

**Street Survival**

*Strategies for Staying Safe*

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Aka "Doctor Decon"

**Pulling the plug on drugs and crime**

**R.O.P. Surveillance**



SECOND EDITION  
**APPLIED POLICE AND TERRORISM ATTACKS**  
A Practical Service Guide for Executives, Bodyguards and Police Officers  
By RAYMOND P. SLANDER and DARIN D. FREDRICKSON

**RACIAL PROFILING AND DISCRIMINATION**  
Eliminating the Confusion, Prejudice and Fear  
By DARIN D. FREDRICKSON and RAYMOND P. SLANDER

**STREET DRUG INVESTIGATION**  
A Practical Guide for Plainclothes and Uniformed Personnel  
By DARIN D. FREDRICKSON and RAYMOND P. SLANDER

**Program Content**

- Predator vs. Prey
- Safety and security as a way of life
- The ultimate safety weapon
- Action steps to developing a safety habit

**Crime in America**

Gunman's deadly rampage baffles many  
Campus stunned by N. Illinois shooting  
Gunman 'somewhat erratic'

## Predator vs. prey



## Safety is yours!

- Police, criminal justice system, experts not responsible for your safety
- Never depend on anyone else for your safety
- Solution is not technology

## Safety is yours!

- Violence is not “random” and “senseless”
  - Always has purpose and meaning to perpetrator
  - We choose not to explore and understand
  - As long as it is labeled “senseless” it won’t make sense
  - Human violence is not beyond understanding

## The Ultimate Weapon

- Internal guardian
  - Warns of hazards and guides through risky situations
- Universal code of violence
  - We all see danger signals



## Intuition

Root word *tere* means “to guard, to protect.”

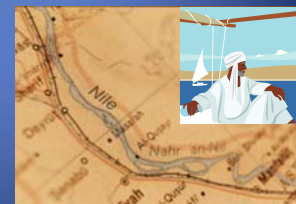
## The Ultimate Weapon

- **Some of the voices in which intuition speaks to us include:**
  - Curiosity, wonder, suspicion, apprehension, and even humor.

Gavin DeBecker (The gift of fear)

## Denial vs. Intuition

- Save-now-pay-later scheme
- Causes a constant low-grade anxiety
- Keeps people from taking action to reduce the risks and the worry



## Fearless living

- Informed intuition will sound the danger signal when it should
- Judgment gets in the way of perception and intuition
- Defying intuition makes us victims

**"NOTHING IS SO MUCH TO BE FEARED AS FEAR"**

-HENRY DAVID THOREAU

## Intuition

- Soars compared to the plodding of knowledge
- Is the journey from A to Z without stopping
- It is knowing without knowing why



## Fear vs. Worry

1. When you feel fear, listen
2. When you don't feel fear, don't manufacture it
3. If you find yourself creating worry, explore and discover why

## Thinking Safety

- Safety while working
- Safety in your vehicle
- Levels of awareness

## Workplace Safety

- Recognizing dangerous environments
  - Drugs and/or Drug paraphernalia
  - Drug manufacturing equipment or chemicals
  - Surveillance cameras
  - Weapons
- Recognizing dangerous persons
  - Body language

## The Impact of Drugs and Alcohol

- Half of prison inmates (49%) reported being under the influence of drugs or alcohol when they committed the crime for which they were incarcerated





## Clandestine Drug Labs

- Response Issues:
- Safety, Isolation & Notifications (SIN)
  - Safety
    - Get out
    - Don't touch anything
  - Isolate
    - Restrict scene access by staff and other
  - Notify
    - Call police



## Reporting Crimes

- Your safety is first concern
- Report anything that is suspicious
- Remember identifying features or characteristics



## Safety on the street

- Walk only in well-lit areas
- No bulky purse or packages
- Never display large sums of money
- Use buddy system or stay in a group
- Walk in center of sidewalk or street, avoid alleys and doorways
- If being followed go to populated area
- Be casually alert, display confidence



## Safety in your vehicle

- Keep vehicle well maintained
- Do not park in deserted or dark areas
- Do not become distracted when entering or exiting
- Scan area before entering or exiting
- Have keys in hand before approaching vehicle



## Safety in your vehicle...what if

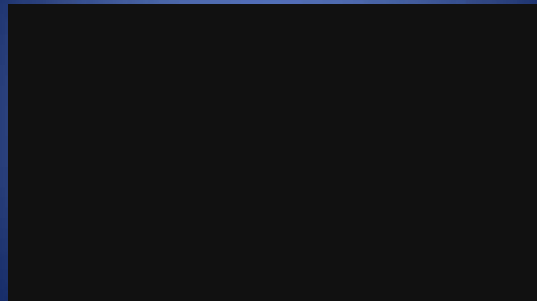
- Your vehicle breaks down in an isolate area
  - Pull vehicle off the road
  - Turn on emergency flashers
  - Raise the hood of your vehicle
  - Stay in car with doors locked
  - Wait for help to come to you
  - Use intuition on responding help



## Escaping abduction

- Assailant often uses talk to distract victim and element of surprise
  - Use it against him

## Escaping abduction



## Avoiding abduction

- Mentally rehearse your response to a confrontation
- Flee the area as soon as you sense something wrong
- Scream “fire” to distract assailant and draw attention



## Escaping abduction

- Rape prevention\*
  - Non-forceful verbal strategies ineffective 4%
- Forceful verbal resistance effective 50%
- Running 85% effective
- Forceful physical resistance 86% effective
  - Strikes more effective than pushing



\*Every situation is different, these are generalities

## Escaping abduction

- Avoid ever going to a secondary location
- Do not make eye contact with captor
- Do not draw attention to yourself
- If odds of survival seem low
  - Escape when opportunity presents itself



## Levels of Awareness

- **Condition White**



- **Condition Yellow**



- **Condition Orange**



- **Condition Red**



## Action Plan for Safety Habits

- Week by week
- Implement safety practices slowly
- Do not walk around in condition **RED** or **HIGH YELLOW**
  - Stress will render your senses dull and fatigue your body
- Rest, diet, and exercise



*"There is a fine line between sensible caution and paranoia" – Dean Cain*

## Action Plan for Safety Habits

- **Positive attitude is vital to survival**
  - "If you think you'll fail, you are probably right"  
– Henry Ford
- **Train your awareness to see more of what is going on**
  - "How you see is stronger than what you see"  
– Batman
- **Develop a confident posture and attitude**
  - Positive energy attracts positive experiences

**Thank You!**

**•Be Safe!**

**•Questions or  
Comments?**

