



FOUNDATION FOR THE
PREVENTION
OF **VIOLENCE**



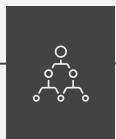
White Wolf Self-Defense

White Wolf

Know how to fight. Believe
you're worth fighting for



Our Courses



Family



13–17



15–21

21+



Survivors



Be An Ally



White Wolf

Know how to fight. Believe
you're worth fighting for



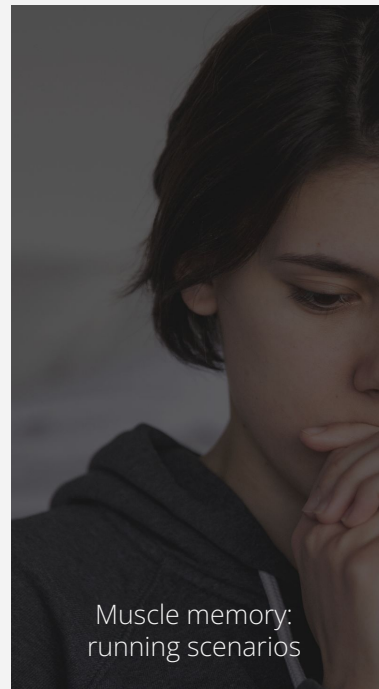
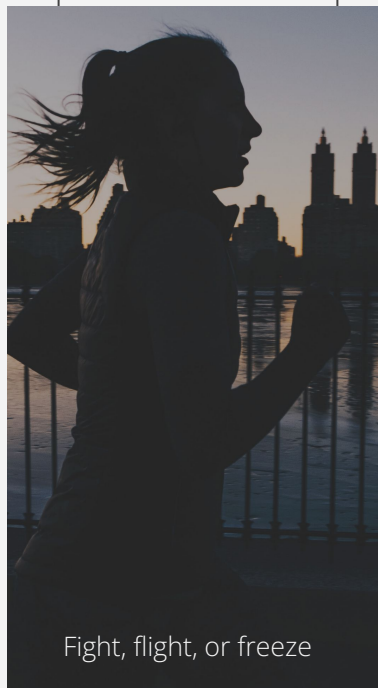
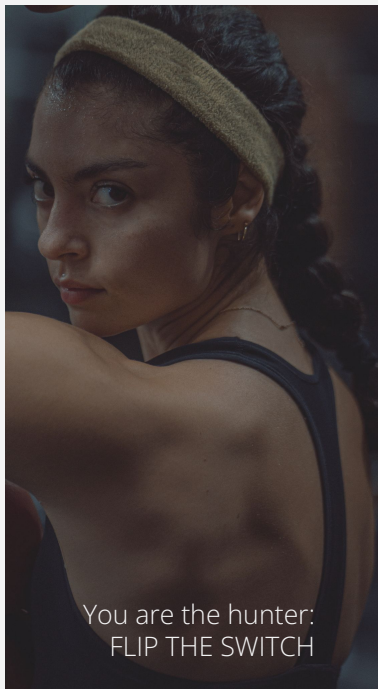
Overview

- **The “Wolf Pack”**
- **Mindset**
- **Intuition**
- **Risk-Time Continuum**
- **The Four Types of Sexual Predators**
- **Psychological Deterrents**
- **Confidence Is Key**



**“The strength of the wolf
is the pack; the strength
of the pack is the wolf.”**

Mindset



Intuition

Commit to listening to your intuition and trusting it!

Listen to your intuition



When a little warning alarm goes off in our minds, we often tell ourselves we're overreacting or being silly. The reality is that more often than not our intuition is right—so we need to listen to it. Trusting your intuition will help you react quickly.

Running scenarios



By practicing and mentally walking yourself through different situations that could happen, you will change your attitude from hunted to hunter. From deer in the headlights, to *"oh no they didn't."*

The Risk-Time Continuum

So how do you keep yourself safe? By analyzing your lifestyle and making common-sense changes. Thankfully, once you've practiced running scenarios, this becomes second nature.

Low risk

High risk

Each decision you make places you somewhere on the Risk-Time Continuum line. **Ask yourself these questions** to know where you fall:



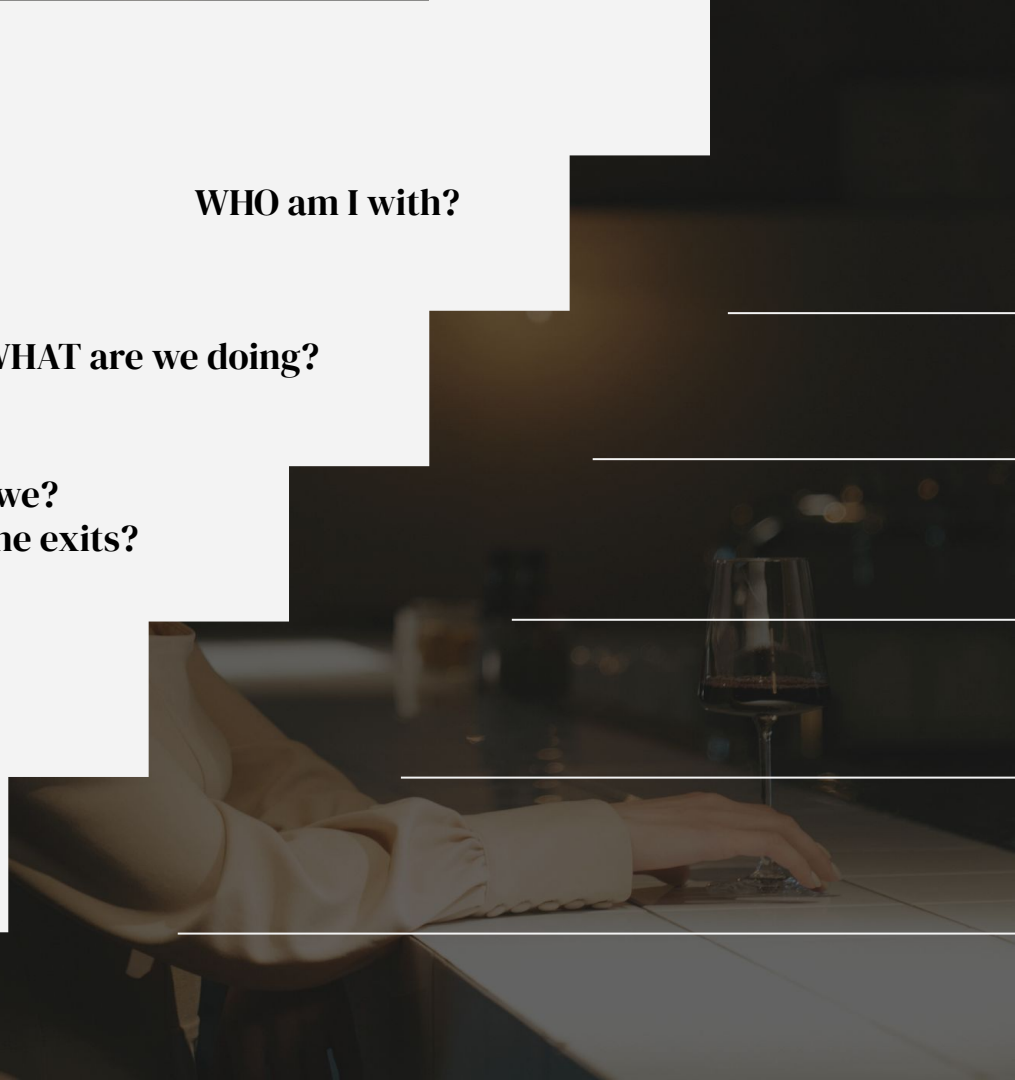
WHO am I with?

WHAT are we doing?

WHERE are we?
Where are the exits?

HOW do I get out of this situation if I need to?

DOES anyone know where I am/when I should be home?





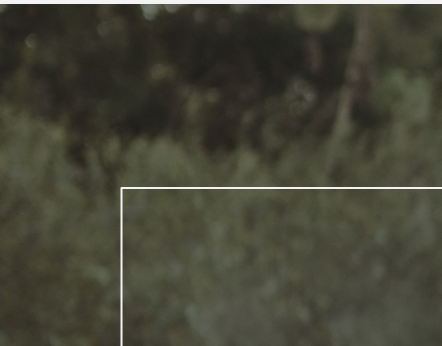
The Four Types of Sexual Predators

First, NO victim ever causes their assault or “asks” to be victimized. Rape and sexual assault are not about sex; they are about power and control.

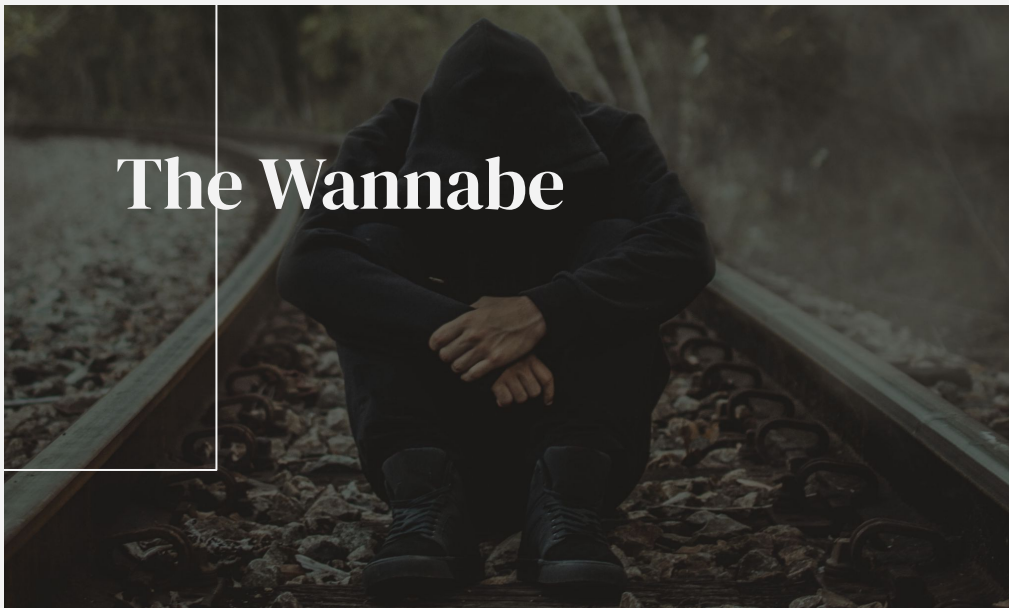
The perpetrators that commit these types of crimes usually fall under one or more of four predator categories:



*Most sexual assault is committed by someone the victim knows



Purpose: perpetrates to reassure himself of his masculinity. Lacks confidence, so resorts to an attack to prove he's really a "man"



Profile:

- Underachiever
- Nocturnal/works or prefers to “live” at night

- Low self-esteem
- Quiet, passive, loner

- “Basement loser”
- Non-athletic and unkempt appearance

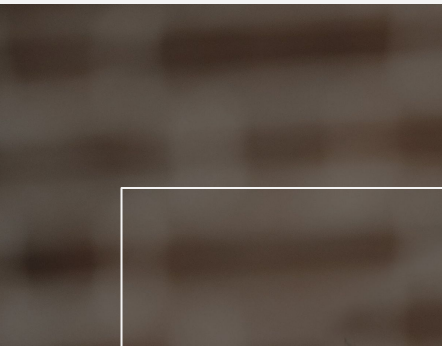
- Usually single
- If he dates, he dates young girls

Methods of Operation

- Has a fantasy that his target “wants” what is happening
- **Uses minimal to moderate force**—only what is needed
- Usually uses threats
- Picks his target beforehand through **stalking or peeping**
- **Target is usually alone** or with children
- Time of attack is usually between **midnight and 5 a.m.**
- **Surprise attack** (not confident enough for face-to-face confrontation)

Methods of Defense

- If you're alone, **go to a public place**
- **Fight back**, bring attention to the situation
- Be aware of someone **following or stalking you**
- Don't go to secluded places by yourself
- **Lock your windows** and doors at night
- Be aware of an **attack from behind**
- **Vary your schedule**



Purpose: attacks to prove he's a "man's man." This is the date rapist



The Macho Man

Profile:

- It's important that people see him as a virile man
- Takes great care of his appearance

- Works a manly job
- Drives a manly car

- Has a lot of charisma
- Very self-centered
- Thinks he's god's gift to women

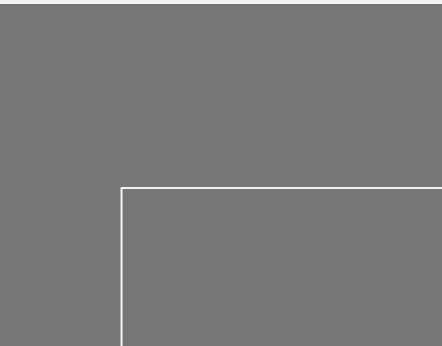
- History of conflict
- Hangs out at clubs, bars, etc.

Methods of Operation

- **Moderate level of physical force**, enough to subdue his target
- He **uses his charm to “con”** his target to get them alone
- Generally **attacks in early hours**
- Chooses the **“weakest of the herd”**—a person that wont fight back
- Often **meets target the same evening of his attacks:** (date, bar, club, etc)
- Targets are targets of opportunity
- Uses his **fists as his weapons**
- **Assaults multiple times in the same evening**

Methods of Defense

- **Don't go on dates by yourself**
- **Let three people know when you will be home**
- The Macho Man is charming. **Don't be taken in**
- **Don't go home with someone** you just met that night
- **Don't let your friends go home with someone** they just met.



Purpose: wants to punish and degrade women. Has an imagined slight against one specific woman or women in general



The Rambo

Profile:

- Married more than once
- If married or dating, it ends in domestic abuse

- Abuses alcohol
- He's described as having a dark side

- High school dropout
- Explosive anger problems
- Relationships are superficial

- Loner
- Physical job that allows him to work off aggression

Methods of Operation

- **Blitz Attack**
- Excessive force; **wants to punish his target**
- **Attacks at anytime;** spontaneously and out of anger
- **Symbolic targets**
- Attacks own age or older

Methods of Defense

- **Don't go to secluded areas by yourself**
- **Be aware** of your surroundings
- Be aware of who is behind you. **If you don't feel comfortable, move**



Purpose: Gains sexual gratification from inflicting pain (least common, most sensationalized)



Profile:

- White male
- Has a high IQ

- Outgoing and well liked, very charismatic
- Works a white collar job

- Survivalist
- If married, the wife has no idea or is complicit in his crimes

- Compulsive
- Addicted to bondage pornography

Methods of Operation

- Premeditated—he has **planned his attack in his mind**
- Uses the “con” approach
- **Targets are strangers**
- Keeps target over hours or days
- Takes target to **secluded area**
- **No pattern of attacks**
- Uses a knife
- Age of targets do not matter
- Attacks **escalate to homicide**

Methods of Defense

- If you're alone, **go to a public place**
- **Fight back**, bring attention to the situation
- Be aware of **someone following or stalking you**
- **Vary your schedule**
- Lock your windows and doors at night
- **Be aware of a con**, trying to get you to a second secluded location
- **Don't go to secluded places by yourself**

Female Predators



- Female predators sexually abuse for power and control



- Female-on-female & female-on-adult-male is usually domestic violence



- Females aren't out blitz attacking people. There may be a few cases but not enough to make a profile.



- Female-on-minor is pedophilia



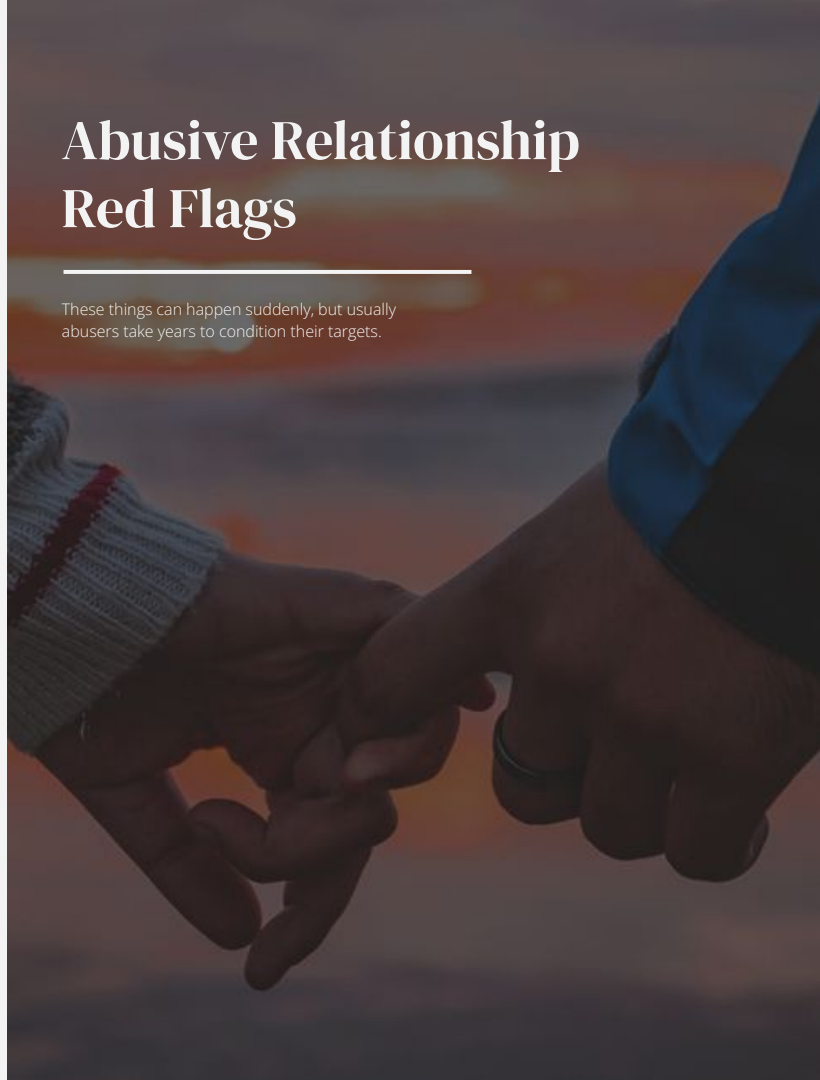
Dating Red Flags

- Rude to customer service workers (waiters, cashiers, tellers, etc.)
- Hides or lies about personal things (how tall they are, their age, their job, etc.)
- Talks extensively about their ex's flaws and never acknowledges their own
- Insistent about taking you to a secluded "romantic spot"
- Doesn't respect physical boundaries you've set (no touching, kissing, etc.)
- Makes derogatory comments about you disguised as teasing
- Stories about work/social life seem over inflated and extremely unrealistic
- Makes repeated declarations of "not being like other guys/girls"
- Is angry over any sort of rejection: romantic, friendly, or physical
- (If male) can't handle even teasing jokes that a woman might be better than a man at something

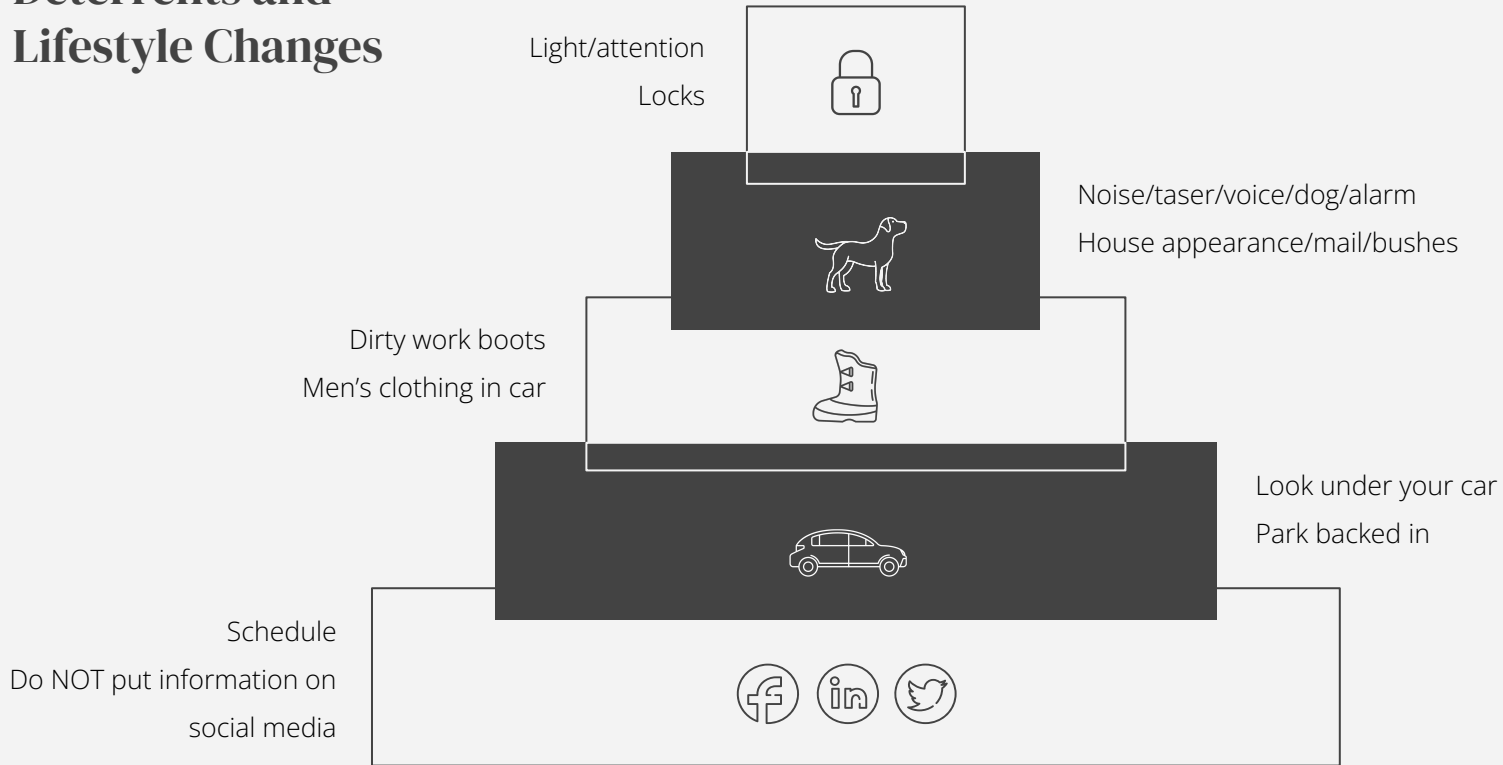
- Possessive. You can't have any friends you could be "attracted to."
- Drives a wedge between you and your friends and family
- Takes control of your money
- Looks through your phone or laptop
- Makes you think you'd be "nothing without them"
- Becomes verbally abusive
- Becomes physically abusive
- Moves you to a location away from family and friends
- Starts "the cycle" where they will do any of these things, blame it on something you did, but then apologize and beg forgiveness—and for some time after, they will be the perfect partner. Then they misbehave again, usually escalating the behavior, and the cycle repeats.

Abusive Relationship Red Flags

These things can happen suddenly, but usually abusers take years to condition their targets.



Psychological Deterrents and Lifestyle Changes





Using your voice as a weapon

Let's talk about **one of your strongest weapons** and the best tool to use to avoid threatening situations: **your voice**. We are often taught not to speak out as it is not polite, but there is **nothing wrong with speaking out** when you are uncomfortable, when your intuition is speaking to you, or **when you feel threatened**.

Men are **not used to being confronted**, physically or verbally. Much of our self-defense techniques reflect this. **Do the unexpected**.

Non-lethal weapons

\$10.00



Cat/Dog Ears

\$40.00-\$300.00



Pepper Spray/Gun

Kubatons



\$10.00

Birdie Alarm



\$30.00

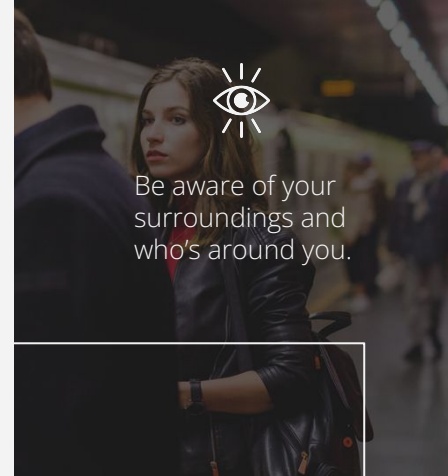
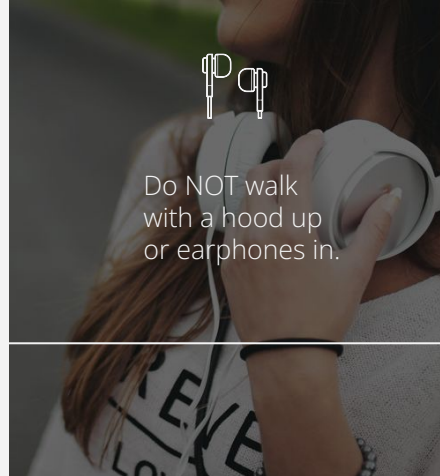
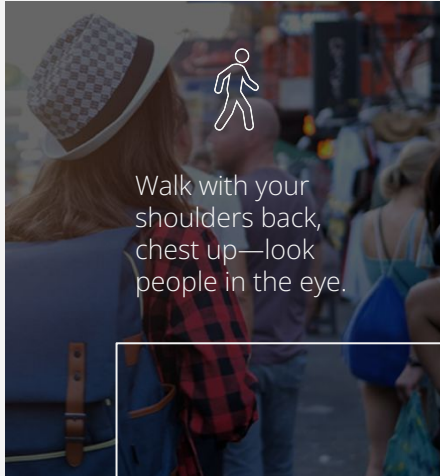
Tasers



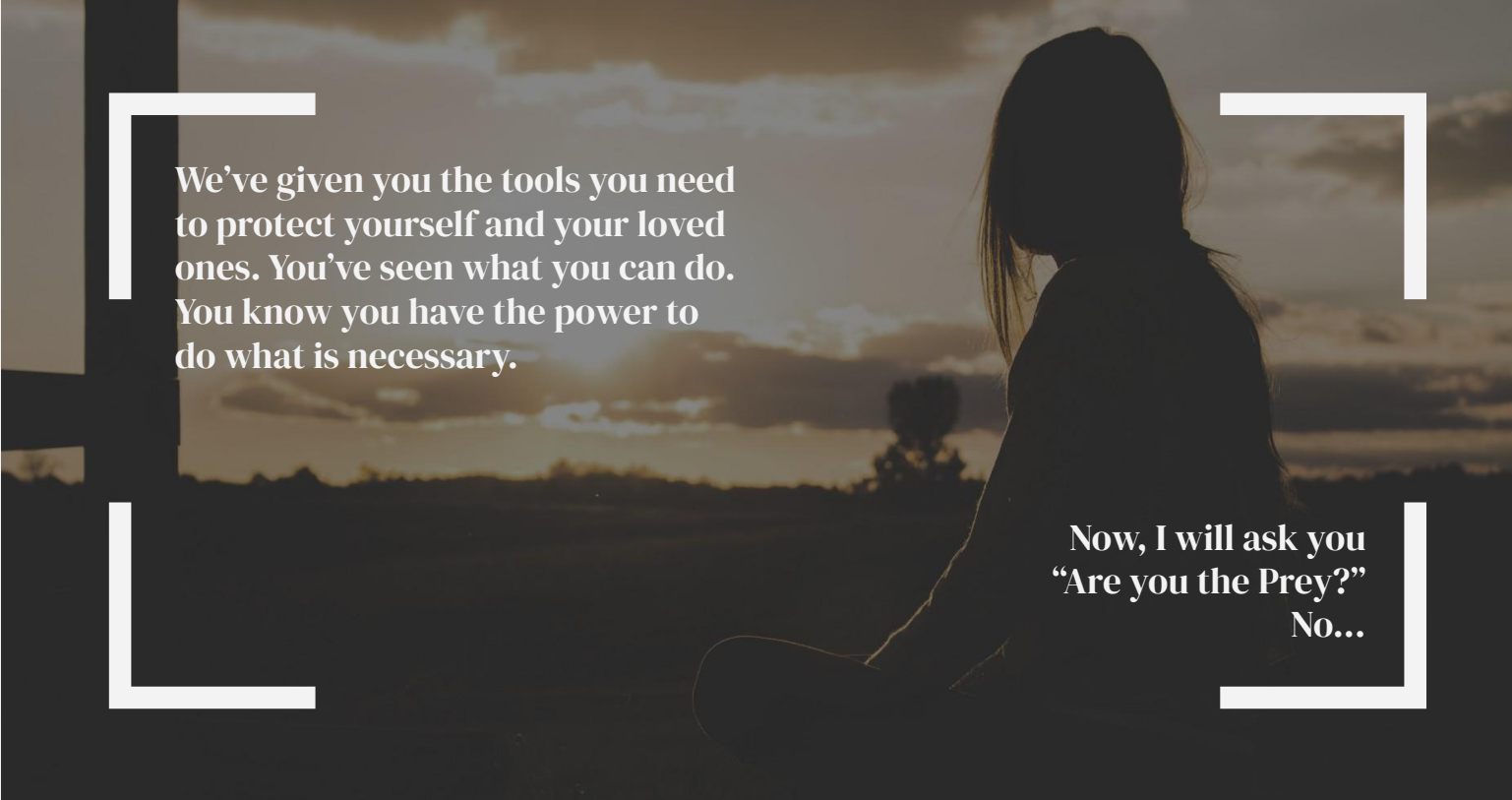
\$40.00-\$300.00

Confidence is Key

We cannot overstate **the importance of confidence**. We've already discussed how the "weakest of the herd" is an easy victim. To combat this, you need to **look like the type of person who fights back**, who yells, who puts up a fight—and if you don't feel like you are, **FAKE IT**.



In closing



We've given you the tools you need to protect yourself and your loved ones. You've seen what you can do. You know you have the power to do what is necessary.

Now, I will ask you
"Are you the Prey?"
No...



You are the hunter