

P³ Post-Training Report

National Charity League, Dallas, Texas, September 11, 2016



National Charity League, Inc.[®]

The National Charity League, Inc. (NCL, Inc.) is a non-profit national organization of mother and daughter members in Chapters across the United States. The mission of NCL, Inc. is to foster mother-daughter relationships in a philanthropic organization committed to community service, leadership development and cultural experiences.

NCL, Inc.'s core values are similar to those of Secure/ Higher Ed LLC (S/HE), and are supported by the lessons taught in P³ training:

- Honoring the mother-daughter bond by together learning, growing and modeling responsibility and graciousness;
- Empowering women with the skills and confidence to lead;
- Nurturing through mentorship;
- Inspiring a legacy of social awareness and compassion;
- Providing depth of support in local communities; and
- Integrity and excellence in everything we do.

On September 11, 2016, the Dallas Chapter of NCL, Inc. hosted a S/HE P³ training for their member mothers and 11th grade daughters. The two-hour training started and ended on time and covered the standard S/HE P³ curriculum for that age group, including:

- Self-defense techniques
- Use of weapons
- Fighting a criminal
- Where to strike
- Bystander intervention
- Internet safety
- How to handle situations involving:
 - Random approaches
 - Gun hold ups
 - Cars
 - Kidnapping and sex slavery
 - Sexual harassment
- Relevant laws
- Statistics
- Alcohol and drugs
- Use of language
- Abusive relationships
- How dishonesty with parents can lead to unsafe situations
- Supporting sexual assault survivors / preventing victim-blaming

If the lessons from the situational awareness training are reinforced, then the odds of these young women facing a sexual assault are dramatically reduced. We also suggest the girls practice the physical resistance and vocalization techniques with their fathers or a male relative. If they can get comfortable

yelling “No! Stop raping me!” while striking at him, then it will be second nature if it happens for real.

While most women who are raped attempt some form of physical resistance, the importance of knowing how to resist *violently and vocally* is underscored by this quote from a forensic medicine journal:

Women are often advised to use non-aggressive strategies against sexual assault. Research suggests that this is a poor advice. According to one study, women who used non-forceful verbal strategies, e.g., crying or pleading with the assailant, were raped about 96% of the time.

Forceful verbal resistance, including loud screaming, was more effective than non-forceful verbal resistance. These strategies were associated with completion of rape from 44%-50% of the time.

Running works even better than verbal resistance. Research indicates that only 15% of women who attempted to flee were raped.

Forceful physical resistance is an extremely successful strategy. The completed rape dropped to 14% when the rapist’s attempt was met with violent physical force. Striking was more successful than pushing or wrestling.

Women who used knives or guns in self-defense were raped less than 1% of the time. Defensive use of edged or projectile weapons reduced the rate of injury to statistical insignificance.

While many of these strategies are very successful by themselves, combinations, e.g., shouting and fighting or shouting, fighting and running further increase the chances of avoiding rape.

S/HE surveyed participants both during and after the training. In-training questions were asked both to stimulate thought and to assess participants’ understanding of the material. Post-training questions sought to determine instruction and curriculum quality.

Assessment opportunities through certain in-training questions indicated significant retention of material and advanced application of principles by participants. Post-training responses indicated that the participants overwhelmingly viewed the training favorably, as did the note of thanks pasted at the end of this report.

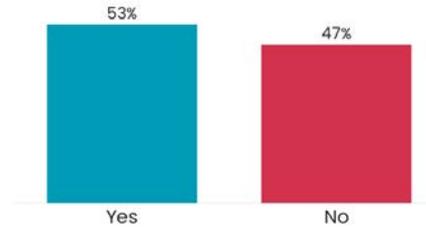
Detail In-Training Survey Results



- Ted's Profile:
- Law student
 - Assistant to Wash. State Republican Chairman
 - Nat'l Republican Convention Delegate
 - College honor student



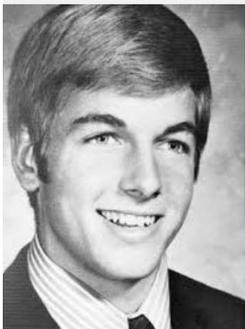
Is Ted a bad person?



Answer: Ted was a terrible person.

1. Police were looking for a killer named "Ted" who drove a VW Beetle (just like Ted). They had a sketch of the killer that looked like Ted and his co-worker at a suicide hotline called him in. Police didn't believe this good looking clean-cut kid was capable of murder and cleared him as a suspect. He went on to murder 100 women.
2. One woman who escaped did so because she trusted her instincts. Ted used to pretend he was hurt by wearing a sling on his arm or using crutches. He would ask a woman to help him carry something to his car and then hit her in the head from behind as she put it in the car. In this instance, his intended victim got a feeling like a blanket of evil covering her and she trusted that feeling, dropped what she was carrying and ran. Ted found another girl and killed her instead.

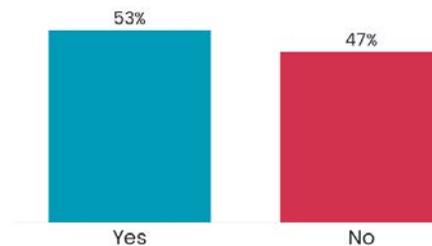
Lessons: Predators may use tricks (as elaborate as a cast or as simple as a smile) to appear non-threatening: stay on guard. Trust your instincts: If you think something is wrong, it probably is. Don't worry about being polite. Get out of there!



- Mark's Profile:
- H.S. Star Football QB
 - Scholarship to UCLA
 - Aspiring actor



Is Mark a bad person?



Answer: No, but he played one on TV. Mark Harmon played Ted in *The Deliberate Stranger*. He was so good it hurt his career for a time. Prior to taking that role, Mark was named *People Magazine's* Sexiest Man Alive in 1985.

Lesson: It shows you that Ted was attractive and that you cannot tell a bad person by the way he or she looks.

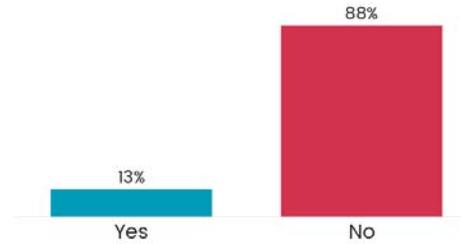


Ketrell's Profile:

- Homeless
- Unemployed barber



Is Ketrell a bad person?



Answer: Although many registered sex offenders are homeless because they can't find anyone to rent them an apartment, Ketrell is not a sex offender and is actually a hero. He stopped a man from raping a woman. Ketrell is also smart because before he intervened, he got himself a weapon. Ketrel used a stick and a brick and he beat the bad man with them. Always use a weapon if you can find one.

Lesson: If you are attacked, be smart like Ketrell and use a weapon to defend yourself. When you use a weapon like a stick use short repeated swings and go for bone, like the hands, elbows, shins, hips, or knees. Almost anything hard can function as a weapon, but the best weapons are sharp. According to a recent study, 99% of women wielding a projectile or edged weapon when attacked by a would-be rapist escaped unharmed.



Molly's Profile:

- Former Homecoming Queen
- Married one of Baltimore's richest men
- Former Baltimore Ravens Cheerleader
- Mother of 3 children aged 11-15
- Co-Chair of United Way of Central Maryland
- National Advisory Board for Johns Hopkins Children's Center



Is Molly a bad person?



Answer: Molly molested a 15-year-old boy after starting a texting relationship with him. She began the relationship by having her son tell the boy "you should text my mom, she thinks you're hot." Offenders can be very good at flattering you and making you feel special. Some boys and girls who meet people over the internet wind up being kidnapped, drugged, raped and literally sold into sex slavery. Our group has met with young women from good families who were

literally bought, sold and then branded as property to be sold for sex up to 24 times a day.

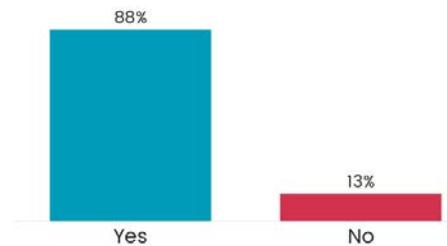
Lessons: The boy kept this relationship secret from his parents. Predators use secrecy to omit their depraved acts. Children are most at risk doing things that are kept secret from their parents. Beware of internet/texting relationships. People contacting you over the internet rarely are who they say they are. This is particularly dangerous because once they get your phone they can text pretending to be you, and arrange to meet your unsuspecting friends.

Additional Lesson: Kidnappers will tell you “we got you, we’ll get your friends and family if you try and escape.” That is a lie. Your friends and family are at the greatest risk when you are captive because no one is warning them about this continued threat to their safety. Thousands of girls have escaped and we have never seen an instance where their friends or family were harmed. Once you escape, your kidnappers will run because they know you are going to the police. Kidnappers will also force their victims to work as prostitutes and say “you had sex for money so you will go to jail if you go to the police.” That is also a lie. No one who was kidnapped and forced to work as a prostitute has ever gone to jail.

Is Darren a bad person?



- Darren's Profile:
- Volunteer fire chief
 - Local hero
 - Father of seven



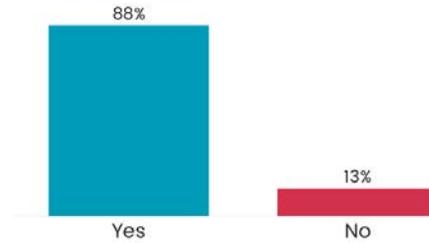
Answer: Daren confessed to 200 acts of molesting a young girl. Even after the confession, many professionals like school board members wrote letters on his behalf. Many people also continued to accuse the victim of lying. 60% of girls who are raped tell a friend about the assault. Sadly, 40% of those “friends” say something like “I don’t believe you” or “it was your fault you were raped.”

Lesson: Offenders can be very charming and seem very nice, often gaining significant support in the community. How anyone can justify that support after a confession or conviction remains a mystery. Further, if someone trusts you enough to tell you they were sexually assaulted, that is not the time to express your doubts or make observations about what they should have done differently. That is the time to say “I love you, I believe you, what can I do to help you?” and then listen.

Is Jorge a bad person?



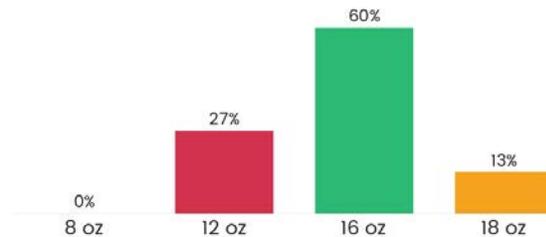
- Jorge's Profile:
- Catholic Priest
 - Society of Jesus (Jesuit)
 - Known for care of the poor and destitute



Answer: Pope Francis, formerly known as Jorge, has never been convicted or even accused of a sex offense. That said, about 4% of offenders are people in positions of authority, such as priests, teachers, and police officers.

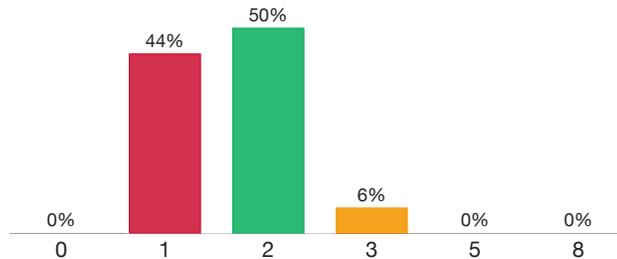
Lesson: Even people in positions of authority can be sex offenders. 4% of offenders are people in positions of authority, like teachers, coaches, religious leaders, police officers, etc.

How much liquid does a Solo cup hold?



Answer: 18 oz. If packed full of ice first, 10 oz. If a Solo cup is filled to the rim with beer, then that is 1.5 beers, not one beer (beers typically come in 12 oz. containers).

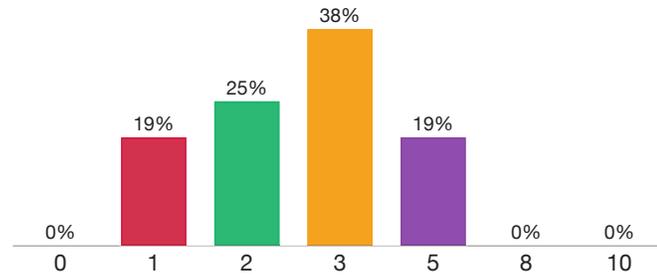
How many 1 oz shots of 100 proof vodka would give a 120 lbs woman a BAC of .08?



Answer: 3. Keep in mind that most shots are served in 1.5 oz. quantities, in which case the answer would be 2. A BAC of .08 means you are legally

presumed unable to drive. Shots are a bad idea because it is very difficult to monitor alcohol intake and a significant amount of alcohol is being digested rapidly. Even experienced drinkers have trouble monitoring their alcohol intake when doing shots. Shots do not save calories because liquor is very concentrated: each shot typically has 100 calories, more calories than in 12 oz. of light beer.

of Solo cups of punch w/ 50% alcohol needed to make 120 lbs woman pass out?



Answer: One. The graphics below explain.

Solo brand cup containing typical fraternity punch made with grain alcohol. The punch contains 50% alcohol. BAC calculator shows how drunk a typical 120 pound woman would get in one hour. If the cup is packed with ice, it holds 10 oz. of liquid. The cup holds 18 oz. of liquid without ice.



3 oz = 0.07875 BAC. Just under legal limit to drive.
 4 oz = 0.11 BAC. Slurred speech. Over legal limit.
 5 oz = 0.14125 BAC. Blurred vision, loss of balance.
 6 oz = 0.1725 BAC. "Sloppy drunk"; possible nausea.
 7 oz = 0.20375 BAC. "Feeling no pain"; need assistance to stand; blackout likely.
 9 oz = 0.26625 BAC. Falling down drunk.
 10 oz = 0.2975 BAC. Stupor; sudden passing out.
 11 oz = 0.32875 BAC. Possible coma; possible death.



To reach a BAC of over .32 from 11 oz. of 100 proof (50% ABV) fraternity punch, the the same 120 pound woman would have to drink either:



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Eleven 12 oz. beers (5% ABV)



OR

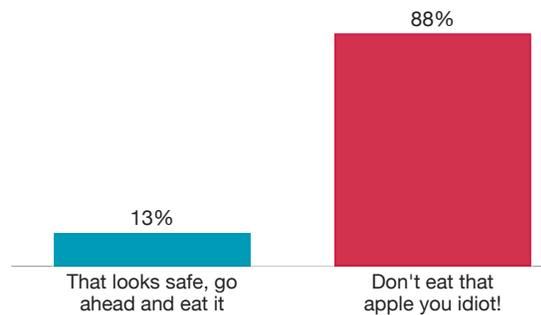
Eleven 1 oz. shots of 100 proof alcohol (50% ABV).



No wonder parties are the most likely places to be sexually assaulted! A naïve drinker would have no idea she was consuming so much alcohol until it was too late.

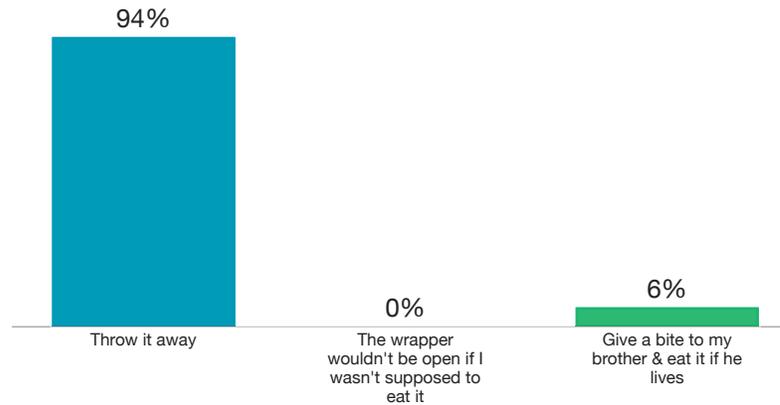


What did you say when you saw Snow White start to eat the apple?



Answer: Obviously that was a terrible idea, and the old witch seduced Snow White into it by claiming the apple had magical powers. Young women are similarly seduced into unsafe consumption through drinking games, attractive delivery (Jello shots, for example), or peer pressure.

When Trick or Treating, what do you do if you get a piece of open candy?



Answer: Everyone knows not to eat an open piece of candy. Yet how many girls will throw away that open piece of candy they got trick or treating from the retired accountant who has lived next door for 30 years with his wife and (now grown) kids, but will take any open drink offered to them by someone they barely (or don't) know at a co-ed party? Which situation is truly more dangerous?

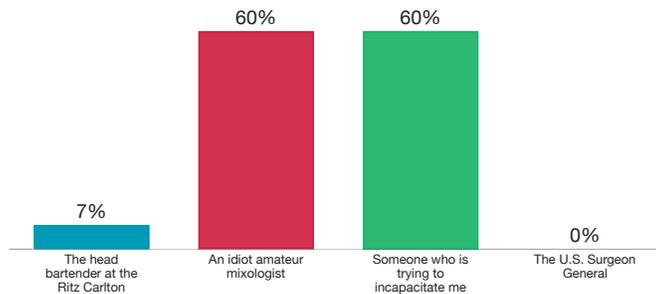
Who mixes college/high school party punches?

Example of what fraternity members say about their punches (from actual online posting by fraternity member):

PPD (Pink Panty Droppers)

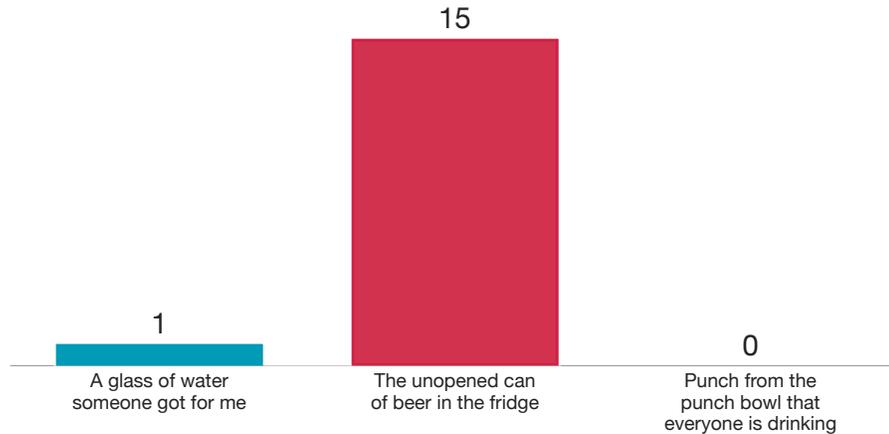


The name says it all. This simple pink blend mixes beer and vodka in the most delicious of ways, and the real result is a night with very little recollection and even less shame.



Answer: It is either an idiot amateur mixologist or someone trying to incapacitate you. Neither one is good. As is typical, the punch pictured above is mixed in a bathtub, so you get not only a delicious punch of unknown origin and alcohol content, but also a sample of everything that comes off a person when they shower, such as dead skin, hair, and fecal matter. Yum! Another recipe called for mixing the punch in a garbage can and advised "Cleaning trash can prior is optional". Also, anyone at the party can tamper with an open bowl (or bathtub or garbage can) of punch. Drugs like roofies (Rohypnol) are readily available and cause sudden severe intoxication and amnesia. One college punch taken to a lab was found to contain Drano, a chemical product used to unclog drains.

Which of these would be safest to drink at a co-ed party where parents aren't present?



Answer: The beer. That virtually every person got this right demonstrates not only an understanding of the content but also the advanced ability to apply principles taught in the class to real-world situations that were not discussed and seem counter-intuitive. The water could be compromised. The unopened single can of beer is the safest option.

Detail Post-Training Survey Results

Open-ended questions (no negative responses received)

Question 1. What did you think of the P³ training? (repeat responses omitted)	
Great	Amazing
Loved it!	Great info! So specific.
I found it very useful	Extremely informative and useful
Awesome!	I really liked this and feel safer.
It was extremely informative and fun	I really enjoyed getting up in between facts (which open your eyes to problems)
Very good information to know/skills to use	Very helpful
Very interesting and helpful	I'm very glad I got to learn those things
Excellent	

Question 2: How did the P³ training make you feel? (in order of frequency; repeat responses omitted)	
Confident	Capable

Informed	Knowledgeable
Empowered	Prepared
Safer	I feel more safe in that I know more, although its scary to practice counterattacks.
A little scared but more confident in my ability to protect myself	Informed and wanting to make sure I have this conversation with my son too.

Yes/No Questions (No negative responses received)

Question 3: As a result of the P³ training, do you commit to change your behavior in ways that will help keep your child safer?	
Yes: 100%	No: 0%

Question 4: As a result of the P³ training, do you commit to change your behavior in ways that will help keep you safer?	
Yes: 100%	No: 0%

Question 5: Did you have fun at the P³ training?	
Yes: 100%	No: 0%

Question 6: Did your daughter have fun at the P³ training?	
Yes: 100%	No: 0%

Question 7: Will you help us train more girls & parents by recommending P³ training to others?	
Yes: 100%	No: 0%

Question 8: If you use Facebook, will you please "like" us on Facebook?		
Yes: 78.6%	No: 0%	I don't have a Facebook account: 21.4%

A note of thanks from Ann Killian:

Monday, September 12, 2016 at 6:31:39 PM Central Daylight Time

Subject: Thank you
Date: Monday, September 12, 2016 at 1:56:47 PM Central Daylight Time
From: Ann Killian
To: Talcott (S/HE)

Tal

I can't begin to express the positive and enthusiastic responses I have been receiving about your very real and honest presentation. You have a gift of speaking to girls and not at them. In addition, a mans perspective is invaluable.

I wish we had recorded your talk! I would love to get links to your materials. Word traveled quickly and my phone line has been burning up with questions.

Thank you for taking time to speak with our NCL group!

Kindest regards
Ann Killian

Event Photos







