

# Refuse To Be A Victim® - Syllabus

**Instructor** Warren Glore  
**Office** 3077 N. Hedgetree Street  
Wichita, KS 67226  
**Phone** 316-641-2842  
**E-mail** wglore@midamericatraining.com

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## Text: Provided By Instructor

Refuse To Be A Victim® Student's Handbook  
Refuse To Be A Victim® Program Brochure  
Become A Refuse To Be A Victim® Instructor Brochure  
Optional: Student's Handbook Firearm Supplement

## Description:

Millions of violent and property crimes are committed annually across this great nation. The Non-Firearm based Refuse To Be A Victim® Seminars teach methods to avoid dangerous situations and prevent criminal confrontations. Experts agree the most important factor in surviving a criminal attack is to have an overall safety strategy before you need it. Seminar topics address personal safety issues as well as home, automobile, telephone, technological, and travel security. Seminar participants are presented with a variety of common-sense crime prevention and personal safety strategies and devices they may integrate into their daily lives.

## Goals:

- 1) Provide the tools needed to develop a personal safety strategy.
- 2) Install easy-to-understand methods that can increase awareness and prevent criminal confrontation.
- 3) If prevention fails, provide methods to lessen the impact of the crime.
- 4) Students will learn the following items and how to apply them toward setting a personal plan to achieve the goal to "Refuse To Be A Victim®"
  - a. The Psychology of the Criminal Mind
  - b. Home & Phone Security
  - c. Automobile & Travel Security
  - d. Personal & Technological Security
  - e. Self-Defense Devices and Training Options

## Cost Per Person:

General Public	\$45.00
Church or Non-Profit	\$30.00
Bethel Baptist Wichita	\$25.00

## Evaluation:

No written or oral exam will be presented. A crime free life will be the judge as to the lessons learned and applied.

**Course Schedule:**

Hour	Topics
<p><b>1<sup>st</sup> Hour</b></p>	<p><b>I. INTRODUCTION</b></p> <ul style="list-style-type: none"> <li>A. Background</li> <li>B. Legal Aspects</li> </ul> <p><b>II. THE PSYCHOLOGY OF CRIMINAL PREDATORS</b></p> <p><b>III. MENTAL PREPAREDNESS</b></p> <ul style="list-style-type: none"> <li>A. Levels of Awareness</li> <li>B. Mental Conditioning</li> <li>C. Ramifications and Outcomes</li> </ul> <p><b>IV. HOME SECURITY</b></p> <ul style="list-style-type: none"> <li>A. Doors, Windows and Locks</li> <li>B. Lighting</li> <li>C. Shrubbery</li> <li>D. Alarms</li> <li>E. Dogs</li> <li>F. Keys</li> <li>G. Visitors</li> <li>H. Revealing Your Schedule</li> <li>I. Mailbox Services</li> </ul>
<p><b>2<sup>nd</sup> Hour</b></p>	<p><b>V. PHYSICAL SECURITY</b></p> <ul style="list-style-type: none"> <li>A. Awareness, Intuition, Mindset and Boundaries</li> <li>B. Using Automated Teller Machines (ATMs)</li> <li>C. Walking</li> <li>D. Using Elevators</li> <li>E. Using Buses and Subways</li> <li>F. Being Cautious When Lights Don't Function</li> <li>G. Being Cautious with Briefcases, Purses and Wallets</li> <li>H. Public Laundry Room Safety</li> <li>I. Public Restroom Safety</li> <li>J. Other Activities</li> </ul> <p><b>VI. AUTOMOBILE SECURITY</b></p> <ul style="list-style-type: none"> <li>A. Approaching, Entering and Exiting Your Car</li> <li>B. Dealing with Breakdowns</li> <li>C. Reacting to an Accident</li> <li>D. Reacting to a Police Car (Marked or Unmarked)</li> <li>E. Hitchhikers and Strangers</li> <li>F. Dealing with Road Rage</li> <li>G. Vehicle Theft Prevention Devices</li> <li>H. Carjacking</li> </ul> <p><b>VII. OUT-OF-TOWN TRAVEL SECURITY</b></p> <ul style="list-style-type: none"> <li>A. Airport Security</li> <li>B. Automobile Rentals</li> <li>C. Taxis and Private Hire Vehicles</li> <li>D. Public Transportation</li> <li>E. Accommodations</li> <li>F. Traveling to a Foreign Country</li> <li>G. Don't Forget Back Home</li> </ul>

<p><b>3<sup>rd</sup> Hour</b></p>	<p><b>VIII. TECHNOLOGICAL SECURITY</b></p> <ul style="list-style-type: none"> <li>A. Phone Security</li> <li>B. Identity (Personal Information) Theft</li> <li>C. Banking Scams</li> <li>D. Cyberfraud - Electronic Theft on the Internet</li> <li>F. Cyberstalking or Cyberbullying - Stalking via the Internet</li> </ul> <p><b>IX. SELF-DEFENSE PHYSICAL TRAINING</b></p> <ul style="list-style-type: none"> <li>A. Locating Training Courses</li> <li>B. Investigating Training Courses</li> <li>C. Making the Commitment</li> </ul> <p><b>X. PERSONAL PROTECTION DEVICES</b></p> <ul style="list-style-type: none"> <li>A. Personal Alarms</li> <li>B. Tear Gas and Mace</li> <li>C. Pepper Sprays and Foams</li> <li>D. Batons</li> <li>E. Other Devices</li> </ul>
<p><b>4<sup>th</sup> Hour</b></p>	<p><b>XI. SPECIAL TEACHING MODULES</b></p> <p><b>Module 1: In the Workplace</b></p> <ul style="list-style-type: none"> <li>A. Basic Measures</li> <li>B. Working Alone</li> <li>C. Interacting with Co-Workers</li> <li>D. Workplace Violence</li> <li>E. Miscellaneous</li> </ul> <p><b>Module 2A: Parents and Children - from Pre-School through High School.</b></p> <ul style="list-style-type: none"> <li>A. Protecting Young Children (Pre-School through Elementary School)</li> <li>B. Protecting Older Children (Middle School through High School)</li> </ul> <p><b>Module 2B: College Students - Staying Safe on Campus</b></p> <p><b>Module 3: Senior Citizens and Persons With Physical Disabilities</b></p> <ul style="list-style-type: none"> <li>A. Background and Scope</li> <li>B. Personal Protection Devices</li> <li>C. Inside Your Home</li> <li>D. Outside Your Home</li> <li>E. Travel Tips</li> <li>F. Abuse</li> <li>G. Financial Abuse</li> <li>H. Using Local Government Agencies and Services</li> </ul> <p><b>XII. SPECIAL SECTION: DOMESTIC VIOLENCE AND STALKING 80</b></p> <p><b>XIII. Optional: Firearm Supplement</b></p> <p><b>XIV. CLOSING REMARKS</b></p>