

Creating Physical Safety

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This is NOT a pg rated lecture.

The purpose of the lecture is to give you tools that could save your life.



Overview:

- Suicide Awareness & Prevention
- Avoiding danger
- Posture, gait, and emotional projection
- The law of Self-Defense and practical considerations
- A few simple techniques
- Non-lethal weapons
- Lethal weapons



Suicide Awareness & Prevention.....(why?)

- 86% of male GBT teens reported victimization
- 55% of female LBT teens reported victimization
- Less than 5% of LGBT teens reported having family support
- Less than 6% of LGBT teens reported having peer support
- 19% of the sample had attempted suicide within last 2 years

Mustanski, B., & Liu, R. (2013). A Longitudinal Study of Predictors of Suicide Attempts Among Lesbian, Gay, Bisexual, and Transgender Youth. *Archives Of Sexual Behavior*, 42(3), 437-448. doi:10.1007/s10508-012-0013-9

Home is where the hurt is...

Suicide Awareness & Prevention

- Rates of emotional abuse ranged from 45.5% to 52.6%
- Rates of physical abuse ranged from 43.6% to 46.7%
- Rates of sexual abuse ranged from 31.6% to 47.6%

Balsam, K. F., Lehavot, K., Beadnell, B., & Circo, E. (2010, August). Childhood abuse and mental health indicators among ethnically diverse lesbian, gay, and bisexual adults. *Journal Of Consulting And Clinical Psychology*, 78(4), 459-468. doi:10.1037/a0018661

Comparing populations...

Based on 2004-2012 data obtained from the Children's Bureau of the U.S. Department of Health and Human Services:

- The rate of emotional abuse was roughly 364% higher for LGB children compared to non-LGB children
- The rate of physical abuse was roughly 316% higher for LGB children compared to non-LGB children
- The rate of sexual abuse was roughly 170% higher for LGB children compared to non-LGB children

LGB experience, by race:

- Asian American and Hispanic children experienced the highest rates of physical abuse
- Black children experienced the highest rates of sexual abuse
- Although overall adult mental health of LGB adults was comparable among all races studied, Blacks and Hispanics had the highest rates of PTSD and anxiety

Balsam, K. F., Lehavot, K., Beadnell, B., & Circo, E. (2010, August). Childhood abuse and mental health indicators among ethnically diverse lesbian, gay, and bisexual adults. *Journal Of Consulting And Clinical Psychology*, 78(4), 459-468. doi:10.1037/a0018661

National Suicide Prevention Lifeline

Suicide Warning Flags:

- Talking about wanting to die or to kill themselves.
- Looking for a way to kill themselves, such as searching online or buying a gun
- Talking about feeling hopeless or having no reason to live.
- Talking about feeling trapped or in unbearable pain.
- Talking about being a burden to others.
- Increasing the use of alcohol or drugs.
- Acting anxious or agitated; behaving recklessly.
- Sleeping too little or too much.
- Withdrawing or isolating themselves.
- Showing rage or talking about seeking revenge.
- Displaying extreme mood swings.

National Suicide Prevention Lifeline

Call the Lifeline at 1-
800-273-TALK (8255).

Avoiding
danger



Trust your intuition!

- Combat Soldiers do!
- Police Officers do!
- Survivors do!
- You can too!

What is intuition and how do you get it?

- Intuition is information that we receive that isn't easily explainable through the normal use of our 5 senses.
- Intuition is a form of unconscious knowing.
- Intuition often comes through our senses, but sometimes comes in the form of direct knowing.
- For most people, intuition comes through physical sensations in the body.
- Learning to identify and then trust the sensations is key to developing intuition.
- Most intuitive people agree that our intuition grows to the degree that we identify it as the sensations occur and then, trust the information that we receive.

Intuition Building Exercises:

- Walking using peripheral vision only (to expand awareness)
- Walking and choosing direction by intuition
- Choosing food by intuition
- *Always* follow the information that you receive unless there is a clear reason to not do so
- *Never* enter a situation that feels unsafe.

Using your Energy:

- Push your energy out in front of yourself to project a larger size
- When you get the sense that someone might hurt you, mentally rehearse how you will neutralize them with the tools and skills that you actually have.
- Fully commit yourself to seriously hurting the person if they cross an imaginary boundary that extends out 10-15 feet all around you.
- Ground as an antidote to fear.

Posture and Gait:

- If you want to stand and walk “like a girl” be aware of your surroundings—successful cis girls are!
- Cis girls seldom go out alone—for good reasons.
- Walking like you’re an easy target triggers the prey instinct in predatory men.
- Walking like you’re willing to kill dampens predatory instincts.
- Grounded walking communicates strength
- Ungrounded walking communicates fear.
- You have to practice grounded walking—a lot, when you aren’t afraid to be able to do it when you feel fear.

Reasonable mistakes are allowed.....



The Law of Self Defense

Threats of Non-Deadly force:

- The threat must be imminent
- The response must be proportionate
- The right to use force instantly ends when the threat ends.

Threats of Deadly force:

- The threat must be imminent
- The right to use force instantly ends when the threat ends.

You had better be right!

- Too many judges and police officers are transphobic
- Trans people are 3.32 times more likely than cis people to be assaulted by the police.

National coalition of anti-violence programs. (2013). *Lesbian, gay, bisexual, transgender, queer and HIV-affected hate violence in 2012*. Retrieved from http://www.avp.org/storage/documents/ncavp_2012_hvreport_final.pdf

A few Simple Techniques



- Faint strike to face/strike to groin
- Boxing the ears
- Direct pressure to eyeballs
- Ball point pen to cheek

Pros:

- Always available
- Can't be used against you
- Effective

Cons:

- Increased physical proximity = increase personal risk

Non- lethal Weapons *(that can be lethal)*



- Mace
- Pepper Spray
1st choice!
- Dogs
- Stun Guns
A distant 3rd choice.....
- Impact weapons
(don't go there)

Any weapon you carry can be used against you!
A weapon is only useful if it's accessible!

Mace (CN or CS):

- CN purified tear gas (WW1)
- CS is purified tear gas (Vietnam War)

Pros:

- CN is water soluble and can be easily deactivated. CN causes NO long-term damage.
- CS works more quickly and is a little more reliable. CS can trigger a fatal allergic reaction.
- Cheap to buy and *practice* with
- It works on dogs

Cons:

- Back spray (Always buy stream, not spray)
- Not effective if high levels of adrenalin or certain drugs are present

Pepper spray:

- Only buy solid stream spray
- Consider size, shape, and texture of container
- Hold it properly
- Aim for center of chest and draw a line up

Pros:

- Can be used at a distance.
- Cheap to buy and *practice* with
- It's usually effective
- More effective on dogs than Mace

Cons:

- Back spray (Always buy stream, not spray)
- Can trigger a fatal allergic reaction.

Dogs:

- Deterrence varies by breed
- Act as a barrier & a bridge

Pros:

- Visible/very high deterrence value
- A good dog is always ready to defend

Cons:

- Expense
- Female dogs tend to be more lethal



Stun Guns:

- Disable through high frequency electrical discharge
- Quality is directly related to price
- Volts v. amps

Pros:

- Tasers have an extended range
- Handheld guns are a deterrent

Cons:

- Can be lethal above the heart
- Dwell effect requires extended contact to be effective
- Cheap models tend to be unreliable
- Unreliable on dogs



Impact Weapons:

- Only work at close distances

Pros:

- They're better than nothing

Cons:

- Lethal when used above the shoulders
- Not very effective when used below the shoulders



https://cdn.shopify.com/s/files/1/1416/8794/products/52410-2-500x500_large.jpg?v=1505324918

SABRE Pepper Gel

ENHANCED SAFETY — pepper gel does not atomize like traditional pepper spray, plus 20% greater range (12 feet/4M) for protection at a safer distance.

MAXIMUM STOPPING POWER - max strength formula, eliminating the 30% failure rate experienced with other pepper spray brands; UV marking dye aids in suspect id

EASILY ACCESSIBLE WITH PROTECTION AGAINST MULTIPLE THREATS –flip top safety mechanism prevents accidental discharge; finger grip enhances aim

FREE TRAINING VIDEO - includes link to free training video in addition to publicly available safety tips on our blog

<https://www.sabrered.com/pepper-spray/sabre-pepper-gel-finger-grip-and-key-ring>



Mace 3 in 1

- 3-in-1 formula includes tear gas to cause profuse tearing, shortness of breath and disorientation
- UV dye leaves a long-lasting residue to support investigation and identification
- Contains 15 bursts with a spray range of 10 feet, but always replace or refill after use

<https://www.mace.com/collections/compact-and-powerful-pepper-sprays/products/triple-action-pocket-pepper-spray>



OLight M2R Warrior Pro

- Currently, out of stock—The Warrior 3 appears to be the best alternative.
- The Warrior 2 is extremely bright (the 3 is brighter).
- Rechargeable and excellent battery life between charges.
- Can be used as a striking weapon (the blue crown of the flashlight will easily tear flesh).
- Switches are easy to use (4 intensity levels + strobe, quick jump to the brightest setting).

https://www.olightstore.com/warrior-3-tactical-flashlight.html?gclid=CjwKCAiAvriMBhAuEiwA8Cs5levaVMqmV5bKkJIU pFO3zNWhSnqldgt852jGxYny_wNxZfbzDuX_1hoCJNoQAvD_BwE



Do's and Don'ts of Pepper Spray



<https://www.sabrered.com/pepper-spray/compact-pepper-spray>

<https://www.sabrered.com/pepper-spray/sabre-pepper-gel-finger-grip-and-key-ring>

More Do's and Don'ts



<https://s7d2.scene7.com/is/image/academy/20055573>



<https://www.mace.com/collections/long-distance-pepper-sprays-gels-and-guns/products/pepper-gun-w-strobe-led>

Kimber Pepper Blaster

- Travels 13 feet in 1/10th of a second
- No blowback, drifting or loss of pressure
- Eyeglasses and ski masks won't stop it
- Just point and shoot

<https://www.kimberamerica.com/pepper-blaster>



Lethal Weapons



- Concealed Carry License Required
- Lots of practice is required
- Both guns and ammunition are *expensive*
- Fees for target range + instruction
- Guns are heavy to carry
- If you make a mistake, the costs are catastrophic
- Increases the risk of actual suicide
- It's the only reasonable tool in some situations—especially w/ multiple assailants

Choice of weapon:

- Quality manufacturer
- Size
- Caliber
 - Never .25 cal*
- Ammunition
- Carry options
- Knives: Lethal option almost none of them advantages of a gun.

Questions
and
comments?

