

- ▣ STAYING SAFE
- ▣ Juval Aviv
- ▣ Introduction
- ▣ A person chooses to stay safe
- ▣ There was a terrorist bomb that exploded in the south tower of the World Trade Center in 1993
- ▣ This should have put all those occupants on notice that the World Trade Center was an address targeted by terrorists.
- ▣ Self Reliance
- ▣ We make decisions both consciously and unconsciously to help ensure our safety.
- ▣ Staying safe now requires proactive measures, where common sense can no longer be our sole protector.
- ▣ Identity Theft- You probably won't know until months or years down the road that someone has swiped your identity.
- ▣ One lesson of September 11 is that no one should depend solely on the government for his/her personal protection.
- ▣ We, as individuals, must develop proactive habits of a security mind set to prevent attacks.
- ▣ Terrorists Today
- ▣ Today's terrorists mean to break the age old link between mutual defense and personal safety. They avoid clashing with nations military and hope to cast doubt on a government's legitimacy by making people terrified and leaving people asking, "if the government can't protect us from harm, what good is it?"
- ▣ Staying safe entails means designing a combination of systems, procedures, and physical roadblocks that minimize risk and exposure to both crime and terrorism.
- ▣ This also entails keeping an open mind and planning ahead.
- ▣ Defining Terrorism
  - Terrorism encompasses the threat of and/or the use of violence to achieve a specific set of political objectives or goals.
  - Essentially terrorism tests the basic social structure of dependence and trust.
  - People tend to lose faith in existing social and government structure.

- Defining Terrorism

- ▣ Terrorism is situationally defined- there are a number of difficulties in defining terrorism.
- ▣ International terrorism- actions conducted in the international arena by individuals that are members of a nation state.
- ▣ Transnational terrorism- actions conducted in the national arena that are not members of a nation state.
- ▣ Radical Islamic Terrorism
- ▣ The list of potential international terrorist threats against the US is almost unlimited, considering the numerous political conflicts continuing in the international arena.
- ▣ The first major incident witnessed in the US connected to fundamental Islam was the bombing of the World Trade Center. 5 people were killed and if the bomb was a little larger and more skillfully placed, the entire building may have collapsed.
- ▣ Radical Islamic Terrorism
- ▣ 1996- Bin Ladin issues a declaration of war against the US
- ▣ 1998 Suicide bombings of the US embassies in Kenya and Tanzania kill 224
- ▣ Suicide bombing of the USS Cole in Yemen- 17 killed
- ▣ 2001- Attacks on WTC and Pentagon- more than 2800 killed
- ▣ Radical Islamic Terrorism
- ▣ Experts believe the war in Afghanistan and Iraq believe the operational capability of Al-Queda has been dismantled.
- ▣ However Al-Queda continues to flourish as a movement rather than a single group.
- ▣ Jamaah Islamiyah
- ▣ The largest concentration of Islamic people in the world is now in Indonesia, and the Southeast Asian region.
- ▣ Most not anti-Western or fundamental, but there is one leading radical group.
- ▣ Night club attack in Bali
- ▣ Hamas
- ▣ The largest and most influential Palestinian militant movement today.

- ▣ Focus is on Israeli-Palestinian conflict
- ▣ Interesting dichotomy- they build roads and schools in the West Bank and Gaza and wreak havoc on Israel with suicide bombings.
- ▣ Hezbollah
- ▣ Based in Lebanon, Syria, and Iran. The basis is to develop a pan-Islamic republic throughout the Middle East
- ▣ Involved in the 1983 bombing of the US Marine Barracks in Beirut.
- ▣ They have garnered significant financial support from Iran
- ▣ In the coming decade, Middle Eastern politics will continue to be combustible.
- ▣ Other International Threats
- ▣ Narco Terrorism
- ▣ Right Wing Extremism
- ▣ The resurgence was highlighted in the bombing of the Federal Building in Oklahoma.
- ▣ These groups have anti government sentiment and have also supported violence against minorities, homosexuals, and members of the US Government.
- ▣ These groups identify themselves with fundamentalist Christianity
- ▣ Hate Crimes
- ▣ Harms inflicted on a victim by an offender whose motivation derives primarily from hatred directed at a perceived characteristic of the victim.
- ▣ Digital Hate
- ▣ Many white supremacy groups have used the Internet to recruit potential members and spread their message of hate.
- ▣ Creation of Sophisticated computer games to attract teenagers.
- ▣ Prevention
- ▣ THE KEY IS PREVENTION- criminals and terrorists may give up after deciding the intended target is too hard to attack and they may move on to someplace else.
- ▣ The Panoply of Hazards

- Chemical Weapons- These include nerve agents, blister agents, blood agents, and pulmonary agents. Nerve agents such as sarin and soman can incapacitate a victim and kill within 15 minutes. Blister agents, such as mustard gas, are slow acting and less deadly. A blood agent, such as cyanide, rapidly causes seizures, respiratory failure, and cardiac arrest. Pulmonary agents, such as chlorine and phosgene, vary in effect but are often lethal.
- Biological Weapons- The cult performed the sarin gas release in Tokyo in 1995 also made 9 different unsuccessful attempts to release anthrax and botulism into Tokyo. The group even made an attempt to obtain the Ebola Virus.
- Biological agents pose the worst threat of all the weapons because these are the easiest for terrorist to obtain. "Poor man's atomic bomb"
- Biological agents include anthrax, botulism, hemorrhagic fever viruses, plague, and smallpox.
- Ricin is another that is relatively easy to manufacture and is derived from the beans of castor plants. It is one of the most lethal naturally occurring toxins known.
- The Panoply of Hazards
- Radiological and Nuclear Weapons- These are probably the most difficult for terrorist to obtain. A small nuclear explosion would likely inflict fewer casualties than a well orchestrated biological attack.
- Dirty bombs- radioactive material is wrapped in a conventional explosive.
- Infrastructure Attacks- A terrorist attack on a nuclear plant. A large plane loaded with explosives flown into a nuclear power plant.
- Chernobyl- 30 killed instantly and 135,000 evacuated. 125,000 have now died, and 3.5 million have become ill as a result.
- The Panoply of Hazards
- Cyber assaults- Because we have become an information dependent society, and ship most of this through the internet, this has become a lucrative target for both terrorist and criminals.
- Identity Theft- Endless possibilities and a long time span before the victim realizes what has happened.
- Chapter 1 Becoming Security Minded
- Whether we realize it or not, we are all security minded.
  - Locking doors
  - Bypassing bad neighborhoods

- Looking before we cross streets
- ▣ Terrorism prevention means adding a new set of procedures and precautions we already take.
- ▣ Our personal health and safety begins in our minds
- ▣ 5 Means of Staying Safe
- ▣ Avoidance- means not being in the wrong place at the wrong time
- ▣ Prevention- erection of barriers that protect your possessions
- ▣ Escape- have plans
- ▣ Assistance- knowledge of how and when to seek outside help
- ▣ Time- commodity that keeps you alive long enough for help to arrive
- ▣ Chapter 1
- ▣ Stay away from crowds
  - This is the single best piece of advice if you want to avoid terrorism
- ▣ Adapt your planning to your circumstances
  - Everyone's circumstances are different, adapt security measures to your situation
  - Get informed about potential targets in your area
  - Map assorted evacuation routes
    - ▣ Always try to keep at least a half of tank of gas in your car
  - Be alert to governmental warnings
- ▣ Chapter 1
- ▣ Don't become complacent
  - Immediately after September 11 and the discovery of anthrax in the mail, everyone became anxious about personal safety
  - The danger of terrorism is real
  - Sixty or more countries have terror organizations and cells within global reach
- ▣ Chapter 1
- ▣ Assess your risk

- Ask yourself if work or live in a geographic location, or you frequent places targeted by terrorist.
  - Northeast has experienced twice as many incidents as the south
- Categorize the places you live, work, frequent, or stay while traveling
  - This represents a site target no matter where it is situated- Gov. buildings, water facilities, nuclear plants
  - Many have symbolic importance like the Olympics
- Assessing Risk Continued
- Review your daily schedule and other routines to see what times are typically associated with terror attacks
  - 1995 Tokyo subway nerve gas attack
  - Look at dates, July 4<sup>th</sup> gatherings, anniversaries of other terrorist attacks
  - Crime trends- are you alone at public transportation, or traveling deserted streets at night.
- Assessing Risk Continued
- Ask yourself where you stand in the hierarchy of terrorist targets.
  - Line of work
  - CEO's of major corporations are often targets
  - Kidnappings and ransom
- Put two and two together and see how you can change your ways so as to reduce your exposure.
  - Lessen risk by changing times, habits, routines, locations
- Safeguarding your Home
- Begin with locks and lighting
- Install motion detectors with outside lighting
- Use charley bars on sliding glass doors
- Keep hedges and bushes trimmed

- ▣ Make sure your address is visible from the street
- ▣ Only give a parking attendant your car key
- ▣ Safeguarding your home
- ▣ Be attuned to anything out of the ordinary in your neighborhood
- ▣ Install smoke and carbon monoxide detectors in your home
  - Change the batteries when you reset the clocks in the spring and fall
- ▣ Have fire extinguishers around the house
- ▣ Assemble an emergency supplies kit
- ▣ Safeguarding your Home
- ▣ Emergency supplies
  - Water – 3 gallons per person
  - 3 day supply of nonperishable food
  - Sturdy foot wear and warm clothing
  - Blankets or sleeping bags
  - First aid kit
  - Battery powered radio and cell phone (extra batteries)
  - Flashlights
  - Sanitation and hygiene supplies
  - Camp stove or sterno
  - Shovel, ax, broom, rope, wire
  - Tarp
- ▣ Safeguarding your Home
- ▣ Become familiar with first aid
- ▣ Keep a first aid kit (CERT training)
- ▣ Replace the food and water three to six months

- ▣ Keep some extra cash hidden because of the possibility of ATMs not working
- ▣ Spotting Suspicious Behavior
- ▣ After debriefing from terrorist incident, witnesses agree on almost one thing: the perpetrator looked suspicious.
  - Their focus may appear elsewhere
  - Nervous, perhaps jumpy
  - They won't act like those around them
  - If they are in a group and enter a place together then fan out, notify security.
  - Remember women can participate too
  - Always be aware of your surroundings and alert to trouble
  - Look to see if someone is wearing facial disguises
  - Take note of someone trying to gain access to off limit areas
  - Be alert to deliberate acts of concealment
  - Keep an eye out for unattended packages
- ▣ Spotting Suspicious Behavior
- ▣ Look to see if a stranger is lurking near your car
- ▣ If your instincts tell you something is unusual, walk away. Either get security or return later checking to see if the person is still there.
- ▣ Trust your instincts
  - We are born with instincts that serve a vital function in keeping us safe
  - If someone or something doesn't feel right, pay attention to what your instincts are telling you
- ▣ Don't hold back from contacting the authorities
- ▣ Dealing with Stress
- ▣ Don't be afraid to talk about your feelings and thoughts about terrorism
  - Keeping emotions bottled up isn't healthy
- ▣ Getting out of yourself by giving yourself is a great stress-buster

- This means focusing on others
- ▣ Try yoga-type breathing exercises to relax
- ▣ Get out and enjoy life, socialize, don't let your emotions rule you, keep your intellect in charge
- ▣ Educating Children
- ▣ Teach your children to dial 911
- ▣ Post a list of emergency names and phone numbers
- ▣ Practice home evacuation drills
- ▣ Educate your children in fire detection
- ▣ Teach children not to reenter a burning building
- ▣ Practice- stop, drop and roll
- ▣ Have predetermined meeting locations
- ▣ Include your pets in planning
- ▣ Helping Children Cope
- ▣ Understand that reactions to traumatic events vary with the age of the child
- ▣ Talk with your children
- ▣ Listen to your children with love and understanding
- ▣ Try to make your children's lives more predictable and stable
- ▣ If psychological problems develop or persist, seek professional help for them
- ▣ Tips for the Elderly
- ▣ Fill out an emergency health information card
- ▣ Augment any necessary medical supplies to last one to two weeks
  - If you are unable to afford extra supplies contact one of the specific disability organizations
- ▣ Establish and maintain a personal network
  - Discuss things in advance with your support network
    - Exchange house keys

- Let them know where emergency supplies are located
  - Share relevant emergency documents
  - Develop communication systems
  - Share travel plans with each other
- Ask helpers to read some literature on how to help you
- Have police conduct a home security survey
- An example of domestic terrorism
- Survival and Escape Strategies
- The five primary means of assassination
  - Roadside Bomb
  - Car Bomb
  - Gunfire
  - Drive by Shootings
  - A terrorist that maybe working undercover (taxi driver)
- Survival and Escape Strategies
- Lookout for terrorist surveillance and reconnaissance
- Conduct your own neighborhood reconnaissance
- Watch for false traps in the road (fallen cyclist, tree in the road, large barrier)
- If you think your under surveillance, get someone to watch for you
- Don't stop to help strangers
- Vary your everyday routines
- Survival and Escape Strategies
- Know how to escape an ambush
  - Leave enough room between you and the car in front of you to drive out of a boxing attempt
    - Bad areas of town

- Counter attack if your under fire and escape is impossible
  - If your being shot at ram the vehicle
- Dealing with Violence
- If your under attack try and think things through
- Never make eye contact with an assailant or anyone you might suspect is going to do you harm. This raises an attackers stake in a confrontation
  - It also represents a personal challenge and reminds him that he could be identified if caught by the police
- Choose flight over flight
- Scream if someone tries to mug or abduct you
  - Scream fire
- Consider taking a self defense class
- Surviving as a Hostage
- Never look your assailant in the eye
  - These assailants are extremely nervous
  - A terrorist will most likely kill a hostage early on in an attack- usually to make a point to the other hostages
- Don't do anything that would make you stand out from your fellow hostages
  - Act cooperatively and be passive
  - Don't try to negotiate or attempt to cut a deal
- If your odds of surviving the crisis seem low and you see a chance to escape take it
  - Most of the time it is wise to stay put as a hostage
  - Your chances of survival is low if the terrorist is bent on suicide. They may be playing up for the media and hoping to air their demands and hoping to stir up more fear and anxiety
- Gunfire, Grenades, and Bombs
- Don't automatically run from the sound of gunfire, think of hitting the ground

- Running could expose you to stray bullets, gunmen tend to look for things in their line of sight
- ▣ Bombs and grenades
  - Hitting the ground could save your life because shrapnel flies upward and outward
  - Curl into the fetal position, this protects your major organs
- ▣ Gunfire, Grenades, and Bombs
- ▣ Know the exceptions to the rules
  - If you're a step or two away from a protective barrier, try to get behind it
  - If you have children with you drag them with you and cover them with your body
- ▣ Crawling
  - Don't leave your back and butt up in the air, this creates an exposure
    - Low or belly crawl
    - High crawl using your elbows
    - Roll
- ▣ Gunfire, Grenades, and Bombs
- ▣ After a bomb beware of a second bomb in the area
- ▣ If you get a call about a bomb get as much information as possible
  - Turn off all cell phones and radios
  - Avoid glass and heavy objects that could topple in an explosion
- ▣ Explosions, Fires, and Collapses
- ▣ If you hear an explosion try to get under a desk for protection
  - When it's over proceed a good distance away for the fear that a second explosion might occur
- ▣ If in a public place be careful not to get trampled
- ▣ Err on the side of caution
  - Don't dally- if an emergency evacuation is called for get out as quickly and safely as possible

- ▣ Don't follow instructions that don't instinctively sound right
- ▣ Fires
- ▣ Survive a fire by staying low, protecting your breathing, and moving quickly
  - Don't waste time by trying to save property
  - Before opening a door check it for heat
  - Stay low to avoid smoke- smoke and poisonous gasses collect at the ceiling first
  - If your trapped use tape or moistened cloth to seal airflow from the doors
  - If you can call 911 let the operator know your exact location in the building
  - Signal for help from a window, but be cautious not to open the window too much or too fast as it may suck smoke into the room
- ▣ Trapped in Debris
- ▣ Conserve your energy
- ▣ Concentrate on your breathing to help calm your nerves and lower your blood pressure
- ▣ Use whatever means is at hand to signal your rescuers
  - Bells, whistles, personal alarms, tapping on a pipe
  - Yell only as a last resort
- ▣ Leave the rescue to professionals, a secondary collapse is likely
- ▣ Internet Security
- ▣ Make sure you protect your computers with anti-virus and firewalls
- ▣ Check your systems vulnerability
  - Google for free scans
- ▣ Make it a habit to update your software regularly
  - Some systems have automatic updates
- ▣ Don't pick passwords that are easy to crack
- ▣ Think twice about what you download on line
- ▣ Don't use the automatic log in features and always log out of your visited sites

- ▣ Erase sensitive information on your hard drive before disposing of a computer
- ▣ Identity Theft
- ▣ Traveling Abroad
  - Don't make public displays of wealth
  - Don't keep all your credit cards and ID in one place
    - Pick pockets are highly trained in other countries
    - If you keep your credit cards separated and you lose your wallet or it is stolen you still have a credit card to fall back on
  - If you lose your passport contact the local US embassy..ASAP
- ▣ Identity Theft
- ▣ Carry only the essential money cards and ID in your wallet
- ▣ Memorize your PIN number and don't carry them with you
- ▣ Be careful when using ATMs at night
- ▣ Review your list of passwords and select better ones if necessary
- ▣ Beware of postal theft
  - Ideally take your outgoing financial mail to the post office
- ▣ Never give your account numbers over the phone
- ▣ Think twice before you give out your SSN, never give it over the phone unless you are sure who you are dealing with is on the up and up.
- ▣ Identity Theft
- ▣ Occasionally check your credit report
- ▣ Consider subscribing to an identity protection agency
  - They monitor for fraud and help you get on top of things fast before too much damage can be accomplished
- ▣ Give out your mother's maiden name sparingly- This is almost a universal passport to verify who you say you are
- ▣ Maintain only a minimum number of credit cards

- ▣ Destroy unsolicited pre approved offers
- ▣ Personal checks should only carry your name
- ▣ If dealing with an internet bank, make sure it has a legitimate charter
- ▣ Identity Theft
- ▣ Report lost or stolen credit cards immediately
- ▣ Keep a list of all account numbers and card numbers in a secure location
- ▣ Car Jacking
- ▣ Your greatest time of vulnerability is when slowing down or stopping at a light
- ▣ If you are in a high risk area and encounter any kind of obstacle, don't get out to inspect
- ▣ Frustrate a carjacker's plan by throwing your keys away
  - Don't be the first to run out of the car, wait until he starts to get out and flee the opposite direction
  - If he is still seated in the car he might shoot you in the back
- ▣ If faced with a weapon and you have time to get the keys out of the ignition, ask permission to leave and hand the car keys over
- ▣ Again, think each situation through and don't panic
- ▣ If you are hijacked and driving and the police are chasing consider a selected crash, especially if there is gun fire