

## **AFFIRMED GUARDIANSHIP**

### Scriptures/Background:

- 1, "God is the only comfort, He is also the supreme terror: the thing we most need and the the thing we most want to hide from."(CS Lewis/Mere Christianity)
- 2, Ecclesiastes 7:12 (Wisdom)
- 3, Matthew 10:13 - (Wisdom)
- 4, Matthew 18:2-6 (Protecting Children)
- 5, Micah 6:8 (Justice / Kindness / Humility)
- 6, Are you a Wolf - Sheep - Sheep Dog.
- 7, What will you do when your Serotonin Emergency Brake disengages?
- 8, In a crisis you cognitive abilities degrade and your fine motor skills suffer.
- 9, In a crisis you can: freeze; panic or do something productive.

### Situational Awareness Questions:

- 1, What would you do if someone is acting threatening?
- 2, What would you do if violence starts?
- 3, Are you willing to fight and what would you fight with?
- 4, How would you reach out for help and what would you tell them?

### Personal Safety:

- 1, Pick your zone based upon your situation (Green / Yellow / Red).
- 2, Live prepared but not paranoid (airline example).
- 3, Don't create unnecessary enemies.
- 4, Study your threats on an ongoing basis and share with others.
- 5, Know how to get to multiple safe zones.

### Keys for Physical Safety:

- 1, Have a phrase worked out ahead of time to yell in an emergency.
- 2, "Pillar Defense" protects your most vulnerable areas.
- 3, What hurts on you hurts on everyone else.
- 4, Keep yelling, moving and fighting, never give up.
- 5, If you're on the ground protect your head.
- 6, Do they want you or your stuff?
- 7, Know how to do first aid, especially how to apply a tourniquet.
- 8, Know how to defend against: hair pulls; grabbing; dog attacks.
- 9, Take self-defense classes, especially Krav Maga.

### Overseas Principles (tell your volunteers before they arrive):

- 1, Look and act as local as possible, purchase clothes/bags that are common.
- 2, Don't look wealthy or have expensive accessories.
- 3, Have an easily accessible "giveaway packet" in case you're mugged.
- 4, If someone engages you in a conversation beware of others around you, criminals work in teams sometimes.
- 5, If you're working with people on the street, have a team member designated "**Overwatch**" so they can watch your back.
- 6, Taxi scams - prearrange as many rides as possible, especially from airports.
- 7, Know all of the safe zones available to you and how to get to them.
- 8, Have copies of your passport and other documents in multiple locations.
- 9, Study common threats in the area you're going to on an ongoing basis.
- 10, Always use trusted local fixers.
- 11, Expect to be under surveillance in certain countries, consequently, be unpredictable and watch for tails and stationary surveillance.
- 12, Avoid dangerous areas, especially where Americans gather.

### Digital Tools:

- 1, [www.travel.state.gov](http://www.travel.state.gov). This is a great place to go for specific country information and current threats.
- 2, [www.usembassy.gov](http://www.usembassy.gov) (in case you lose your passport).
- 3, [www.mayoclinic.org](http://www.mayoclinic.org) (great simple to understand medical information).
- 4, [www.pdr.net](http://www.pdr.net) Prescribers Digital Reference (medication information).
- 5, Local news and facebook groups
- 6, [www.step.state.gov](http://www.step.state.gov) (US Government Step Program)

### Best Practices:

- 1, Internet safety, two basic options: VPN in safe country or the "Hiding in the Tall Grass Method."
- 2, Have a "Go-Bag" ready for everyone at all times (Passports / Visa's, cash (even kids), meet up locations/maps, food, first aid equipment clothes, etc).
- 3, Management should develop a detailed manual which covers all the different types of crisis. However, also have a simple plan for all your staff/volunteers.
- 4, Use Table Top Exercises (TTX) to test your plans before a crisis.

### Run - Hide - Fight:

- 1, **Run:** Don't debate; No first-aid; No rally point.
- 2, **Hide:** Hard to find, hard to get at; Lights out, phones silent; Make a plan.
- 3, **Fight:** Post best fighters / weapons at point of breach and keep fighting.