

# Family Personal Protection

By Jeff Sgarlata

KNOWLEDGE IS POWER

- Americans are twice as likely to be assaulted, robbed at gun point or abducted as they are to be seriously injured in a car accident.
- 52% of all burglaries occur during daylight hours, 67% involve forcible entry and 2 out of 3 are residential.
- Our training in advance and our value and belief systems will be critical to our survival in an assault. Scenario training with your family, particularly for women and children, will likely mean the difference between survival and disaster.

## PERSONAL PROTECTION AT YOUR HOME

Is your family prepared for a home invasion?

Consider home invasion from the criminal's perspective – easy approach and access, limited or no security, privacy from view and traffic, multiple entrances and escape routes, untrained defenders in most cases and, valuables are typically in plain sight.

Home invasions are accomplished as an ambush, typically with two or more assailants.

Your response time in a home invasion is typically less than five seconds.

Consider the entrance, approach and access to your home from the criminal's perspective. What is your daily routine? Can a criminal plan around it? Can you be observed approaching or entering your home at the same time most days? Plan in advance scenarios that would cause you to not enter your home if something looks suspicious. Stick to your rules.

Never answer the door to someone you have not called to your home. Never allow children to answer the door without you present. Consider lures that would cause you to open your door – uniformed police, delivery uniform, sounds of a baby crying. Don't be lured into opening your door under any circumstance.

Develop a prearranged plan with your family for response to a break-in. Consider contingency plan for different break-in scenarios (night, day, people in different areas of the home, multiple intruders). Under no circumstances should you conduct a search for an intruder. Even for a trained professional, searching for a potentially armed intruder entails great risk. Charge your cell phone in your safe room each night. Keep spare keys and a police style flashlight or firearm/ammo in your safe room.

Teach This to Every Person in Your Family

911 Call Info – full name, address or cross streets where you are, why you need help, leave phone connected.

For more information, contact Jeff Sgarlata: LaVallee's USA Black Belt Champions, 315-214-0249