you can avoid it, do not walk at night without any company.
- Do not wear any visible gold chains when in public at night.
- If you are afraid at night, buy a dog !!!!

Section II

OUTING

- Never drive with your car unlocked
- Do not drive a car, if you cannot change a tire yourself
- Always have more than 1/8 tank of gas
- Avoid always using the same gas station

Here were a few basic examples on how to reduce your risk of being a victim in the streets. Of course the most important thing is to be Aware of your surroundings and preparing to dangerous situations and how to survive from these will reduce your risk a lot. Also your knowledge of violent situations and how to avoid and defend yourself, will give you more self-confidence. That shows your attacker that you are not an easy target...

GOOD SAFETY TIPS

Here are the most common mistakes people make that could result in them getting kidnapped, attacked, and/or raped.

1. Getting into the attacker's car when he pulls a gun and orders you to get into his vehicle is a mistake. Many attackers will use the firearm only to get you into the car. They may not have an intent to shoot you, their intent sometimes is just to get you under their control. **NEVER GET INTO AN ASSAILANT'S VEHICLE.**

2. If someone is pointing at your car and they are telling you that there is something wrong with your car, DO NOT pull over at that point. Continue on to the nearest service station that is well-lit and populated and then look it over or have an attendant look it over. The intent here might be just to get you to pull over and get out, so they can gain control of you.

3. Not locking your doors while driving is a mistake. We have all heard of many cases where the criminal just walks up to the victim's car and just gets in at a traffic light.

4. Opening the front door to your home when you have not positively identified who is there could be deadly. If you don't have a peep hole, get one. We have all heard of countless cases where the attacker gains access to his victims simply by knocking on their door. Don't let an attacker get into your home. He then has a private, relatively sound-proof place to attack you.

5. Not being alert in parking lots is a big mistake. Being alert is paramount to your safety, especially if you are alone. If you go to the grocery store at night, don't be shy about asking for an escort to your car. Too many women are abducted from parking lots or even raped in the parking lot. Look in your back seat before entering your car. Cars and parking lots provide endless hiding places for attackers, both inside them and in between them. Also, have your keys ready before you get to your car.

Be aware of your surroundings by looking to the left and right and behind you with your head up all the time. You may appear paranoid and look funny to others, but an attacker will think twice about approaching someone who appears so aware of what's going on. Look and act confident. Don't act like a potential victim. A rapist or robber is looking for someone who seems preoccupied, unaware and an easy target. They are stupid, but they don't go looking for a hard time from a victim.

6. Trusting a clean cut, honest looking stranger is not smart. Criminals do not look like monsters. They often look like they could be your friendly grocer, bank teller, waiter, neighbor, clergy, doctor, etc. They are every age between 10 and 90, and probably beyond. Only a portion actually looks scary.

7. Be aware that there are many and varied things that the human predator will do to gain control of their victims. They will devise schemes, lie and trick their potential victims in many ways. If your initial feeling is one of dread, then go with it and leave the area.

IT MAY HAPPEN TO YOU!

Everyday, women (and men) all over the world take unnecessary risks with their safety. The majority of the time, their mind set is that, “nothing is going to happen to me.” Sadly, all too often these women find out differently. Areas often over looked as hazardous areas are:

LAUNDRY MATS - A surprising number of women will go late night and alone, to these places. Their reasons are often that is when they are quieter, cooler or even just a time to escape from the kids at home. These places are becoming more automated. No employee or security is on the premises.

PUBLIC RESTROOMS – It is a common misconception that men are the only ones to sexually assault, rob, or commit murder. This is false. Not only do women do these things, they often work as a decoy for a male in hiding.

Paneled van – The old fashioned, high walled vans are dangerous. It only takes a split second for an assailant to open the cargo door and pull someone in. Be cautious anytime one is parked next to your vehicle.

HIGH VEHICLES - A common ploy is for an assailant to lie beneath one of these and wait for a victim to stand still while opening their car door. At this time a knife is used to cut the tendons and muscles in the area behind the ankles causing the victim to drop to the ground and be unable to regain their feet to run. It might feel silly to check under the car next to yours but silly beats dead any day.

WAYS TO DETECT A 2-WAY MIRROR

There are hidden dangerous everywhere and you may become a victim without even realising it. We all have heard the stories of how people have fell victim to predators and perverts in 2 way mirrors. If you ever go to a public restroom or changing room and your six sense kicks in and something appears fishy, do the following tests:

- 1.** Simply turn the lights off in the room, and then place a bright flashlight against the mirror surface. If there is a hidden chamber behind the mirror, the flashlight will illuminate it, and since you are in a darkened room, you will see the hidden chamber.
- 2.** If you are in a room (such as a changing room) where you cannot turn off the lights on your side, if you hold your eyes near to the glass surface and cup your hands around them on either side to eliminate most of the light from your visual field, you ought to be able to see through the treated glass, as a 2 way mirror will permit about a 12 percent passage of light (from the lit side to the hidden chamber, if there is one).
- 3.** Rap on the surface with your knuckle or fingernail, in most situations you will be able to hear the difference in the sound produced. Ordinary mirrors have backing material, which will dull the sound, while windows have open air behind them and will reverberate more.
- 4.** Place the tip of your fingernail against the reflective surface and if there is a GAP between your fingernail and the image of the nail, then it is a GENUINE mirror. However, if your fingernail DIRECTLY TOUCHES the image of your nail, then it is a 2-way mirror.

BE CAREFUL WHILE TRAVELING

Violent crimes against women can happen in any hotel. Attackers may emulate a hotel employee and obtain a passkey to the room or even push their way into a room. Be certain the person on the other side of the door is legitimate, and consider carrying a door wedge with you when you travel.

STAY SAFE IN CYBERSPACE

The Internet is educational and entertaining, but it also can be full of danger if one isn't careful. Always keep personal information, such as home address and phone number, confidential, and require family members to do the same.

PROGRAM IDEAS:

Make a list of useful and emergency numbers and always carry it with you!

Today with the cell phones, smartphones, tablets etc. people tend to store everything there, but don't rely so much on these gadgets as they may fail you. Always remember these numbers 112 and 911!

112 is the European Union standard emergency number but, and here is the big thing that many people do not know, it is also used by several other countries in the world including the USA and Australia. If you dial 112 the carriers will map and forward your call to 911 or 000. You should also know that most countries have a primary and secondary emergency number. So if you are abroad and are not sure which number to dial try both, 911 or 112.

Check your car on regular basis to avoid being stuck on the road alone due to mechanical problems, no gas or flat tires etc.

Section III

AT HOME

A break-in while you are at home is certainly a valid concern, but it is important for you to realize that it is not something that is common, in fact it is relatively rare. One should not be too paranoid and overly concerned about this. However, there are many things you can do to lessen the possibility.

What can you do at home? Like I previously mentioned, a firearm is only a small part of a total self protection plan. A total self protection plan includes the following things.

1. Being familiar with your home and its weaknesses. If you lock yourself out of your home by mistake and you can get back in to get your keys, how easy would it be for an experienced pro to get in?

2. What type of doors and windows do you have? Since the home invader will not usually enter through a solid outside wall, what are the potential points of entry? How secure are they? Doors, windows, bulkheads, upper story windows, how are they? Are your outside doors metal with solid wood core at least 1 3/4" thick? How about door glass? Do your doors have glass in them? Does the glass make it easy to reach the locks if it is broken?

3. Are any double-hung windows secured with keylocks or with a sliding bolt or nail into the frame?

4. Locks are important, but they are useless if they are installed on a flimsy door. A strong deadbolt, installed on an anemic hollow core door is useless. Like wise, a simple eye hook on a good solid core door is also useless.

5. How about locks? What kind do you have? Do you have deadbolts? Double cylinder or single? A double cylinder deadbolt requires a key for you to exit the home. Is this safe for you?

6. How about alarms? Do you have an alarm? Should you bother with the expense? What kinds are there? Seek professional advice here. Check with several companies and decide what level of security you really need. Learn how to use the system properly. If you continually set off false alarms, your neighbors might ignore a real emergency and you could even be fined by some law enforcement agencies.

7. Sliding glass doors are a favorite of many house thieves. They can be pried from their tracks. Put a metal pin through the door frame and into the fixed frame to prevent the door from being lifted from the track. Also put a broomstick, or metal rod in the track to jam the door in case someone tries to force it open.

8. Do not hide keys in mailboxes, planters or under doormats. In case you didn't know, this is the first place a home invader will look.

9. Do you have a dog? Is he/she trained properly or is the dog just a burglar alarm with hair? You should not rely too much on a dog for protection. Most dogs that are not professionally trained should probably be viewed as an alarm with hair.

10. If you have just moved into a new home or apartment, have the locks changed.

11. Your telephone... let's talk. Your phone can be a vital link to help. If the criminal does not have the foresight to cut the line first that is. How about a cell phone? A cell phone in your safe room is a good idea. If you have a break in while you are home, call the police or 911 first and stay on the phone with them. DO NOT call them and then hang up. It is vital for you to know when the police arrive and it is vital for them to know where you are.

12. Your safe room. You should have a plan in case of a nighttime break-in. This safe room should have a solid core door with a deadbolt and a cell phone or second phone line. This should be a place where everyone can get to in a hurry. Having a plan is central to this strategy.

13. Outside your home is a very important place to consider also. Keep your trees and shrubbery trimmed so that it does not hide points of entry like street level windows. Keep an eye on large tree limbs that might provide access to upper windows. House breakers like to work under cover, or in the dark.

14. How about lighting? Are all points of entry illuminated? Remember, the home invader likes to work unseen.

15. Do not leave tools or ladders around in the yard. Keep them locked up so that they cannot be used against you.

16. Clearly display your house number on the outside of your mailbox and your home. This will ensure that emergency vehicles will find you quickly. You really don't want the police to have to look for your home first do you?

17. By the way, DO NOT PUT YOUR LAST NAME ON THE MAIL-BOX. This is an easy way for a criminal to walk up to your home, call your number and wait to see if you answer. The postman only goes by your address anyway.

18. If you leave your home for a few days, put lights and radios on timers so that it appears that someone is home. Always set the lights to go on and off a few minutes after the hour, it gives a more natural indication that someone is home. Also you should leave shades and blinds in their normal positions. A home with every shade drawn could be a sign that nobody is home.

19. Have a neighbor pick up your mail and newspapers too!! A week's worth of newspapers on your doorstep is an invitation to trouble. As is a full mailbox.

20. Make a list of your home inventory, model numbers and serial numbers. It might help you identify your household goods if they are recovered. Taking photos is also a good idea. Also think about engraving identification numbers on your valuables.

THE INTRUDER

- The intruder has probably done this type of thing before.
- The intruder is probably on narcotics or alcohol.
- The intruder has been in "fight or flight reflex" mode since the break in began.
- The intruder has already decided what to do if he finds someone awake inside the house (whatever that is).
- The intruder more than likely has a deadly weapon with him, even if it is just a hammer or a screwdriver he got in with.

HOW ABOUT YOU?

You are awakened from a sound sleep by a noise. At first you deny the possibility that it is an intruder, giving up precious seconds.

Your eyes and ears take a few moments to adjust so that you can see and hear what is going on.

Your balance and equilibrium are off because you have been laying down for a while. You continue to be disoriented and uncoordinated in your actions and movements for a few more moments.

ALWAYS REMEMBER:

It is essential that you know who is in your home and where they are at any given time. Many unexpected and unannounced sleepovers have ended in tragedy.

It is essential that you positively identify a potential threat in your home first.

Do not leave your safe room and go about the home looking for suspects unless you are well trained to do so. Watching a lot of television dramas and movies is NOT proper training.

Never shoot an intruder to scare him or wound him. If you are justified in shooting an intruder, you must ONLY shoot to stop the attack. If the intruder dies as a result of you stopping the attack, that is his problem.

The best place to send a bullet to stop an attack is the center of the intruder's chest, nowhere else. It is the biggest target area and contains the heart, aorta, pulmonary arteries and many other items important to survival.

PROGRAM IDEAS:

Do a check of your house and make sure all your locks work fine and that everything is secure. Also check all your lights and know your house well. Look for marks on your windows and doors, sometimes people do not pay attention to scratches and marks on their windows and doors but this might be a sign that someone has tried to break into your house.

Have a safe room, you should consider equipping this with a strong door, deadbolt lock, phone (preferably cell phone), and a weapon, a can of pepper spray or a fire extinguisher.

Section IV

DOG ATTACKS

It has been thousands of years since humankind has had to fear for its collective safety from animal attack. In today's urban society, threat of animal attack has been all but snuffed out; except for dogs, which, in spite of a vast majority of those gentle and domesticated, continue to be the biggest animal threat to urban dwellers. Most dogs are pleasant animals, deserving of the name: "man's best friend". The following advice is for those rare but terrifying moments when a dog attack does occur. While most dogs are not aggressive but even properly trained, domestic pets can attack given the right circumstances.

Old dogs may become grouchy, bitches may be defensive about their litter, and some breeds are more inclined to be territorially defensive. Other dogs just do not fancy strangers and others might snap if subject to rough handling or play. To this list should be added the many dogs which belong to irresponsible owners who neglect to provide their dogs attention, affection or training or owners who intentionally encourage aggressiveness in their pets for reasons of personal protection.

All dog owners should take precautions to ensure that their dog is not a threat to others. In almost all countries, you can be subject to criminal and civil liability for attacks of your animal. While some places require prior knowledge of the animal's viciousness before making you liable for these attacks, others make you automatically liable, whether you knew your animal to be vicious or not.

The best remedy against dog attack is responsible training on the parts of dog owners. The most serious problem a dog can develop is to show aggression. Here are some tips for dog owners:

- Obedience training is essential in preventing aggression in dogs. If your dog shows signs of uncontrollable or sudden anger, consult with your vet or a dog trainer immediately.
- If your dog is aggressive towards you, try commanding the dog to lie down right away and then give it a stern verbal correction.
- Aggression towards visitors is common enough for dogs that merely want to protect its home or "pack" (which includes it's owners). If a dog was rarely handled as a puppy, the dog may not know that a tall stranger bending over and towards it with an open hand means to caress. Owners of such dogs should gradually introduce strangers to the dog and reward good behavior. A stranger is less threatening if sitting down.
- Do not let your dog run free in the neighborhood. Even if your dog is as friendly as Lassie, a stranger does not know this and is seriously inconvenienced by a large, free dog in his or her path. The irresponsibility of owners who let their dog stray is compounded when children or joggers suddenly collide with a strange dog. A startled stranger may frighten even a passive dog into an aggressive response.
- Children should be taught to not approach or attempt to pet strange dogs.
- As there will never likely be a law which can effectively prohibit idiots from owning dogs, dog attacks can and will happen. Here are some tips to protect yourself:
- Avoid eye contact with an aggressive dog.
- If you are jogging, stop jogging and walk by the dog, avoiding eye contact and sudden movement.
- Avoid the temptation to rebuke the owner of an aggressive dog for allowing their menacing and unleashed dog to remain in your direct path. Aggressive dogs are often a reflection of their owner's character. If you notice the aggressive dog unleashed again, contact the police with a good description of the dog, the owner and time of day. Try to remember the dog's name if it was called during your presence.
- If the dog runs towards you exhibiting aggressive behavior (growling or barking), stand your ground without sudden movement. Brace yourself

and command the dog as if you were its owner: “No!” “Down!” “Sit!” “Stay!” Do this repeatedly. Do not raise your hands in a fight stance prematurely as this may antagonize the dog and you might lose your one chance at stopping the attacking dog through commands.

- If the dog is small and presents no danger for your neck area, you may want to try to kick it. A good blow to the nose or to the body will stop most small dogs.
- If a large dog attacks, take a fight stance with one leg in front of the other to maximize balance and protect your inner body. If you are athletic, you may want to use your foot as a primary weapon. This response could mean jeopardizing your balance. Should you fall, you lose your height advantage to a dog.
- Special note for pit bulls: these dogs can be unusually aggressive. Some experts recommend that the best response to an attacking pit bull is to fall to the ground; roll into a ball with your chin tucked in and cover your face, ears and backs of your neck with your hands. Keep your knees pulled up into your chest. The idea is to play dead and hope that the dog will give up the attack. When pit bulls attack a person or other animal, their first instinct is to grab ... and hold on. If laying down on the ground, there is a higher possibility of the dog biting in to a fatal spot. Standing upright is a much better strategy.
- A large dog may lunge for your throat. Protect this area of your body first and foremost with your arm tucked into your throat as far as you can without pulling back.
- Punch the dog on the nose as hard as you can. Twist or pull the dogs ears.
- The dog’s eyes are another soft spot, which you should attack if required to defend yourself. Another strategy is to kick the dog in the rib cage. This will wind it and could stun it enough to ward off any more attacks. Yell for help.
- If you frequently encounter stray or aggressive dogs, pepper spray or electronic whistles (adjusted at a frequency to cause dog’s extreme discomfort) are inexpensive and excellent safeguards against dog attack.

Section V

TIPS FOR WOMEN

Personal safety has become an issue of importance for everyone, and especially for women. Whether you're in your neighborhood or visiting a new city, follow these tips and you'll have a much better chance of staying safe and not becoming a victim.

BE AWARE OF YOUR SURROUNDINGS

Self-defense begins with an awareness of yourself, your surroundings, and your potential attacker's likely strategies. You need to minimize the criminal's primary advantage, the advantage of surprise.

DOGS

Dogs are wonderful companions, large ones are intimidating (to potential perpetrators) outdoors and in cars, loud ones a deterrent from behind a locked door, and most an excellent early warning system. Their superior hearing allows them to detect and warn of intruders long before humans might notice (a "furry alarm system").

Dogs can discourage potential attackers merely by their presence. Interviews with career criminals indicate that dogs are a factor in their selection of victims. Several women have reported people actively avoiding them on the street when accompanied by large dogs. Dogs can actively participate in the defense of their human companions, but not all dogs do this well. This may either be instinctive or trained. Training requires a substantial investment, both for the dog and the owner. If you have a dog, you should not count on it as your primary, or only, method of defense.

IMPROVISED WEAPONS

Once you know how to fight, you can easily improvise a weapon that will assist you. A pen, table knife, or any long thin object can double as a Persuader. An effective impact weapon can be created by dropping something small and dense (a cake of soap, an ashtray) into a sock, pantyhose toe, or shirt sleeve with a knot tied at the wrist. The range of potential improvised weapons is limited only by your imagination, but you should not depend on "found" weapons unless your usual tools are unavailable.

CARRY PEPPER SPRAY

Pepper spray can be a useful tool, but did you know that even a full-face spray does not incapacitate 15-20 percent of people. Be careful of over-reliance on these tools. Experts say to trust your body and your wits (see point 2 above).

SIGNS OF ENTRY

When it is obvious that there has been someone in your home, or office, STOP! TURN AROUND! LEAVE! Call from somewhere else. Curiosity may have killed the cat; the satisfaction of finding an assailant inside will not bring you back.

CHILDREN AND CAR SEATS

Check out your surroundings before reaching inside with your child. Imagine for a moment how vulnerable a person is when their hands are full of baby with three quarters of the body, leaned over and restricted inside the car.

OFFICE/HOME

NEVER admit to being the only one in. Think how alone the phrase, "I'm sorry, they won't be back until 2:30" sounds. If your office isn't

equipped with an alarm or even simple pepper spray, speak to your employer. Remember, there is nothing in the office that is worth losing your life over. If it is a robbery, give them the money and send them on their way. If the assailant is interested in more than robbery, keep your head and look for possible weapons around you. Things such as pencils, scissors, telephones, potted plants, and anything else you can get a hold of.

JOGGING TRAILS

Joggers are great at setting routines. They also enjoy the cooler evening and night temperatures. Add to that, headphones and music that dulls the senses. Whenever possible, take the dog, recruit a friend or put a leash on the spouse and drag them off the couch. Don't go jogging alone in secluded areas. When you do go, try to keep one of the personal alarms with you. Even things like a rolled up newspaper, can make an effective weapon.

SIXTH SENSE

Utilize this powerful subconscious insight to avoid a people or situations that do not feel safe. If you think or sense an awkward situation, trust yourself; you're probably right. LISTEN TO THIS! If there is a nagging thought of not entering a house, garage, or building, don't do it. If something tells you to look around, walk faster or even run, then listen to it. There is usually a reason. Is it not better for strangers to wonder if you're "odd" than to end up in a ditch?

ESCAPE

Run away, yell for help, throw a rock through a store or car window – do whatever you can to attract attention. You are far more likely to be killed or seriously injured if you go with the attacker than if you run away.

Chapter V

SELF-DEFENSE

Section I

THE BASICS

WHY SHOULD YOU CARE ABOUT SELF-DEFENSE?

You should care about self-defense because if you are a woman, you are a target for certain kinds of criminals. The best self-protection for most crimes is prevention. If prevention fails, your best chance is to fight back. But you must know **HOW** to fight back.

OBTAIN BASIC SELF-DEFENSE TRAINING

Knowledge in advance is power. But you should evaluate the goals and practical usefulness of a self-defense program.

ASK THESE TWO QUESTIONS:

- Will the techniques taught be simple to apply under stress or an attack or will they be too complex to remember?
- Will the program include simulated attacks so you can practice what you've learned?

DEFEND YOURSELF; IT IS YOUR RIGHT

You have both the moral and legal right to defend yourself, even if the attacker is only threatening you and hasn't struck. But retain the element of surprise – think quickly, strike quickly, and be forceful. You may only get one chance.

ESCAPING AN ATTACKER'S CHOKE HOLD

There are several different ways for an assailant to attempt to choke you into submission or to death. He or she could have you from behind with one arm around your neck and use the other arm and hand to pull against you. You also have the attackers who will have you down in a headlock and attempt to do you physical harm in that manner. The most common hold is from the front with both the assailant's hands around your throat.

Since the two handed front hold is the most common, it will be the best to learn how to escape. This technique will also work against someone who has you by your shirt-front or shoulders. It also works well against assailants of various sizes. Imagine for a moment there is a large man standing in your personal zone with his hands around your throat. By grabbing ineffectively at his hands and panicking, you have already lost the fight. It is imperative in these situations that you keep your wits about you and be prepared to fight back.

The majority of the time, an assailant will have you by the throat and shaking you back and forth. Use the backward motion to your advantage. Let him pull you in and while he starts to push you back, take your left foot and plant it as far back and behind you as possible. Normally when you are practicing this movement at home you will want to bend the knees slightly and rotate the body all the way to the opposite side. In martial arts this is called the "Hidden Foot". This move must be practiced because the first few times you will feel very off balance with it. When done correctly, you will end with your side to your opponent's chest. This hidden foot technique is to be used in combination with the following arm and hand movements.

If you have stepped back with your left foot, you will want to use your right arm to break the hold. If you stepped back with your right, simply reverse the following instructions. Remember, for this to be affective, you must combine it with the hidden foot movement.

Assuming you have stepped back with your left foot, swing your right arm up and over your assailant's arms while imagining yourself trying to touch your left hip. You should be bending and twisting your body at the same time. This is usually more than enough to break his hold. Don't stop at this point though.

Making a fist, bend your elbow and use the torque of your twisted body to slam the bent elbow into the head, face, or throat of your attacker. If he is much taller than you, straighten the elbow slightly and make the strike with your clenched fist. While you are executing these moves, yell in a forceful manner as you make contact. This will focus your power as well as startle your assailant. Another important thing to remember is to carry the blow on through. Don't think of stopping at his head or jaw.

When you have this in mind it will often make you pull the strike before you actually make contact. Your goal is to attempt to knock his head off. This carrying through of the strike will allow your body to twist around to the right and you will once again be set up for a forceful strike due to the torque in your body.

Section II

TECHNIQUES

In addition to the technique described before, there are several options you can throw in as distraction to your attacker as well.

1. Although every man has had a sister, mother, wife or girlfriend that has mentioned **“kicking a man where it hurts” it is still an option to use.** The pitfall to **limiting yourself to this one backup technique,** as your only defense is most men will expect the kick. It is also possible that it will not have the effect your mother promised. Regardless of what you have seen in movies or been told, all men will NOT grab themselves and conveniently fall to the ground to roll or moan in pain.

2. There is a very weak spot in the throat that can easily be used to your advantage. To find it, take your index and middle finger and place them at the hollow spot that is at the base of your throat. Gently push them into the area and find where it causes the most discomfort. Practice on a partner while he or she has hands around your throat. You want to be as familiar with this area as possible so when you need it, you will know without a doubt where to push, poke, punch, or strike. When a retaliatory strike is executed with force, damage can occur to the attacker's trachea and larynx. To make any strike, bring the hand you are using up from your hip, between his arms and with as much force as you can manage.

3. **Using your fingers and nails, as claws will often cause an attacker to release his hold** as well. Instead of settling for just the meaty portions of the cheeks, attempt to reach up and dig your fingernails into his skin while gouging his face from forehead to chin. This includes trying to claw the eyes! Do not worry about whether you may hurt or blind the person attacking you. HE has no regards for your well being; so don't be concerned about his.

4. If your attacker is shaking you back and forth, give with the forward momentum and use your forehead as a battering ram against his nose and/or mouth. A broken nose is extremely painful and bloody. It will also cause the eyes to start swelling and tear up.

5. It takes very little pressure to break the toes and small bones of the instep of a foot. An easy way of doing this is to raise your knee up as far as possible (if you hit him in the testicles so much the better), then slam your foot downward towards his feet. If you let your foot ride the front of his leg down, it will lead to the exact spot needed to break the bones.

All of these additional tips can be used in conjunction with the hidden foot technique. The single most important thing to remember when attempting to escape an attacker is to keep going. No single technique will work 100 % of the time in all given scenarios. If your first attempt fails, don't give up. Keep falling back on other techniques until you find one that will. Don't pause, stop to think, or change your mind. Once you do, he automatically wins because he will look and fight you in a totally different manner.

THE SECOND MOST IMPORTANT THING IS TO RUN AWAY ONCE YOU ARE FREE. Never stick around to see if your attacker is going to get up. Run away and live to see another day.

THE STOMP KICK

The stomp kick has to be the easiest of all the kicks of the martial arts because it doesn't require the changing of blocks, perfect form on stances or even great power and agility. The kick is also extremely affective against larger opponents regardless of the size or shape of the person executing it.

The stomp kick can be used in a variety of scenarios but the one that

most people could relate to is when an assailant comes up behind you, grabs you around the shoulders, by the hair or puts a forearm across your throat.

To begin the stomp kick, simply raise your knee and leg as high as possible while rotating the ball of your foot and toes upward. This will insure the hard, bony part of the heel is the first thing to hit as you complete the kick. After you have raised your knee, you will want to “stomp” your heel on the ground with a twisting, grinding motion at completion.

This kick is used for a number of reasons but the one easiest to relate to is breaking the small bones in an attacker’s foot or toes. These small metatarsal bones are very fragile and require a very small amount of pressure per square inch to fracture.

When being held from behind, it is a simple thing to raise the knee, touch your heel to the attacker’s leg and allow it to guide your heel to its target. Boots or high heels can make this technique doubly affective when your heel hits the assailant’s knee and gouges the shin all the way to the foot.

Heels on women’s shoes will give the added benefit of narrowing the amount of your foot’s coverage but applying the same amount of force.

It is preferred that you will give repeated kicks and try other techniques as well to escape.

PROGRAM IDEAS:

Create a self-defence routine and practice regularly!

SELF-DEFENSE ROUTINE

One self-defense routine that can often work follows these simple steps.

1. An assailant comes up behind you and grabs you by placing his arm across your throat.
2. You shift turn your head so your throat is in the bend of his or her elbow. This will give you additional breathing ability.
3. Making a fist, you raise your arm bent at the elbow in front of you.
4. If possible to turn you body towards the side that doesn't have the raised arm do so to give additional torque.
5. Slam your bent elbow into your assailant's solar plexus or abdomen with as much force as you can muster.
6. Immediately follow this hit with a downward strike with your balled up fist by extending your elbow again with as much force as possible, striking your attacker in the groin/testicle area. If you are lucky enough that he is wearing loose fitting pants or shorts, grab a handful of the testicles and attempt to yank them off his body with a sudden forceful pull upwards and towards the front of you.
7. Just as you are completing this step, raise your knee and issue a good solid stomp kick to your attacker.
8. If by some chance he still has a grip on you, attempt to get your teeth into position, open wide and take as big a bite as possible out of his arm.

Section III

DEFEND YOURSELF FROM RAPE

In this section we are going to deal with rape situations, yes this is a horrible subject, but it is a subject that needs to be tackled. We are going to cover a variation of rape situations and what you should do to avoid them.

HOW RAPISTS PICK VICTIMS

A self-defense instructor and his class interviewed convicted rapists in prison to find out how they pick victims. Their "rules" suggest ways women can avoid becoming targets. The following synopsis is abstracted from their anonymous email.

Hair - Rapists go after women with a ponytail, bun, braid or other long hair that can easily be grabbed.

Easily Removable Clothing - The #1 outfit is overalls. Many rapists carry scissors to cut clothing. On overalls the straps can be easily cut.

Women off guard - It is easier to overpower woman on their cell phone, searching through their purse or doing other things while walking.

Early Morning between 5:00 and 8:30 AM.

Places where women are alone - (1) grocery store parking lots. (2) Office parking lots/garages. (3) Public restrooms. Rapists try to move their victim to a second location where they won't be caught.

They rarely carry weapons - Only 2% said they carried weapons because rape carries a 3 - 5 year sentence, but rape with a weapon is 15-20 years.

They don't want to be recognizable. Once you've seen their face and could identify them in a lineup, you lose appeal as a target.

Women who won't resist. They want easy targets. 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. It only takes a minute or two for them to realize that it isn't worth it because it will be time-consuming.

AVOIDANCE

- Create a hairstyle that is not easily grabbed.
- Wear clothing in layers; with belts... not bib overalls.
- Always be aware of men in your surroundings. E.g. the back seat of your car, or under your car. (A rapist can grab your leg, and pull you down.) Be particularly wary between 5:00 and 8:30.
- Take someone with you, if you can. If you see any odd behavior, don't dismiss it, go with your instincts. Find someone. Pretend, by yelling "Hi!" to an imaginary friend.
- These rapists said they would not pick women who have umbrellas, or other similar objects, that can be used from a distance. Keys are not a deterrent because you have to get close to the attacker for keys to be a weapon.

If you are suspicious, look them in the face and ask them a question: "What time is it", or make general small talk. "I can't believe it's so cold. We're in for a bad winter."

If you put up any kind of a fight, they get discouraged. If a suspicious male comes toward you, hold out your hands in front of you and yell, "Stop", or "Stay back!" If you carry pepper spray, yell, "I HAVE PEPPER SPRAY!" Holding it out will be a deterrent.

MORE WAYS TO AVOID BECOMING A RAPE VICTIM

1. Never walk alone after dark.
2. When going to a party or a bar, always use the "buddy system".
3. Use the Campus escort service.
4. Always wait for your escort to arrive before leaving.
5. Do not take poorly lit paths.
6. Know the location of all campus security phones.
7. Keep your doors and windows locked.
8. Do not open your door until you know who is there.
9. Discuss your schedule with a few close friends.
10. Carry a cell phone.
11. Trust your instincts.
12. And always, ...always... be aware of your surroundings. Ask yourself: Are your friends still around? Who else is in the apartment / house / residence hall?
13. Do not drink too much on dates

AVOIDING RAPE IN YOUR HOME

Invest in good locks for your doors and windows use them. The best type of lock to use on your doors is a deadbolt lock. A one-way peephole is also advised and should be located at eye level in the center of your door. All entrances to your home, apartment, parking lot or garage should be well lighted, especially at night. All bushes and shrubbery around your doors and windows should be neatly trimmed. This reduces the possibility of using the landscape for concealment purposes. Never hide your door key in a flowerpot, over the door, or under the mat. When home at night, keep the doors closed and locked. Keep

windows shades or drapes drawn. Never reveal to anyone at the door or on the phone you are alone. Pretend to have a conversation with a fictitious person to get the point across. All family members, especially children, should be told never to give out information about who is home, who is out, when they will return, or how long they have been gone.

If you become a victim of rape, at first you need not be nervous. You must clearly know some things, which can frighten a man. If a man sees fear in your eyes, he will more likely want to rape you. Do not show fear! Better, make up things after which man will feel aversion to you. For example, piss yourself, or say that you are ill after any horror illness – AIDS. Alternatively, in some ways those men who rape does not need it after if he sees from you interest for making sex.

WHAT TO DO AFTER A RAPE OR SEXUAL ASSAULT HAPPENS

If any of this happens to you, the most important thing to do is to keep calm and always remember it was not your fault and do the following:

1. Do not shower, douche, change clothes or apply medication. In addition, do not disturb anything in the place where the attack occurred. Don't destroy main evidence .
2. Call police. Report the incident as soon as possible
3. Get medical attention at an emergency room in case of bodily harm, sexually transmitted diseases, or pregnancy. Cooperate with medical personnel and police since they are there to help you. By helping yourself, you may be helping others.
4. Remember the place and time of the rape. Try to remember details of man as if he had any tattoo or birthmarks; accent and what he said to you; his hands: if he had any rings etc...

THINGS TO KNOW IF YOU OR SOMEONE YOU KNOW ARE RAPED...

1. Reassure the victim that she is safe from further harm from the attacker.
2. Injuries, such as bleeding and fractures, should be treated appropriately, but the woman should not wash or douche until seen by a doctor. Otherwise, evidence of the attack may be lost.
3. Encourage the woman to go to a hospital emergency service as soon as possible.
4. Choose a hospital that offers immediate medical and gynecological evaluation but also psychological support, as well as follow-up services in all these areas. If possible, accompany the woman and be willing to offer further assistance and support. At the hospital, she will be checked and treated for any internal as well as external injuries. Vaginal and other specimens will be taken for evidence. Follow-up will include tests for pregnancy and sexually transmitted diseases.

ALWAYS REMEMBER: RAPISTS AREN'T ALWAYS STRANGERS. WHEN SOMEONE YOU KNOW – A DATE, BOYFRIEND, OR CASUAL FRIEND – FORCES YOU TO HAVE SEX, IT'S STILL RAPE.

Chapter VI

PROTECTING YOUR KIDS

In this last chapter we decided to focus on child protection, lately we have seen an alarming rise in child pornography, kidnappings and child sexual abuse, we are going to enclose information that will help you protect your children, and arm them with the skills to protect themselves, our children are our future and are at constant risk from the outside world. Although we work to protect children, there are times when children can and must be responsible for their own well-being particularly if they are alone with a potential abuser. The best overall defense children have against abuse is:

- Permission to speak up on their own behalf,
- Ability to accurately assess and handle a variety of situations,
- Knowing where and how to get help,
- Knowing they will be believed.

Children have a right to be safe without being afraid and children who have been taught to think for themselves are the safest children of all.

TIPS FOR PARENTS:

Experts say parents should tell their children to...

- Never talk to strangers. It's a simple, but effective strategy.
- Always be suspicious – not to assume everyone is trustworthy.
- Never leave with anyone other than their parents
- To scream as loud as possible if they feel threatened
- To seek out the first adult they see for help if they feel threatened.

EXPERTS SAY PARENTS SHOULD...

Be specific when going over possible dangerous scenarios with children – In the incident in California, the abductor allegedly lured Samantha Runnion by saying he was looking for a missing dog.

Always remember that child abductions don't just happen somewhere else!

PROGRAM IDEAS:

Role play with your children and prepare for different scenarios. Bellow are some ideas you can work with.

ROLE PLAYING WITH YOUR CHILDREN

1. You are outside playing. Someone you do not know calls you over to their car. The person is lost and wants directions. What do you do?
2. You are walking home. Someone you do not know drives up and tells you that your mom wants you to ride home with them. What do you do?
3. You are outside with your friends. A stranger offers you your favorite kind of candy. What do you do?
4. Your parents are not home. The doorbell rings. When you look outside, you see a stranger at the door. What do you do?
5. You are shopping with your mom at the mall. You get lost and cannot find her. What do you do?
6. You are riding your bicycle from school. You have a flat tire on your bike. A stranger stops and offers to take you and your bike home. What do you do?

Section I

STRANGERS

THE STRANGER RULES CHECKLIST

Help your children to understand that there is no way to tell by the way someone looks how they are on the inside. Talk about stereotypes. They should know that judging someone by their appearance is a mistake. Children need to learn about strangers: not any one type of stranger in particular, but strangers in general, so that they can apply the safety rules. You don't do it alone. Protecting children from abuse and abduction by strangers is a partnership between you and your children. If you teach your children about strangers as positively and clearly as you teach them to cross the street, they will not only have a healthier attitude about the world, they will be safer.

1. A stranger is anyone you don't know. You can't tell the good guys from the bad guys by how they look. You are responsible for keeping yourself safe when you're by yourself.
2. You are responsible for taking care of yourself, not for grownups. Adults who need help should go to another adult.
3. Instinct is nature's way of talking to you – listen to that inner voice.

The 4 stranger rules you should always follow when you're not with an adult who is taking care of you is:

- Stay an arms reach plus away from strangers. Stand up, back up and run to someone who can help you if you feel afraid.
- Don't talk to strangers.
- Don't take anything from strangers – not even your own things.
- Don't go anywhere with someone you don't know.

WHO ARE STRANGER OFFENDERS?

Stranger offenders (hereafter called offenders) are people who abduct and/or abuse children they don't know. They do not seek a relationship with the child, as do abusers who know the child. Instead, they see children as objects for their use. They view children as weak, helpless, defenseless victims who can easily be manipulated to fulfill the offenders' needs.

These offenders range from the passive exhibitionist to the sadistic murderer. Bribery, flattery, treats and requests for help are common tricks they use to engage children. While some strangers will actually snatch a child away, this rarely happens. Most children are lured into a seemingly innocent situation with someone who acts like a "nice" person.

Of particular concern are those pedophiles who "hang out" in places where they have access to children, fast food restaurants, arcades, malls, movies, mini-markets, etc. These offenders will engage a child, molest them in the bathroom or other readily available area and then release the child. These perpetrators tend to prefer boys and report molesting hundreds of children in this manner.

Because there is no way to anticipate who these offenders are or what they will do, the best defense is to keep unsupervised children away from strangers. This is first and foremost the responsibility of parents and other responsible adults. But children also need to be educated, to learn rules that will reduce their risk when adult efforts to protect them fail.

THE CHILD'S POINT OF VIEW

Strangers have been the focus of so much of our concern for our children's safety that most children have a pretty distorted sense of who and what strangers are. What we've said about strangers makes sense to us, but doesn't usually make sense to them. Try to put yourself in your children shoes when discussing these subjects with them.

Section II

TEENAGE SAFETY

DO'S AND DON'TS OF TEENAGE SAFETY

The vast majority of high schools are safe places. The chances of serious harm coming to your child in school are very small, although some kids do get hurt at school. There are things you can do to minimize the chances of serious harm happening to your child at school.

DO'S

Do everything you can to break the power of 'the code'. The most dangerous place a kid can be is trapped behind the 'code of silence'. It's the most powerful thing that threatens your child. Schools are filled with people who help kids. 'The code' keeps your kid from that help. Bad guys depend on it. Break it. Talk about it. Challenge it. Make sure your kids know they have a choice. Bad guys don't deserve the protection of the code. They use it to hurt people.

Teach your child three steps to stopping 'bad guys'.

1. Tell them to stop
2. Tell them you'll get help
3. Get help

Ask the name of the adult your student would go to for help. If the answer is nobody, call your counseling department and ask them to help your student connect to at least one adult in the building.

FOSTER YOUR STUDENT'S GROUP OF FRIENDS.

The most vulnerable kid in a school is the loner. Do what you can to

keep your kid connected to his friends.

KNOW YOUR KIDS' FRIENDS AND KNOW ABOUT THEM.

Know their last names and where they live. Be able to get in touch with their parents. Kids are good actors. That nice, polite kid who visits your house may not always be what she appears.

BE ACCESSIBLE.

Give your child and the school your cell phone number. If you can't be reached easily at work, invest in a pager. If there is only one pager; YOU carry it. Tape a quarter somewhere it will stay for emergencies only. Create a connection to another adult and make sure it works. Nobody is always available. Your kid, the school and the alternate adult need to know what to do when you can't be found.

STAY IN TOUCH.

The more you know about your child's environment, the safer they are. They may 'just die' if you go to school. Go anyway. Go to parent nights. Go, so everyone knows somebody cares. It raises your kid's profile. Know when report cards and newsletters are due and ask for them. Most schools publish these dates at the beginning of the year.

UPDATE THE SCHOOL COMPUTER.

Most schools hand out up-date cards only once a year. Emergency contacts and up to date contacts that work, are essential. Current medical, custody, and access to information instructions, are also be important.

CHECK UP ON THEM.

Check their knapsack, with your eyes and your nose. Check their money and their stuff. Does it make sense? Where did they get 'it'? Keep an ear on their phone calls. Check their bookmarks. Check the 'history' listing on the computer. Ask older kids about them. Make random phone calls to their locations.

DON'T'S

DON'T LOAD THEM UP WITH 'GEAR'.

Kids with good stuff are walking targets. Desirable stuff stays home.

DON'T ISOLATE THEM.

Kids kept in a cocoon of safety may not connect with a group. Kids need a group. The group will always be there; you can't be.

DON'T TRUST THEM UNCONDITIONALLY.

Operate on the assumption that any kid, regardless of history, is capable of a lie. Peer groups are powerful things and can challenge values and behaviors.

DON'T USE THEM AS GO-BETWEENS.

Their lives are full; they are easily distracted and very forgetful. Do your own communicating with teachers, secretaries and others.

DON'T TAKE MUCH AT FACE VALUE.

Schools are rampant rumor mills. Kids love to gossip and embellish. Check it out. Go to the source.

PROGRAM IDEAS:

Make a home alone checklist so that your children are always ready and will know what to do in the case of an emergency.

Next you have an example of how to do this checklist.

HOME ALONE CHECKLIST

My Name is: _____

My Parents' names: _____

My Address: _____

My Phone Number: _____

My Parents' Work Numbers: _____

Police: _____

Fire: _____

Doctor: _____

Resource People: _____

Neighbors: _____

If the phone rings I will: _____

If someone comes to the door I will: _____

I can let the following people in: _____

If there is an emergency: _____

If I get scared: _____

If I get bored: _____

My responsibilities are: _____

THE BEST DEFENSE IS AN ATTACK!

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**READ & LEARN,
MAKE YOUR SURVIVAL A
NATURAL INSTINCT!**



All The Enclosed information in this book is a compilation of our previous magazine Instinct, which was published over several years at the beginning of the 00's. This information was found on the internet, in books, articles and texts written by supporters and WAU girls.

All information on this book is for educational purposes only.