

TOP 20 COLLEGE SAFETY TIPS



3 On-Campus Safety Tips From A Top Cop

1. If necessary or if you feel unsafe, use a student services escort.
2. Keep your cell phone on.
3. If it will make you feel more comfortable, carry pepper spray with you. (Learn the legality and tactical use requirements prior to carrying pepper spray.) Find out about school and state laws regarding pepper spray.



9 More On-Campus, In-Dorm or Apartment Safety Tips From A Top Cop

4. Never buzz anyone inside a secure area if you do not know him or her, regardless of whether a party or a function is in progress. The person may just be calling your building to see if you are not security conscious.
5. Always keep your doors locked, even if you are just going down the hall for a brief moment.
6. Contact your campus police or local police department if one or more strangers are loitering.
7. In a residence hall, screaming can sound like horseplay. In an emergency, be *specific* by telling the 911 operator that you heard a female scream, “Help, call the police!” (or whatever you heard).

8. This safety tip is in no way meant to disrespect you as an adult who can make decisions for yourself. It is offered only to increase your safety in areas that are outlined in this book: If you are going out with a friend or on a date with someone you do not know very well, consider going on a double date with someone you know, who has read this material and is safety conscious as well.
9. Get window locks.
10. Have your lock re-keyed when you move into a new apartment/dorm.
11. Keep emergency numbers nearby and call 911 if necessary.
12. After guests leave your residence, remember they may have unlocked one or two locks without remembering to relock them. Always remember to make sure all window and door locks are secure.



8 Off-Campus in Public Safety Tips From A Top Cop

13. Stand firmly and confidently.
14. Be careful when people ask you for directions. Reply from a distance rather than getting close to them or their vehicle.
15. Scan public restrooms, elevators, and stairwells prior to using them.
16. Periodically change the direction or route you use to walk to and from your residence.
17. Have your key ready to open the door the moment you reach your home.

18. Wait for buses only at well-lit areas.
 19. Notice if anyone else gets off the bus at your stop. If you believe you are being followed, walk toward open stores and well-lit areas. If necessary, call the police.
 20. Take self-defense classes. I *highly* recommend this, especially for ALL female college students.
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[Click for: More College Safety Tools](#)

Dear College Student:

Hi, my name is Tony Newsom. I am a fulltime Los Angeles Police Officer. As I write this book, I am not representing the Los Angeles Police Department, but I am representing you, the reader.

In one recent year, according to the FBI, there were more than 11,556,000 crimes reported to law enforcement officials nationwide. Of those crimes, 1,390,695 were considered violent crimes. While the crime stories in this book are based on true events, some of the characters and incidents are fictional, and other factors such as names, dates, locations, and other details have been modified to protect the privacy of the victims and their families who were wounded by these crimes.

This book and the chapter review outlines are recommended to help you fully comprehend and internalize the steps that are necessary for you to live a safer life.

Although simply reading this book will help you to learn how to live a safer life, the reading assignments that follow each chapter can also help you learn this information on a much deeper level.

Please consider sharing what you learn from each segment of this book with your roommates, friends, and family members. This will help you reflect on what you learn on a significantly greater level. Who knows – your sharing might also inspire others to make decisions that will keep them safe as well.

~ Tony Newsom, Author

Chapter 1

The 1st Crime Story

DOMESTIC VIOLENCE DEMYSTIFIED: "BREAKING THE CYCLE OF VIOLENCE"

As a high school student, Amanda was very cheerful. In her senior year, she was voted most spirited and most likely to succeed. She graduated at the top of her class.

When Amanda moved away to go to college, she continued to be very ambitious and was well liked by all her peers. She was captain of her volleyball team and a highly ranked honor student. During Amanda's first three months of college, she was a very joyful person.

One day she phoned her mother, who lived out of state. "I really love this school," Amanda said. "Besides all of my studies, I get the chance to help out a whole lot of other students who need help in math and English. I even get a chance to talk with some of the other students who are having personal problems in their lives."

Besides volunteering her time and energy, Amanda managed to keep her grades high. She lived on campus and became great friends with her roommate, Jennifer. Amanda and Jennifer shared a two-bedroom dorm on the campus at their university.

"Jen and I have so much in common," she told her mother. "She wants to be a doctor, and you know I plan to be a pediatrician like Dad. Every Saturday night, we go out to the movies or just go get some ice cream and hang out. We

like the same types of movies and TV shows, and Jen is great in volleyball, too.”

One Saturday afternoon, Amanda was sitting and studying in the students’ lounge. She received a phone call from her mother, who said Amanda’s cell phone bill was getting kind of expensive, because of her constantly calling friends at her current school as well her high school friends who were attending other colleges, many out of state and some even out of the country.

The conversation seemed to start well, but later on, things became a little heated. Amanda’s mother said that if she couldn’t cut back on her phone expenses, it was probably time for her to get a part-time job.

Choose Your Area to Mope and Dope Carefully

“I knew it,” Amanda said, tears streaming from her eyes. “I knew that you were going to say that.” Amanda’s mother asked her to calm down and assured her that they could discuss the issue at a more appropriate time. Amanda agreed that would be better, and they both said goodbye and hung up the phone.

Amanda usually took things pretty well, but she knew that getting a job would conflict with her volunteering hours. And whether she was in the right or in the wrong does not really matter.

What matters is that we all have feelings that can produce an array of emotions. Sometimes, as you will learn, there are certain people who will attempt to use those emotional moments to build a quick and almost instantaneous connection with you – for their own selfish purposes.

As Amanda began to dry her eyes, one of the students on campus, 22-year-old Justin, walked up and stood directly

in front of her. Justin was known for his big smile and charming personality.

Justin was 6-foot-2, 205 pounds, and very athletic. He had wavy brown hair that was combed back, and light green eyes. He seemed very concerned as he approached Amanda. He smiled at her and asked, “Are you okay?”

Amanda smiled back at Justin, and he asked if he could sit down next to her. She said, “Thank you, sure, go right ahead.” Amanda still had tears in her eyes, but she was wiping them away.

Justin asked her what happened. Amanda told him about her conversation with her mother.

“I know exactly how it is,” he said, grinning from ear to ear. Justin then began to tell her how he had experienced the same unreasonable lecture from his parents three years ago when he was a freshman.

Amanda said, “Well, I guess this situation is not really too unreasonable – if I can stay off the phone.”

“No, you don’t see what’s happening,” Justin interjected. “This is just the beginning of your parents still trying to control you, even though you’re all grown up.”

After another half hour of talking with Justin, Amanda smiled and said, “Thank you for taking the time to talk to me. I really appreciate it.”

Justin said, “No problem. But hey, I have to go; I’m running late. Would it be inappropriate if I asked you for your phone number or email address? I think you’re really nice and I would like to keep in touch with you. You know, to become friends.”

Amanda said, “Sure,” and gave him her information.

“Oh, yeah, just one more thing,” Justin said. “My parents finally gave in. I have this incredible phone service. I can call anywhere and talk for as long as I want for only \$200 a month. Hey, if you want to call your friends, you can come by anytime and use my phone. It’s cool with me.”

Over the next three weeks, Amanda and Justin went out to lunch a few times, went to a couple of movies, and quickly moved into an ongoing dating relationship. Amanda was attracted to Justin because he was very nice and very respectful. He always asked her about her day, and seemed very interested in hearing about what she did at the volunteer center. Although Justin lived off campus, he began spending almost every night at Amanda and Jennifer’s dorm.

One morning, Jennifer was in the dorm kitchen, eating a bowl of cereal. When Amanda walked in, Jennifer told her that she did not feel very good about being left in the dorm alone with Justin every morning when Amanda went to her early classes.

Jennifer said, “Justin is the biggest freeloader in the world. He eats all of your food and all of my food and he doesn’t even take the time or consideration to replace it.”

“I’m sorry, Jen, you’re right,” said Amanda. “I’m going to talk to him about it tonight when I get home. He’s been staying over kind of a lot. I’m sorry.”

Jennifer smiled. “Thanks, Amanda.”

“Sure thing,” Amanda said.

That night, Amanda sat down on the sofa with Justin and asked him if they could talk. Justin said yes and put down the controls from his Playstation 2 game. Amanda began to tell Justin about the conversation she’d had earlier with Jennifer. Justin became very irate, using all types of profanity to describe how he felt about Jennifer. He concluded the conversation by saying, “You are my girlfriend. You do not have the right to side with your

roommate over me. She's just jealous because she doesn't have what we have!"

Justin's angry response troubled Amanda. He was coming on pretty strong, and they had known each other for only three weeks.

Verbal Emotional Storms: Don't Take Them Lightly!

"Stupid!" Justin said. "You and Jennifer are so STUPID! I can't believe you would think that I'm a freeloader. You come over to my place and call your friends all over the world. Did I say anything when you called your brother in France? No! If anyone is a freeloader, it's YOU! I don't use your phone. That's why your mom and dad get so mad at you, because you freeload on their phone bill. I bet Jennifer doesn't know that. Does she?"

Amanda was feeling increasingly uncomfortable about how Justin was speaking to her, especially how he repeatedly swore when referring to Jennifer. "Please," she said, "lower your voice, Justin, and stop using all of that profanity."

Any Physical Malice in a Domestic Relationship is Domestic Violence

As Justin began gathering the clothes he kept at Amanda's, he said, "I don't want to be in a house where people are playing these holier-than-thou games." He stuffed his clothes in his backpack, glared at Amanda's watery eyes, and added, "I expected more out of you than that!" and slammed the door on his way out.

Amanda stood there, dazed and confused, wondering what had just happened. She spent the rest of the evening catching up on the schoolwork that she had fallen behind on since she began spending all her time with Justin.

The next evening, there was a knock on Amanda's door. She opened it to find Justin standing there, nicely dressed in black slacks and a white polo shirt, clean-shaven, and holding a red long-stemmed rose in his hand.

Don't Believe the Hype

As she opened the door, Justin gently took her hand and said, "Here, this rose is for you. I am very sorry for how I acted last night. I have a lot of things on my mind and I should never have taken it out on you, Amanda. That was very wrong. Can you ever forgive me?"

"I do forgive you," Amanda said as they embraced each other.

"I promise I will never treat you like that again," Justin said softly.

"What kind of things have been on your mind?" Amanda said.

"You know," Justin answered, arching his chin up and pushing his hair back with his hands, "I've been falling behind with my schoolwork. I need to spend more time focusing on my assignments."

"That's good, I'm proud of you," Amanda said with a smile. "I could tell that you were falling behind. I'm just glad that you're starting to realize that."

Justin smiled. "Thanks for understanding."

"Maybe we can hang out this weekend," said Amanda, "when we get some free time. I'm also falling behind with my work and I need to catch up."

Justin stood there looking at her with a somewhat bewildered expression on his face. Amanda then noticed he was holding his black athletic bag under his arm – the one in which he usually brought his extra clothes and toothbrush.

By Justin's appearance, Amanda could tell that he had discontinued his workout program from the time they had first met. Also, if they hadn't had the argument the night before, he probably would have been on his 16th consecutive day of not shaving.

But Justin agreed to her suggestion, and asked if they could share a bottle of wine that evening, to celebrate the rekindling of their love for each other.

Amanda found it sort of strange that Justin would mention the word "love" so casually, since they had known each other for only three weeks. Nevertheless, she smiled and agreed to have him in and join him for one glass of wine.

The two of them began to drink, and then Justin played Amanda's favorite CD. It was Justin Timberlake's song, "Cry Me a River."

During the song, Jennifer walked in, and Justin smiled at her in a somewhat sarcastic way as he held Amanda's hand. They started to dance, but Amanda knew that the two of them needed to finish their schoolwork. She spun around during the dance, letting go of his hand and nicely saying, "It's getting late now. We'd better get back to our schoolwork."

Justin frowned for about a quarter of a second and then started to smile. "I agree," he said, "we should get back to our work."

He then walked over and turned the TV on to the sports channel. He sat down on a chair, crossed his legs comfortably, cradled his wine glass in his hand, and started to watch some end-of-game commentaries.

Amanda and Jennifer talked quietly on the other side of the room. Jennifer said, "I thought you said he wasn't going to sleep over any longer."

The television got much louder. “He’s not,” Amanda said. “I keep telling him that we should get back to our schoolwork tonight, but I don’t think he ...”

“He *what?*” Justin said, standing up. “See, we can’t even enjoy a peaceful evening without ... *Forget this!*” He took the wine glass and threw it hard, shattering it against the wall.

Learn to Observe the Signs of Domestic Violence

“Kick her out of here,” Justin said.

“I think you’d better go,” Amanda told him.

“I better go!” he shouted. “Why do you keep taking her side? I hate this!” He started to cry. “You never take my side, it’s always her.”

Amanda was upset, and she was concerned about Justin – she’d never imagined him crying before. “What’s the matter?” she asked.

“I think I’m more hurt because you don’t even realize how much I love you,” he said.

“You don’t even know me,” Amanda said. “How could you say you love me?”

“See?” Justin said. “That’s what I mean. You don’t even take time to listen to me. If you listened to me just for a moment, you would know that you mean the world to me. All I’ve done since I met you is think about you night and day. But you’re too busy for me. All you want to do is take Jennifer’s side and think all these bad thoughts about me. Haven’t I treated you better than Jennifer has?”

Amanda started to cry; she was very confused and did not know what to make of the whole incident. When Justin saw

her crying, he went over to where she was standing. He hugged her and gently said, “Hey, I didn’t mean to hurt you, honey. Don’t cry. Everything’s going to be all right. I’m sorry.”

“Please leave, Justin,” Amanda said, still crying. Justin looked very angry again. He clenched his teeth and began to grab her biceps and squeeze them very tightly.

Just then, the police knocked on Amanda’s door. “Who is it?” called Justin.

He didn’t know that Jennifer had dialed 911 after he broke the wine glass against the wall.

“I’m sorry, honey,” Justin gently whispered as he released Amanda’s arms. As they both walked to the door, he whispered to her, “I guess I’m going to have to go to jail now and get kicked out of school.”

He then reached ahead of Amanda and opened the door. Two police officers were standing there in full uniform.

“Hi, folks,” Officer Hemming said as the door opened. “May we come in?”

“Absolutely,” Justin said with a big smile on his face. “What do you think about those Lakers, officers?”

Officer Porter ignored Justin’s question, stepped inside the room and said, “We got an anonymous phone call that there might have been a fight going on in here. You mind if we look around?”

“Go right ahead, officers,” Justin said. “We were just sitting here, celebrating my winning the basketball game tonight.”

“Oh?” said Officer Hemming. “What game?”

“You like college ball?” Justin asked.

“Love it,” said Hemming.

“Well,” said Justin, “I’ll make sure I personally deliver some tickets for both of you to come to our home game in two weeks.”

“That’s all right, thanks anyway,” Officer Hemming said. “We’re not supposed to accept any gifts.” As he was speaking, he was also looking around the room.

“Hey,” Officer Porter said, “How did this glass get broken in here, Ma’am?”

“Tired and clumsy me,” Justin said. “I accidentally broke it, Officer.”

“Excuse me, but I asked the lady,” Officer Porter said.

Amanda began to think. Although she was uncomfortable being around Justin, she still did not want him to go to jail or get kicked out of school.

“Yes,” she said, “he ah, he accidentally broke it when he tripped.”

“I’m not trying to blame anyone for anything,” Officer Porter said. “But I have to ask these questions of both of you. Has either one of you been hurt in any way? Has there been any fighting in here tonight? If there has been, tell us the truth. We’re here to help.”

“No, Officer,” Justin said. “Where would you even get that idea? I just spent all evening telling my girlfriend here how much I love her. Why would I turn around and try to hurt her?”

“Hey, I’m sorry, but I have to ask,” Officer Porter said.

One Domestic Violence Cover-Up Always Leads to Another

“No, no fighting, officers.” Amanda said.

Officer Porter then said, “Well, I guess we’ll get going then.”

Officer Hemming smiled and said, “Have a great night, folks.”

After the officers left, Amanda looked perplexed. “I don’t understand. What was all that stuff about the college basketball team?”

“I told you,” Justin said. “I thought I was going to go to jail and get kicked out of school. Sorry.”

“This is getting kind of scary,” Amanda said. “Good night, Justin. I have to get back to my work.”

Justin said good night, then walked to Amanda’s bed and got under the covers, preparing for sleep. Amanda just looked at him, shaking her head. Then she got her school books back out, turned on her laptop computer, and got to work.

The next morning, the alarm clock went off and Amanda got out of bed to get ready for class.

“Ummm, good morning, honey,” Justin said, half asleep. “Hey, look, I have a great idea. Since we haven’t been getting along all that well, why don’t we take today off and go grab some lunch together and then go for a walk on the beach? Just come back to bed right now, okay?”

“No, Justin,” Amanda said. “I told you I need to get my work together.”

“Okay, fine, then go!” Justin said sarcastically.

“What time are you leaving?” Amanda said.

“Oh, is that what this is?” Justin asked. “You want me out?”

“I was just asking,” Amanda said, “because you said you were going to catch back up with your schoolwork.”

“Oh,” Justin said as he fell back to sleep.

When Amanda came home that evening, to her surprise, all of Justin’s belongings were stacked up in her room. There were 12 cardboard boxes, four baskets of dirty laundry, and a boom box. The top of her bed was covered with piles of clothes on hangers.

Domestic Violent Perpetrators Seek to Control 100 Percent of Your Life

“Hi, honey,” Justin said as he came out of the bathroom and met Amanda in her room. “I’m sorry I didn’t call, but we had a fumigation problem at our apartment, so we had to temporarily move out. Are you mad at me? I’m sorry, but I knew that you wouldn’t have wanted me to be put out on the streets.”

“No, I’m not mad,” she said, even though she didn’t want him there and had become fearful of telling him how she was feeling, because of the repercussions she expected.

Domestic Violence Perpetrators Seek to Control 100 Percent of Your Money

Over the next two months, Justin’s episodes of fury grew worse.

After each episode, he ritually apologized for his actions, but the next time his outburst would be worse.

In her growing fear, though, Amanda thought that if she called the police, he would just hurt her more. He told her that if she did ever call the police, he would blame it on her and tell the police that she was a liar and a whore. Using her parents' credit card, he phoned Amanda's television cable company and ordered four of the paid channels. Amanda knew that her parents would be angry when they saw the cable bill go from \$40 to over \$75 per month.

And then there were the pay-per-view X-rated movies that he watched. Amanda dreaded the phone call she knew she'd get from her parents.

"I don't care," Justin said when she tried to talk to him about it. "I don't even understand why you want to speak to them anyway. You don't remember how they used to make you cry? Before I came around and started to protect you?"

As the days went on, Justin made it perfectly obvious that he was not planning on moving back to his apartment.

Jennifer could not take his abuse any longer, and she did not want to sit back and watch Amanda being humiliated.

She moved out.

The Level of Domestic Violence Progressively Gets Worse

Amanda knew that things were getting worse. He went from slamming the door, breaking a wine glass, and bruising her arms to throwing books at her, slapping her, kicking her, and calling her fat.

But after each time he hurt her, he would put on his best smile and a clean set of clothes. He would shave his face,

show up with the long-stemmed red rose, apologize to her, and promise that it would never happen again.

Every time Amanda wanted to go to class or do her volunteer work at the student center, he would curse at her and call her a whore. He would kick her, and she would say, “Justin, please stop, please!” She cried, screamed, and begged him to stop.

One morning, while Amanda was getting her backpack together to go to class, Justin stood in front of the bedroom door with his arms up high, holding onto the door frame. She tried to walk under his arms so she could get to her class. He spit in her face and kicked her violently between her legs. She bled for days. He warned her not to tell anyone, reminding her that if she told the police, he would tell them she was a whore.

Domestic Violence Perpetrators Seek to Eliminate 100 Percent of Your Other Relationships and 100 Percent of Your Self-Esteem

Justin tried hard to isolate Amanda from her family. During holidays, Justin coerced Amanda into not going home to spend time with her family, even though Amanda and her parents had previously agreed to spend their holiday seasons together.

Whenever her mother called and Justin was there, he'd sit next to her and wouldn't move. He later told her that he did not trust her talking to her family, because he believed that they were trying to influence her to be more focused on her education than on her relationship with him. Justin's plan of keeping Amanda from being close with her family soon became a reality.

One day Amanda's mother phoned her and said she felt that Amanda was beginning to drift away from her family. Amanda denied that the problem existed. When her mother asked any questions regarding her education or

volunteer work, Amanda quickly changed the subject and said that she was running late for class and had to go.

Each time that her mother spoke to her, she began to understand that Amanda was experiencing some serious problems. Her daughter was sounding more and more downcast with each conversation.

As the domestic violence in her relationship became increasingly worse, Amanda quit returning any messages from her parents – or any of her other family or friends.

When they'd first started sleeping together, Justin had agreed to wear a condom. But as he became more abusive, he went from spending hours trying to persuade her to have sex after a fight, to not wearing a condom and forcing her to have sex with him whenever he wanted. After he'd finished, he would just get up, leaving her crying on the floor and yelling at her to shut up.

One day Amanda told him she was going to the student center for her volunteer work. Justin told her that if she tried to walk out the door, he would grab her by the neck and cut off all her hair. He kept accusing her of being a whore and saying that he knew she had a boyfriend.

He tried his best to persuade her to quit school and to spend all of her time with him.

Of course, during this time, Amanda's grades plunged. So did her relationship with her parents. They saw the cable and other expenses shoot up, and Amanda almost never called them. She never told them what the true problem was; she became increasingly unhappy, and even borderline depressed.

But one day she told Justin she was going to the police. She said she just couldn't take it any more.

"Go ahead," he told her. "I'll hunt you down and kill you. That's only after I rape your 15-year-old sister. And you'll

have to live with the fact that you made me do it by going to the police. So go! Go tell them!”

She didn't go.

Soon after, during one of the verbal disputes with Justin, Amanda learned that this wasn't the first time this type of thing had happened. “You're just like all the others,” Justin said to her. “I've lived with two other girls who were just as cruel and uncaring as you. They didn't appreciate a real man, either! They kept trying to put me out on the street, too.”

The abuse didn't stop. When Amanda stayed in the library to study for exams and came home later than Justin had told her to, he said he knew she was in a relationship with someone else.

She wasn't, and she told him so.

Justin demanded, “Who are you sleeping with?” She continued to deny it. He grabbed her by the arm and said, “Come here!” He took her into the bedroom and pulled a white medical form out of his pocket. He looked at her and said, “I got my results back today from the doctor.” He told her to read it, and she saw that Justin was infected with hepatitis B.

Crying, Amanda told him, “I didn't give that to you. I couldn't have! I've never been with anyone else!”

Never Underestimate How Far The Domestic Perpetrator Might Go

Justin told her not to be scared. “I didn't say you gave me hepatitis,” he said. “But I do know you've been cheating on me, so I started sleeping around with prostitutes, since you don't love me anymore. I had sex with them without wearing condoms – once we got infected, I knew you wouldn't go sleeping around with anyone else.”

Amanda began sobbing.

Justin told Amanda that he had sent an email to everyone in her email address book, telling them that she was infected with hepatitis B.

He said, “I didn’t do this to hurt you. Since you won’t tell me who your new boyfriend is, I sent this message to all the people on your email list, hoping he would see it.”

Amanda broke down in despair, and she cried herself to sleep. The phone rang repeatedly that night, but no one answered.

Amanda’s Mother Reads Between the Lines

Both of Amanda’s parents received Justin’s email. Amanda’s mother was a clinical psychologist; because of the wording of the email, her daughter’s increasingly obvious depression, and her failure to return phone calls, her mom concluded that Amanda was probably involved in a relationship of domestic violence.

The next afternoon, Amanda’s parents flew in to the airport. They met with the dean of students at her college. They knew their daughter was having problems – they just didn’t know where her problems were stemming from.

Law Enforcement Officials Are Absolutely Necessary When Approaching A Domestic Perpetrator

The police were asked to meet with Amanda’s parents and the dean of students on campus. A preliminary interview was scheduled with Jennifer, Amanda’s former roommate. She voluntarily gave them helpful information that

indicated Amanda was probably a victim of domestic violence.

Officers then met on campus with Amanda herself, who agreed with the allegations and showed the officers bruises on her arm that substantiated the allegations. It was a great relief to Amanda to see her parents there by her side.

The police officers took Amanda to a nearby hospital to photograph 11 visible physical injuries. They then took her to a local rape treatment center.

Within 40 minutes of this initial meeting with her, a police unit picked up Justin at Amanda's apartment. He denied the charges and said she had made them up because he caught her sleeping around with other guys.

The officers found many items at the apartment that substantiated the domestic abuse allegations, as well as the charges of rape.

Amanda's digital tape recorder was even temporarily seized; she had used it to store notes for her assignments. Justin would curse at her while she did this, telling her to get off the recorder. Even though he later erased the sections recording his abuse, the audio files were still on the hard drive.

Later on, jury members listened to Justin using profanity and demanding that Amanda get up and perform sex acts with him. Her digital recorder had recorded him physically abusing her, along with her crying and his refusals to let her leave the dorm.

Where There Is Smoke, There Is Fire

After news of this incident spread around the local community, two other girls came forward. They gave authorities information about acts of domestic violence committed against them when Justin had lived with them at various times over the last three years.

Justin was charged in three separate cases, including 25 counts of domestic violence including felony abuse, 44 counts of rape and other sexually natured crimes, and 34 counts of false imprisonment. He took a plea bargain for a 15-year sentence in a state penitentiary.

Every year more than 4 million women are victims in ongoing relationships involving domestic violence.

The 3 Phases in the Cycle of Domestic Violence:

- **Tension builds**
- **Abuse takes place**
- **Apologies, amends, and excuses are made**

Domestic violence has no boundaries. It affects its victims with the same impacts as any other prisoner of war who is continuously tortured by a captor. It is a true form of domestic modern-day terrorism.

Although the majority of domestic abusers are male, females have also been known to inflict physical trauma upon their less dominant domestic partners.

The typical effect of the cycle of violence goes like this:

The First Phase

Tension begins to build up in a relationship.

At first, the abuse is verbal. But as time goes on, each incident tends to become worse. At first, it may only become slightly elevated, and the change is gradual over time. It's kind of like the "frog in the pot of water" effect – if you put a frog in a pot of cold water, she will probably stay there. If you simply add a little heat to the pot and slightly raise the temperature, the frog may still stay there. But if this continues, eventually you will have a boiled frog.

But if you dropped that frog into a pot of already boiling water, she would jump out, scared and wounded, but safe.

The Cycle of Violence: A Domestic Violence Abuser's Sedative for Power

As you know, doctors use many types of sedatives to prepare their patients for surgery or to alleviate pain from traumatic injuries.

Similarly, a predator uses the tranquilizing effects of the cycle of violence to attempt to minimize the impact of the trauma that has been inflicted upon the victim.

The second phase of the cycle of violence generally looks like this:

The Second Phase

After the tension builds up, the abuser might use profanity or condescending words to refer to his partner. On the other hand, he might also just grab or push the victim.

Afterwards, it's the "same old thing" – an apology, excuse or some means of amends is initiated by the abuser. Matter of fact, although steps one and two in the cycle of violence fluctuate – sometimes moderately, sometimes extremely – the third step usually remains exactly the same.

Eliminating the Tranquilizing Effect of the Cycle of Violence

As an outsider, it is so easy to see what's happening and tell someone just to walk out of an ongoing relationship that is abusive.

The key here is to understand that the longer someone remains in an abusive relationship, the more influence the abuser gains. What Amanda and many other victims of domestic violence endure from their malicious and cunning predators is known as getting entangled in the "cycle of violence" web.

The third phase of the cycle of violence generally looks like this:

The Third Phase

By this time, physical abuse has already taken place or is increasing since the first incident. It may be a slap, punch, shove, or kick.

Same old thing: Excuse, apology, or a means of amends is requested. "Let's start all over. This time I see what I did wrong. I promise it will not happen again."

By this time in the cycle of violence, the tension from Phase 2 might even be fabricated by the abuser – just so he can gain more leverage over his victim. I will explain to you why.

The Adrenalin Effect of the Cycle of Violence

The cycle of violence not only provides an artificial sedative for the victim; it simultaneously seems to provide greater levels of adrenalin (a hormone that gives you more energy)

for the abuser. Some of these heightened effects are manifested in the abuser, as if he has had more adrenaline injected into his system.

To give you an example, many people do different things or participate in different events or activities to increase their adrenaline. Adrenaline in itself is not a bad thing – it can make you feel good, charged, strong and confident.

Many people participate in extreme sports and potentially dangerous activities such as bungee jumping, skydiving, rock climbing or motocross racing just to get this adrenaline charge.

Many others, consciously or unconsciously, take on different types of careers for that same purpose: police officers, pilots, military personnel, firefighters, doctors, lawyers, educators, news reporters, and more.

Because of the euphoric, altered state of consciousness that adrenaline can cause, it is very desirable.

On the other hand, when someone comes down from an adrenaline rush, he sometimes feels less energized or optimistic than before. That person usually spends hours, days, even weeks trying to get back that feeling of being on top of the world – like when they were skydiving. For eight minutes straight, they were king of the sky, and once back at work being told what to do, they just can't wait to get their adrenaline fix again.

How does this affect the domestic abuser? Well, let's look at the cycle of violence from a whole new perspective. Let's look at it as:

The Domestic Abuser's Adrenaline Cycle

If you think about it, the cycle of violence is really a cycle of control, where one person uses the factors of that cycle to gain control over the other person. That control produces a heightened emotional effect for the abuser. If that person felt they had no purpose or power prior to the cycle, and if

he feels that Phase 3 of the cycle makes him superior in the eyes of his victim, then he will do whatever he can to get to that place over and over again, because that is where he has gained all of his false beliefs that he is superior.

For example, if there is no tension, there is no Phase 3 (with apologies like, “Hey, baby, don’t worry, I won’t hurt you again. I’ll be kind to you. You are my girl. I love you. Don’t be scared of me”). I don’t know about you, but that spells out adrenaline rush to me.

I suggest – and I have spoken to many abusers about this issue – that if tension does not come about on its own, the abuser will fabricate it to get to the next phase in the cycle (where the abuse takes place), so that they can get to pretend they are king later on.

How to SUCCESSFULLY Usher a Domestic Violence Victim to the Safe Zone

How did you feel when you heard the story about Amanda? Unfortunately, when it comes to the subject of domestic violence, there are millions of Amandas out there who are suffering and need our help. Perhaps someone who is reading this book right now is or has been a victim of domestic violence. The one thing that I want you to know is that *there is a way out*. There is help.

There are many Amandas out there who have managed to get untangled from the web of violence, but they still need us to understand what they have gone through and are still going through emotionally.

Let me offer you some very crucial and effective techniques to help someone you may know who is currently a victim of domestic violence.

If you know a person who is or might be a victim of domestic violence, your number one goal should be to

usher her into the safe zone of her mind. Although it may seem like she has no safe zone left, she does.

Our memories, positive as well as negative, stay with us. Just like bad experiences can be resurrected at will, so can areas of safety. Bringing safe alternatives to a victim of domestic violence must be done with extreme tact and precision.

Over the last 17 years, I have been amazed at the number of girls and women I have spoken to about violent domestic relationships they have been involved in. When I originally began speaking about potential positive solutions, many of them could not find one ounce of positive anything to look forward to.

What was amazing was seeing the superb transformations when they began to understand that I genuinely cared about them, their children – and about what they had been going through emotionally.

They will be the first to tell you, by their actions, that a little understanding, with patience and genuine concern about their well-being, tends to open doors of hope that you never would imagine.

Then, and only then, can you truly usher them into the safe zone of their minds and find genuine solutions – such as family members with whom they can live, or friends, co-workers or even distant relatives who might support them.

You might even be surprised how many of them will mention and inquire about the alternative of a shelter prior to your even bringing it up to them.



TIPS FROM A TOP COP!

5 Things to Absolutely Avoid When Attempting to Help A Domestic Violence Victim:

- You *cannot* pressure them into leaving their relationship. Pressure is not healthy. Remember that they are already undergoing pressure that we will never be able to fathom.
- You *cannot* shout and point for them to get there.
- You *cannot* use reasoning and what may seem logical to you to get them there.
- You *cannot* belittle them and expect them to go there.
- You cannot say, “Look at you, I can’t believe you’ve let yourself get like this. Look at your hair, look at your clothes!”

They have spent the last weeks, months or years undergoing that same type of ridicule from their abuser, so why would they be inspired to leave that situation and go with someone else who belittles them and makes them feel inadequate?

Even though your intentions may be good, these methods have been proven gravely ineffective and detrimental in dealing with trauma victims.

You cannot “Bobby Bash” them to get there. For example: “Bobby has two other kids.” “Bobby is a slob.” “Nobody

likes Bobby.” “Bobby doesn’t love you.” “Any man who hits you like Bobby is not a true man.”

Bobby Bashing is *not* effective. If you’ve been doing it, don’t worry, you’re not alone. I used to “Bobby Bash” too, until I found out that it just does not work.

Here is one of the main reasons why “Bobby Bashing” does not work. Remember when you were a kid? Remember when someone said something about your mother? Maybe you weren’t getting along with Mom, and maybe you even felt neglected or abandoned by her. Nevertheless, as soon as someone began to utter a negative thought about her, you stood up and made it perfectly clear that you were not going to have it.

Why is that so? Because saying something bad about your mother, who brought you into this world, is like saying something bad about you. If she’s inadequate, that’s the same as saying you are inadequate. Well, guess what? If you say something negative about the abuser to the victim of domestic violence, what you are doing is ridiculing them – and their instinct is to defend the abuser.

All they hear is, “Oh, what a bad choice you made in picking this man! Look at your poor decision-making. No one likes him. What were you thinking? Not only could you do better, you should have done better. Look at how inadequate you are.”

In many cases, the victim wants to vent about how she is feeling, but as soon as she hears, “Oh, I’m glad you brought that up. I wasn’t going to say anything, but ... ” she usually does one of three things:

- Immediately changes the subject.
- Shuts down.
- Begins making excuses for Bobby.

On the other hand, I am not saying you should avoid the situation and pretend a problem does not exist. What I am saying is simply that she needs professional help and that her significant other also needs help.



TIPS FROM A TOP COP!

Why It Is Important for Domestic Violence Victims to Understand the Principles of The Abuser's Adrenaline Cycle

Why is understanding the abuser's cycle so critical?

Psychologists will tell you that part of the psychological effect of the cycle of violence is the continuous decrease in the victim's confidence level – so that she can no longer effectively rationalize what is right and what is wrong.

For instance, if the abuser keeps telling her that she is doing something that makes him feel justified in hurting her, he knows that eventually she will probably believe him and therefore try her best to change. But, as you see, her best really is never good enough for him.

This process is extremely deleterious – if he can get her to doubt her ability to rationalize effectively in one area, he can eventually have complete influence over her. He can ultimately have control over her entire life – her family relationships, friends, food intake, work life, financial matters, and so on.

Even if she is 5 foot 6, 120 pounds and beautiful, because of his low self-esteem, he knows he can convince her that she's fat, that nobody wants her except him, that other guys only want to use her for sex, she would be nothing without

him, or that people laugh at her behind her back because she's funny looking.

A Spark of Hope

When a victim begins to understand, though, that some of the things her abuser told her were flat-out lies, she can start to regain confidence in her own abilities to reason and distinguish between right and wrong.

Overnight, a spark of hope can show her that she is not crazy and has not lost her mind. Then, and only then, can she clearly see that everything about the relationship is wrong – dead wrong.



TIPS FROM A TOP COP!

Domestic Violence R-E-S-C-U-E

Depending on the severity of the situation, a person undergoing a battle with domestic violence may need to be rescued.

Looking at domestic violence as you do any other form of terrorism – such as prisoners of war being held captive against their will – can help you understand the type of assistance that a victim of domestic violence may really need.

I believe the reason that so many Amandas are not set free from the power of their oppressors is because loved ones who care about the victim do not view the situation for what it really is: Captivity! As a society, we have taken a very important step in understanding the seriousness of domestic violence; many government agencies have collaborated in making more effective laws and penalties for the offense. However, until families and friends of the victims open their eyes, we will not and cannot RESCUE anyone from the trauma that they are suffering.

Here's an example of what I am talking about. Say, for instance, that you have a friend who is tired of her job. She feels emotionally abused, unappreciated, disrespected, and disliked.

What specific advice would you give her? You'd probably tell her to quit, right? Find another job? Especially if this on-the-job abuse has been going on for a period of time without being resolved.

"Quit," you would tell your friend. "That's right – just march in there, tell the boss you're tired of his stuff, get your paycheck, girl, and go! You deserve better than that. You are an incredible person. Watch, in no time you'll get a job where they appreciate you."

On one hand, you would give your friend that advice. On the other hand, your friend may not even need your help. The bottom line is, she will just quit showing up or go in and tell her boss that she's going to leave.

But domestic violence is not a job.

You have to plan an evacuation differently. If and when she goes to tell her abuser two simple words – "I'm leaving" – his emotional high drive will kick in. From those two little words, what he hears her say is, "You are not normal. You are weird. Your power, your adrenalin source is getting ready to run completely out. The thing that drives you most is now ready to leave you. Your sole purpose of existence is about to be gone!"

He also hears:

"Up till now, you had me to blame for lack of money, lack of honey, music too loud, music too low, cars driving by fast, people caring about me, gas in the car, gas not in the car, gas prices going up. *Now you will have to take responsibility for all of those things and more.* Some of your friends may know you beat me and you might feel

cool when you tell them you just hit me and I'm at home crying, cooking, cleaning and waiting for you to come back. Now, those same friends are getting ready to see you alone tonight, tomorrow or whatever day I decide to leave – and you will be looked down upon.”

It would be the same as a prisoner of war saying to one of the people holding them captive, “Excuse me, Mr. Terrorist. This is not suiting me. I am upset by how you beat me, and you're very rude to me, too. Tonight I'm going to leave.”

That just wouldn't work. To rescue a prisoner of war, you need a well thought out, full-fledged, workable plan – not just to get the prisoner on the plane, drop him off at Edwards Air Force Base, give him a high-five and say, “Great to see you, Johnny, now go on with your life!” I am not talking about someone who is giving an ultimatum and then working things out. I'm talking about a situation that is beyond working out – a situation like Amanda's story.

The plan to rescue someone who is caught up in a snare of traumatic abuse, where they see no way out, takes six vital and necessary components:

Resources – This book provides you with information about the resources you need to put together a plan. You must locate a domestic violence resource center; the victim will need help, shelter, numbers to law enforcement, websites for referrals, money that can be put in the bank, and other resources.

Emotional allies – She needs one or more people who decide to quit telling her what she should do, who explain to her that they understand what she is going through, who connect with her on an emotional level. If this does not happen, she will never comply with you or your plan, because she will not know that you have her best interest in mind. Matter of fact, without this, she might even feel that *you might get her killed* because you don't understand and you are talking about intervening.

Securing evidence – If there is any evidence of abuse, collect it and take it to your local authorities.

Come up with a complete outlined plan – Don't wait for the complete idea to somehow appear. In a safe place, where he can't see (and just for the record, deleted emails can be recovered and traced), begin writing down as many options as you can think of. Just keep writing.

Later, refine the three best plans. At a safe time, get your plan approved. This may involve calling parents, relatives, a shelter, or other friends. Get commitment – when, where, how and how long. Don't be shy. Tell them the full story, because it will motivate people to reach out and help – people who would not normally do so. But also ask them to exercise great caution and not to alert the perpetrator.

Unite – with police, relatives, a shelter, and other resources.

Execute the plan – Take immediate action and execute it ONLY with the assistance of law enforcement officers. They can assure your safety. Abusers can be very violent.

Arrest: A full-fledged plan will also include giving law enforcement officers a complete chronological detail of what you have been through. This will give you more leverage to have him arrested and obtain a restraining order. If he violates the restraining order, he has violated the judge's order and the crime is against the state, so the judge will call for stiffer penalties.

Remember that if the person you're trying to help chooses to remain in the relationship, it's not something personal against you.

But don't give up on her.

If she rejects your help now, just keep in mind that she is experiencing severe trauma, and stick with her. She may eventually come to you for help if you continue to be there for her.



A Few Safety Tips to Help You to Avoid Becoming the Victim of A Domestic Abuser

Domestic violence predators target people who:

- Seem to mope and dope in public places.
- Seem naïve to their schemes.
- Stay around them long enough to be lured in.
- Allow themselves to be alienated from family and friends so the abuser can fully control and influence them.

To Become Safer in a Relationship Remember These 3 Steps:

When things start to go sideways in a relationship, don't stay in it. Get out of it *immediately*. I'm not talking about one, two or three minor disagreements, or something similar to that. What I am referring to is malicious, irate behavior, such as pushing, mocking, or any other behaviors that seem to increase the cycle of violence.

Never allow someone to make you distance yourself from your family or friends. Many times, domestic perpetrators will do that for the purpose of gaining full influence over you. They want to be your **ONLY** refuge.

At the *first sign* of domestic violence, get the police involved. If the person is throwing stuff around in the house, an arrest may not be necessary, but documentation by police sends the message that if a certain line is crossed with you, the police will get involved.

If you have just left an abusive relationship, you should check with your local court about how you can obtain a restraining order.

Early signs of domestic violence can also include someone making you their sole reason for breathing and existing – there is nothing else but you.

That may not be a domestic violence incident in itself, but since it does have the strong potential to produce unnecessary stress and tension, individual or group counseling should be pursued.

The key is always to watch for the warning signs and eliminate any areas of a relationship that have the potential to turn emotionally abusive or even violent.

Crimes Related to Domestic Violence

Although these are California Penal Codes, many states have the same or similar laws.

273.5(a) CORPORAL INJURY (Felony) – To spouse or cohabitant.

261 RAPE (Felony) – Against a person’s will by force, violence, duress, menace, or fear of immediate and unlawful bodily injury on the person or another.

As a side note, NO ONE has the right to force sexual activity upon anyone (via fear, duress, menace or anything else). No boyfriend, no cohabitant, not even a spouse!

273.6(a) VIOLATION OF RESTRAINING ORDER (Misdemeanor)

646.9(a) STALKING (Felony) – Maliciously or repeatedly following or harassing another, with intent to cause fear.

422 TERRORIST THREATS (Felony) – Unconditional, immediate and specific threat to commit a crime which would result in death or great bodily injury to a person, causing fear for his or her own safety, or that of immediate family.

653(m) ANNOYING TELEPHONE CALLS (Misdemeanor)

245 ASSAULT WITH DEADLY WEAPON (Felony) – Assault with a deadly weapon or force likely to produce great bodily injury.

207(a) KIDNAP (Felony) – Use of force or fear to take, detain or illegally arrest another and move to another location.

236 FALSE IMPRISONMENT – The unlawful violation of the personal liberty of another.

If any of these crimes have been committed against you, call the police.

Now you know not only how to avoid becoming a victim of domestic violence, but also how to help someone who is involved in a violent relationship escape from it safely and effectively. You also have learned how you can begin to regain control of your thoughts and even the steps necessary to exit a violent relationship yourself.

No matter where you live, if you need information about domestic violence, you can speak to an advocate 24/7, 365 days a year. Just call:

The National Domestic Violence Hotline
(800)799-7233
ndvh.org

In case of an emergency, always call 911

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Chapter 2

The 2nd Crime Story

BEWARE OF DATE RAPISTS!

Saturday, May 21, 2003 10:45 p.m.

Retold by a convicted date rapist

We liked hanging out at that bar. They used to play classic rock and old-school disco every Saturday night. They had those glittery, disco-colored lights spinning around and flickering everywhere.

We looked for about an hour until we saw somebody come into the bar looking like she wasn't from around there. You know how some people look when they are on vacation or from out of town – you know, visiting a friend or something.

She looked good – real good. She and her friend were staying up here for the weekend while she looked for an apartment to rent when she moved up here in August to go to college.

It wasn't just me. The other five guys with me and I all sat back every night and watched to see which one of the girls in the bar would take a free drink if somebody bought it for them.

After 15 or 20 minutes, we would scope out about 10 of the best-looking girls in the bar.

My friend Jesse was cool, so we would all chip in and give him a few dollars each. We all pitched in our money so Jesse could buy drinks for the girls that we would pick out. He would then take the drinks and spike them with “roofies.”¹

I remember when the girl we picked that night first walked in. She looked like she was about 18 or 19 and had the kind of body that you would pay for – you know what I mean.

She had this short, nerdy-looking friend with her who kept smiling and acting as if she knew everybody there. She was getting on my and Brian’s nerves.



Keep Your Eyes on Your Drink

This 40 year-old professor-looking dude sent over a couple drinks and Sheila, the waitress, told them the drinks were from him.

Well, when she and the little nerd got up to go thank Mr. Professor for the drinks, Jesse intercepted them, pretending like he was just coming out of the can. He was brushing his hair back and smiling at them.

Like magic, they forgot all about the professor dude and looked at Jesse. He started joking with them. They kept laughing. Jesse told them he was hanging out with five of his best friends and that they just had to come meet us. We sat back and talked with them. She was cool but her freaky friend had to go – what a nerd. After they sucked down the two watered-down drinks that the professor had bought them, Jesse said, “What you girls wanna drink now?” They looked like it was payday, or like they hit the lottery or something. They kept on smiling.

¹ Two drugs often referred to as date-rape drugs are GHB, also known as gamma-hydroxybutyric acid, and benzodiazepines (such as flunitrazepam, also known as *Rohypnol* or “roofies”).

“Two more drinks,” was all I wanted to hear. “How about two margaritas?” the girl said.

“Two margaritas it is,” said Jesse, giving them the best ‘bedroom eyes’ look he could manage.

Rohypnol – The Date Rapist’s Drug of Choice

Then, as Jesse told Sheila to bring the girls margaritas, James and I got out the roofies. As soon as Sheila brought the girls’ margaritas over to us, plop, plop, in went the crushed-up drug.

James passed the drinks to the girls and they thanked us for buying them. We all laughed and Jesse said, “Sure thing, girls.”

Rohypnol is the name of an illegal street drug that is known as a “date rape drug.” It is better known on the street as roopies, roofies, or rophies, as well as circles, the forget-me drug, the forget-me pill, getting roached, la rocha, the lunch money drug, Mexican valium, R-2, reynolds, rib, row-shay, ruffles or wolfies.

It’s a trade name of Flunitrazepam, a central nervous system depressant, which has similar characteristics to Valium, but it has *more than nine times the effect*.

In some other countries, Rohypnol is legally manufactured as a prescription drug used to combat severe sleep disorders. The drug itself is odorless and tasteless; currently produced batches of Rohypnol produce a blue color when dissolved in liquid, but some older pills that dissolve clear may still be in circulation. Even with the blue coloring effect, the pills can be easily slipped into many mixed and tropical drinks without anyone noticing.

Many drug smugglers have been known to bring alarming amounts of Rohypnol into the U.S. from Europe, Colombia, Mexico, and other countries.

How long does it take Rohypnol to become active?

Approximately 15 to 20 minutes after ingesting it.

How long does it last in a person's system?

Approximately 6 to 15 hours.

Is there any way to tell whether a person has been drugged with Rohypnol?

The drug remains detectable in a person's system for up to 72 hours after ingestion.

What are the symptoms and effects of Rohypnol?

Extreme muscle relaxation, decreased blood pressure, sleepiness, amnesia, memory loss, dizziness, confusion, and tremors.

Other drugs that sexual predators have used in conjunction with Rohypnol include alcohol, marijuana, ecstasy, LSD, cocaine, and heroin.

Drug-Facilitated Rapes Are On The Rise

During the year 2000, in the United States alone, there were over 260,000 reported rapes and sexual assaults. However, because of the limited time that Rohypnol remains in a person's system, it is unknown in how many of these cases sexual predators used Rohypnol to help incapacitate their victims.

Both of the girls from the bar story above were found near the dumpster behind the building the next morning by the owner of a nearby dry cleaners. Both girls were completely

nude and severely bruised. Their clothes were completely torn up and were found behind the bar near an abandoned vehicle.

The owner of the dry cleaners called the police, who responded immediately. The officers woke the girls up and called for paramedics. Officer Henderson said, “We knew what had happened because this was an ongoing occurrence in that area, by those types of bars. We tried to get our undercover units to make a bust plenty of times, but they never caught anyone.”

The girls were transported to a nearby hospital. According to medical rape screenings that were conducted on both girls, each of them had been raped and sodomized. Semen specimens from three different unknown males were recovered from each of the girls, and DNA testing was conducted.

Both of the girls’ memories were blurry about everything that had happened in the bar that night. However, when Detective Kern showed up to investigate the rapes, she brought some photographs of known rapists with her. After carefully looking over all the photos, Sheila, the waitress at the bar, tipped off the police about possible identities of the assailants. DNA testing tracked them down, and led to the conviction of two of the six guys who had viciously attacked the girls.

Remember: A victim of a crime is NEVER at fault.

If you or someone you know has been a victim of date rape, or if you know someone who has taken advantage of someone against their will, please contact your local authorities.

Most law enforcement agencies provide phone numbers for anonymous reporting, as well as phone numbers for local rape and trauma clinics.

Please keep in mind that many variations of alcohol/drug induced date rapes have happened, and continue to happen to hundreds of females every day.



TIPS FROM A TOP COP!

Date Rapists Target People Who:

- Park in or walk in areas with poor lighting.
- Seem naïve about the fact that date rapists really exist.
- Accept a drink without knowledge of its contents.

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Chapter 3

The 3rd Crime Story

HOW TO AVOID TRAPS SET BY RAPISTS

What I have to say next, I only say to enlighten you and hopefully to keep you safe. Really, does anyone call the police if they feel that they are being followed by a stalker?

I'm not saying that those calls do not happen. What I will say is that those types of calls, compared with other types of calls, are rare. Matter of fact, I hear more radio calls go out about someone following a hit and run suspect or a petty theft suspect than I hear about someone feeling as though the same vehicle has been following them everywhere they go.

Thursday, December 28, 2005 08:45 p.m.

The phone rings. "911 dispatch – what is your emergency?"

"Uh, my name is Ernie and my girlfriend, Sheryl, just hung up the phone kind of quick. We were talking and she got in an accident with this guy who was following her in a big black car."

"Where is your girlfriend now, sir?"

"Uh, she got off of the freeway near this gas station over by Griffith Park. Then she started heading back home, out to the valley. Can you get the police to go find her? I think something happened to her. Something bad."

“Just one moment, sir. What kind of car was your girlfriend driving?”

“She has a red Geo Storm.”

“Do you know the license plate, sir?”

“Um, no. I think she’s hurt. She just hung the phone up when I told her to stay on the phone.”

Unfortunately, this caller did not have any further information to give the local authorities.

The 911 operator was called 32 minutes after the caller’s girlfriend had called him. There was not enough information for law enforcement personnel to track her in time to prevent her from being severely conned. It was found out later that this young lady had been singled out by a man who had tried to strike up a conversation with her at a gas station earlier that evening.

“Nice evening,” he had said. “Do you need directions? You look like you are lost.” He was an approximately 35-year-old, well-dressed, clean-shaven, businessman type.

Sheryl walked by him, said, “No, thank you,” and avoided making any significant eye contact with him. Afterward, when she pulled out of the gas station, she noticed that his black four-door sedan with out-of-state plates was directly behind her. The car continued to follow her for approximately 10 blocks. Fearing for her safety, Sheryl called her boyfriend Ernie, who recommended that she stay on the phone with him, just in case.

Believing that was the best solution, she did it. About two minutes later, Sheryl thought that the man had moved on and had driven in another direction. She drove into the parking lot of a nearby grocery while maintaining her phone conversation with Ernie. She went inside the store to purchase some milk. When she came out of the store and got back into her car, she glanced at her rearview

mirror and observed the shape of a similar-looking black vehicle parked two spaces behind her.

“Hey Ernie,” she said, still on the phone, “hold on. It’s the same out-of-state license plate. Hey, I think this guy is following me!”

“Hold on, don’t hang up the phone,” Ernie told her. “I’ll be with you the whole time. I’m not going anywhere. Just don’t hang up the phone.”

Sheryl pulled out of the parking lot and made a right. She then turned right again at the first intersection to see if she was still being followed. She still saw the headlights about three cars behind her. She stopped at a stop sign prior to turning left. Suddenly the car right behind her smashed into the right rear panel of her Geo Storm.

“I got to go, Ernie, I’ve been in an accident.”

“Wait, what? No, don’t hang up, what happened?”

“That guy hit me. I’ve got to go.”

“No, set the phone down and exchange information but don’t hang up.”

“Okay, wait.”

Ernie waited for about five minutes, but Sheryl didn’t pick up the phone again.

Authorities later learned that Sheryl was targeted that evening to be raped. The suspect was never apprehended, but he fit the description of a man who for five weeks had been tracking down women in an area near that main interstate highway.

The man would make contact with a woman prior to his attack, as he did in this instance, and then he would follow her to a low-lit residential street, often one that ended in a

dead end, and usually near the freeway. Then he would gently or moderately run into the back of her vehicle, causing her to feel compelled to get out of the car and look at the damage and exchange information with him. While the woman was out of the car, he would begin his attempt to seduce her by trying to make light of the accident, even though he would try to convince her that it was her fault.

As the conversation continued, he would begin to make sexual jokes with her, suggesting that he would be willing to overlook the accident if sexual favors were done to him in exchange for his silence. After the victim would turn back to her car, he would grasp her by the neck from behind, in a wrestling half-nelson hold. He would cover her mouth, drag her into his car, gag her with some type of garment, and rape her. Immediately afterward, he would pull her out of his car and drive away.

This type of crime, although happening in different communities at different times, is somewhat common. They usually involve a staged car accident, a broken-down car in a dark parking lot, or some stereo equipment for sale inside a van that is parked on the far end of a store parking lot. Just for the record, I am not saying that everyone who fits that description is a potential rapist. What I am saying is that you should use extreme caution and realize that this type of crime does exist.

These serial criminals usually don't stop until they are tracked down due to evidence or apprehended while still at the scene of a crime.

Again, I feel compelled to stress, neither Sheryl nor Ernie were at fault for this crime. Neither of them knew the very important safety tips that are outlined here.

The power of illumination is incredible. Think about how you could add more lighting to your normal ingress and egress throughout any given day. For example, park in a more well-lit area, enter the front door instead of the side door, walk down main streets instead of side streets, or jog

in a safer community – even if you have to drive an extra five minutes to get to it.

If you suspect that you are being followed, call 911. *Don't compromise your safety.* Call the police and articulate exactly what has led you to believe you are being followed. For example, tell them that two guys were staring at you, got in their cars and followed you through various random turns. When you pulled into a parking lot, they stopped and opened their passenger door; you pulled away, their door closed, you made some more turns, and they were still behind you. Right now, you are heading westbound on the corner of Maple and Canyon Drive, and they are directly behind you in a new dark blue SUV.



Other Safety Tips:

Before you get into any car, check the back seat and scan your surroundings. Always have your keys in your hand prior to entering a parking area.



TIPS FROM A TOP COP!

Rapists Target People Who:

- Park or walk in areas with poor lighting.
- Open doors without checking first.
- Do not appear to scan their surroundings.

Chapter 4

The 4th Crime Story **WHO'S REALLY AT YOUR DOOR**

Monday, March 31, 2003 8:30 p.m.

Avery, a 52-year-old burglary parolee, drives his rusty, white 1967 Chrysler wagon to 173 Havesberry Drive, just outside of Jackson, Mississippi.

Earlier in the week, the clean-cut man had, according to reports, knocked on nearly 40 doors in the neighborhood. He would knock hard enough to see whether the door was ajar, and when the resident answered, he would say that he lived about a mile away and was walking in the neighborhood when he noticed that their door was slightly open.

At 8:30 that night, Avery knocked four times on the door of 173 Havesberry Drive. Through the exterior walls and windows of the residence, he could hear the television in the living room.

After a minute, Doug, a 38-year-old electrician with a receding hairline and thick bifocal glasses, came to the front door carrying a large plastic bowl full of popcorn.

**Look First, Ask Questions Second. If Safe,
Answer the Door**

Upon reaching the door, Doug did not look through the peephole or speak to the person through the door. He instead pushed the door wide open, asking, "What do you want? Do you know what time it is?" As Doug was speaking, Avery thrust the muzzle of his small .38-caliber pistol right in the center of Doug's chest.

"Shut up, you stupid clown!" Avery said. "Now, move your stupid butt back inside the house. Quick, MOVE IT!"

Doug complied with Avery's commands and did not say a word. He turned directly around and began walking into the house. As they entered the hallway that led to the living room, Avery closed the front door and hit Doug over the back of his head with the butt of his pistol. Doug immediately fell to the floor and went into convulsions.

Just then, Doug's four-year-old daughter, Melissa, walked in from the living room and saw her father lying on the floor, shaking violently. Melissa looked up and saw Avery standing over her dad with a gun in his hand. Melissa also saw her father's blood pouring out of his severely cracked skull.

"DADDY, NO, NO!" Melissa gasped. She began crying as she ran over and tried to hold up her father's head. "No, no!" she cried.

Within moments, Avery's wife, Sabrina, rushed in from the living room. Sabrina was carrying their one-month-old daughter in her arms.

Seeing Avery standing in her hallway holding a gun, her husband on the floor with his head split open, and her other daughter screaming at the top of her lungs, Sabrina began sobbing.

"Hey, you," Avery ordered Sabrina. "Shut that kid up, and I mean now, or you ain't ever gonna see her again." Avery pointed his pistol at Melissa, who continued screaming.

“Now, you take that baby and go back in the other room,” Avery ordered, keeping his gun pointed at Melissa. “There ain’t no way I’m going back to jail over some little brat!”

Avery paused for a few seconds and then started kicking Doug in the chest, back, and mouth as hard as he could. He knocked two teeth completely loose.

“Now, shut that brat UP!” he yelled.

Melissa continued to scream.

“Where is all the money?” Avery demanded. He looked at Sabrina.

“It’s, it’s on the dining room table, in my husband’s wallet,” Sabrina answered crying and shaking in fear.

Avery walked over, grabbed the wallet, and then ransacked the house, knocking over lights, books, and tables, pulling out drawers, looking for whatever valuables he could find.

Then he ran out of the house, jumped into his car, and took off fast toward the highway.

CSI – Forensic Science to the Rescue

Two days later, Avery was picked up by authorities with his girlfriend, Carol, where they lived at her parents’ house – just 15 miles from where he had forced himself into Doug’s house and beaten and robbed him. Avery was identified by his left index and middle finger prints, which were left on the front door of Doug’s house when Avery had closed the door behind him.

After Avery left Doug’s house that night, Sabrina called 911. Within five minutes, emergency personnel rushed Doug to the hospital, where he was treated for a severe concussion and a seven-inch laceration from the blow to his head. Because of the severity of injury and the loss of blood and

oxygen during the incident, Doug still suffers from severe brain damage.

Although Melissa was not injured physically, she still receives professional counseling for the emotional trauma that Avery caused her that evening. She has not yet been able to recover from watching her father lie in his own blood while Avery continuously yelled at her, waved his gun, kicked her father, and screamed at her mother.

Although this unfortunate situation happened near Jackson, Mississippi, *it could have happened anywhere and to anyone.*

Think about it: how many times have you opened a door that someone knocked on without checking to see if it seemed safe? How many times have you asked who it was while you were opening the door? How many times have you asked who it was, did not get a sufficient answer and then opened the door to tell the person that you did not know him and that he would have to come back at a different time?



TIPS FROM A TOP COP!

Home Invaders Target People Who:

- Seem naïve to their scheme.
- Open doors without checking first.
- Give them personal information.
- Stay around long enough to be lured into the scheme.
- Allow them to establish a quick and familiar connection.

[Click for: More College Safety Tools](#)

Chapter 5

The 5th Crime Story **BEWARE OF ATM BANDITS!**

Throughout my many years of conducting safety seminars, people in my audience always ask me, “How safe is the average community?”

I advise them that there is no way to estimate how safe the average community is, because there is no such thing as an average community.

Many times, though, people clarify what they are really asking. They say, “In a typical community, how many people, on average, actually practice these safety principles habitually?”

Because the number of such inquiries continued to grow, I wanted to find some concrete answers for them. I wanted to give them realistic numbers that were based upon facts and not just assumptions.

Over a period of about one year, I conducted an experiment. Once a month, over a 65-mile radius including a variety of lower to upper-class communities, usually on an overcast evening, I would park my car across the street from a randomly selected ATM.

I particularly looked for ATMs that were at a corner and had one or more cars parked right around the corner.

I would count the number of people who either drove or walked to the ATM. I would pay special attention to see whether these people appeared to scan their surroundings.

I watched to see how many of them looked around the corner to see if someone was parked or even sitting there in a car. I would also watch to see how many of the people seemed to practice any of the other four ATM safety principles that are outlined in this book.

I was shocked to find that only one out of about 200 people seemed to routinely practice four or five of the ATM safety practices.

I don't know about you, but that is an alarming total to me. That's only one-half of one percent.

It is important to note that out of that half-percent of people who seemed very safety conscious, I am not referring to people who either looked paranoid or turned around quickly when someone walked by or stood behind them. That is being reactive to potential danger, not proactive and living in the safe zone.

Those same individuals who I observed to be safety-minded made it obvious to me that they noted I was parked across the street, although none of them approached me. I have to admit, also, that some of those individuals who seemed to be safety conscious appeared to be off-duty police officers.

As you and I both know, crime is everywhere. There is no city, suburb, community, or town that a predator would not travel to and lodge in to commit crimes.

When only one-half of one percent of people, on average, think about their overall safety at an ATM on any given evening, that is not even a drop in the bucket of the number who should be completely aware of potential dangers.

I also take into consideration that this test was only conducted on potential ATM robberies and muggings, and it was also an admittedly small sample.



TIPS FROM A TOP COP!

ATM Bandits Target People Who:

- Don't seem to scan their surroundings.
- Have sluggish posture.
- Park in or walk in areas with poor lighting.

ATM Safety Tips:

- Park in or walk in only well-lit areas.
- Get in the habit of scanning your surroundings.
- Stay alert.
- Fill out your deposit slip prior to arriving at your destination.
- Obtain and maintain great posture.

Chapter 6

The 6th Crime Story **BEWARE OF INTERNET PREDATORS**

This is a story about a teenage boy who met the girl of his dreams over the Internet. Although this story deals with a teenager, the principles apply to everyone who uses the Internet.

8:05 p.m. Friday, November 12, 2004

It was a cold and breezy Friday night in a middle-class suburban community near Los Angeles. Freddy, a 14-year-old high school basketball player with a thin build and shaggy red hair, was preparing to meet his 15-year-old online girlfriend for the very first time.

Kelly, the girlfriend, lived nearby and attended a local high school only five miles from Freddy's.

After a three-week online relationship, which consisted of regular passionate messages that had led to sexually explicit email conversations and occasional online photo exchanges, Kelly and Freddy were finally going to meet for a night of intense fun, including marijuana smoking and all types of incredible sexual pleasures.

Date: Fri, 22 October 2004 22:36:40 (PDT)
From: Kelly L.
Subject: "YOU GOT GAME "
To: Freddy R.

Hey, great game tonight. You were great. Hope to meet you and get to know you one day. Just one of your friendly fans.

Kelly

In Kelly's first email to Freddy, she was successfully able to conceal the fact that she had secretly developed a crush on him. She had started to feel that way when she first read some of his messages posted in a popular teen online message board. His messages discussed the passion and enthusiasm that he had for basketball, as well as for some of his closest friends. The posted messages contained his email address.

Kelly, being the shy, reserved type, did not mention the crush that she had on Freddy until the day after he returned her first email.

Date: Mon, 25 October 2004 20:21:20 (PDT)
From: Freddy R.
Subject: REPLY TO: "YOU GOT GAME"
To: Kelly L.

Thanks.

From the night that Freddy sent Kelly that email response until the night that they finally met, the two had spent countless hours, day and night, emailing and text messaging each other.

Although Freddy was an incredible basketball player, he was not popular with the girls at his school. Because Kelly seemed eager to get to know Freddy, her communication made him feel as if he were on top of the world. He felt totally unstoppable. , Freddy gladly gave Kelly all of his free time and energy.

Kelly rapidly lost her former sense of shyness. Within a matter of three weeks, the two of them exchanged many photos; they also engaged in online conversations about basketball, school, schoolmates, and teachers they disliked. In addition, they wrote some of the most graphic and

detailed email messages about the sex that they deeply desired to share with each other.

Freddy particularly admired Kelly's smile and her beautiful red hair in the photos she sent him.

3:25 p.m. Friday, November 12, 2004

Immediately after school on the day that Freddy would finally come face-to-face with the girl of his dreams, he got his best friend, Michael, to go to the local mini-market with him so that he could purchase a pack of condoms.

A Night to Die For

7:55 p.m. Friday, November 12, 2004

It was a breezy Friday evening. Freddy did not have a basketball game, so he told his parents that he and his best friends, Michael and David, were going to hang out with other friends from school at a nearby miniature golf arcade.

But Freddy stood by himself that night near the swings at the local recreation park, waiting to finally meet Kelly. He trembled with joyful anxiety, pacing back and forth, as he wondered what he would say when the time came for them finally to meet face to face.

Freddy Meets the Girl of His Dreams

After a while Freddy heard someone walking toward where he was standing. Although he was very nervous and shy, he anxiously hoped that the sound he heard was coming from Kelly's shoes.

“You’re Freddy, huh,” someone said. Freddy turned around, but he stopped short when he found himself looking into a pair of large, piercing brown eyes – scary eyes.

“Are you, um, Kelly’s dad?” Freddy asked as he stood there shivering in fear, looking at a 6-foot-4, 285-pound man – a long-bearded 42 year-old man – most definitely not the sweet little teenage girl he’d expected.

“Are you, um, Kelly’s dad?” Freddy asked again.

“No, I just, I’m ah, well, what I’m trying to say, Freddy, I guess in a way, I am Kelly,” the man said.

Just then, a large bright spotlight appeared in the sky and illuminated the immediate area where Freddy and the imposter stood. It was a police helicopter, and eight law enforcement officers simultaneously surrounded the place where the two were standing. All of the officers were dressed in raid jackets and had blue steel, semi-automatic handguns drawn and pointed at the older man.

Unknown to Freddy or the imposter, the police had been tipped off by another law enforcement agency about the guy, because his internet service provider had revealed that the man had used some of the same personal information to start over 36 new email accounts.

For years, he had communicated to hundreds of teenage boys, pretending to be a 13, 14, 15, or 16-year-old girl. On each of the accounts, he used a different name. Authorities monitored his Internet traffic and were amazed by all of the online relationships in which he was involved – many with boys as young as 12.

Further investigation revealed that over the previous three years, this predator had already met, kidnapped, taken photos of, and sodomized eight teenage boys in five different states.

“BACK AWAY FROM THE BOY, NOW!”

Sergeant Sanchez yelled, pointing his 9mm handgun directly at the chest of the man who had come to meet Freddy in the park.

The man quickly extended his hands high above his head, and three police officers immediately rushed him from behind and pushed him to the ground, flat down on the cold concrete.

After the man was handcuffed, Sergeant Sanchez returned his handgun to its holster and motioned to Freddy to come to where he was standing. Freddy seemed somewhat paralyzed from the ordeal, and he burst into tears, holding his belly and gasping for air.

Two fully equipped police cars pulled up and parked in the center of the park, lights flashing and circling round and round.

Freddy was escorted to a car by one of the officers. He was then driven to the local police station, where he gave three hours of intense testimony about his three-week courtship with the man who had presented himself online as Kelly.

Although the man was apprehended by police officers and Freddy was protected in this situation, that does not account for the eight other teenage boys this man had successfully lured into relationships, met with, and sodomized. Many of those incidents had gone unreported – for a variety of reasons. But photographs of the lurid acts that were found in the man’s hotel room later helped to convict him.

An Internet Predator Reveals His Secret Weapons

In an interview about a year later, this convicted pedophile said, “I used to get on the Internet every night, pretending

like I was a girl. I would type about 15 or 20 boys, saying that I went to a high school near the one they went to and that I kind of wanted to get to know them better.”

“I used to get all kinds of names and email addresses. As soon as somebody typed me back, I knew they were mine. I mean, sooner or later, they were going to be mine.”

Officer: “How did you get so many email addresses?”

Predator: “I hung out in a few popular, kids-type chat rooms every night for hours. That was like my home away from home, in a kind of stupid way, I guess. That’s how I lived. That’s how I had my fun. Most of those kids up there lied about their ages also. But don’t nobody say nothing about that. Ah heck, kids, huh, those kids just want to have a little fun too. They ain’t never hurt nobody anyways ... Well I would type them and then I would ask them questions.”

Officer: “What kind of questions?”

Predator: “You know, like, what do you like? Who do you like? Why do you want to know who I am? Stuff. I just asked them stuff.”

Officer: “Do you remember the time you got caught in California? When you called yourself Kelly?”

Predator: “Oh yeah, that scam was entrapment!”

(He then paused for about 45 seconds with his head down and both hands covering his forehead.)

“What happened was ... One of the times that I was trying to find somebody I could hang out with, I typed to about fifteen, no wait – no, more like fifteen or twenty guys. Email addresses that I got from the chat room. Nobody wrote me back that night. That was kind of weird. Then all of a sudden, I see this message being posted on the message board of the chat room to this one kid. It said, ‘Game time. We just won, yeah, we R #1 and I am the Most

Valuable PLAYA. Yeah!' I thought he was kinda cool. This kid who wrote this seemed like he would be kinda of fun to hang out with."

Officer: "So what happened?"

Predator: "Well, what happened was, I would talk to Freddy and he would talk to me about like what kind of stuff, like okay, what kinds of sex-type things he liked. What happened is ... aw, you already know anyway. Okay, I told him that I was this hot, 15-year-old cheerleader and I told him that I liked him."

Officer: "How did you describe yourself to Freddy?"

Predator: "Well, I didn't."

Officer: "What do you mean, you did not describe yourself to him?"

Predator: "No, see, I didn't say anything to him about what I looked like. I just ... *(He paused for about 20 seconds, rubbing his temples with both hands.)* Well, I took these three or four pictures of one of the girls from this other big chat room, where kids put their pictures. I copied some of this cheerleader's pictures and, uh, you know, I, well, sent them to his email and said, 'This is me.'"

Officer: "Did you add a message to the pictures when you sent them?"

Predator: "Ha, ha, okay, it's kinda funny. I said, 'See what you are getting yourself into?' Then I said, 'I mean, what you could be getting yourself into.'"

Here is what many online sexual predators say they look for when seeking potential prey.



TIPS FROM A TOP COP!

Startling Stalking Secrets to Beware of, as Revealed by Predators:

After surveying thousands of repeat offender predators to determine whether there were traits or characteristics they had in common, these were at the top of the list.

Internet Predators Target People Who:

- Give them personal information.
- Allow them to establish a quick, familiar connection.
- Allow them to quickly build a sexually natured relationship.
- Entertain their flirtatious, sexually natured jokes.
- Talk with them openly about sexual experiences.

Book Review

The Top 7 Questions and Answers to Keep College Students Safe

Question# 1

**The top 6 crimes that college students
should beware of are committed by
whom?**

1.

2.

3.

4.

5.

6.

Answer# 1



The top 6 crimes that college students should be aware of are committed by:

- Internet Predators
- Date Rapists
- Rapists
- Domestic Violence Perpetrators
- Home Invaders
- ATM Bandits

Question# 2

What are the 5 characteristics that internet predators look for?

1.

2.

3.

4.

5.

Answer# 2



Internet Predators Look For People Who:

- Give them personal information.
- Allow them to establish a quick, familiar connection.
- Allow them to quickly build a sexually natured relationship.
- Entertain their flirtatious, sexually natured jokes.
- Talk with them openly about sexual experiences.

Question# 3

What are the 3 characteristics that date rapists look for?

1.

2.

3.

Answer# 3



Date Rapists Look For People Who:

- Park in or walk in areas with poor lighting.
- Seem naïve to the fact that date rapists really exist.
- Accept a drink without knowledge of its full contents.

Question# 4

What are the 3 characteristics that rapists look for?

1.

2.

3.

Answer# 4



Rapists Look For People Who:

- Park in or walk in areas with poor lighting.
- Open doors without checking first.
- Do not appear to scan their surroundings.

Question# 5

What are the 5 characteristics that home invaders look for?

1.

2.

3.

4.

5.

Answer# 5



Home Invaders Look For People Who:

- Seem naïve to the scheme.
- Open doors without checking first.
- Give them personal information.
- Stay around long enough to be lured in.
- Allow them to establish a quick and familiar connection.

Question# 6

What are the 3 characteristics that ATM bandits look for?

1.

2.

3.

Answer# 6



ATM Bandits Look For People Who:

- Don't seem to scan their surroundings.
- Have sluggish posture.
- Park in or walk in areas with poor lighting.

Question# 7

What are the 4 characteristics that domestic violence abusers look for?

1.

2.

3.

4.

Answer# 7



Domestic Violence Abusers Look For People Who:

- Seem to mope and dope in public places.
- Seem naïve to their schemes.
- Stay around them long enough to be lured in.
- Allow themselves to be alienated from their family and friends so the abuser can fully control and influence them.

CONCLUSION

To help parents, educators, students, and others live safer lives, Tony Newsom has developed a series of informative books:

Student Safety Tips - 40 That Every 1st & 2nd Grader Must Know
Student Safety Tips - 45 That Every 3rd - 5th Grader Must Know
Middle School Student Safety Tips
High School Student Safety Tips
College Student Safety Tips
The Parent's Guide For Raising Safer K-12 Students

The books are available for purchase online:

**StudentSafetyTips.com or
CollegeSafetyTips.org**

The content in all of the listed books, including the content in this book, was taken from Tony Newsom's book *Top 10 Crimes - A Women's Safety Guide*.

Tony's elementary safety tips books and *The Parent's Guide* are available in Spanish at SeguridadEstudiantes.com

Sign up to receive Tony's *Free College Safety Newsletter* at CollegeSafetyTips.org

Additional College Safety Information Can Be Located at: www.SafetyforSchool.com/college.htm . Click here

College Student Safety Tips
The 3rd Edition
Carrington Books