

PREPAREDNESS/SURVIVAL CLASS BASIC HOME & VEHICLE SECURITY



We are starting this subject with the notes of **Week 7 of 52** (Basic Home Security) from the **Ready Nutrition website**. We will also cover vehicle security and situational awareness. We are approaching this subject because of a recent rash of car thefts and home burglaries in our normally quiet, rural town which has a very low crime rate.

BASIC HOME SECURITY: Everyone wants to believe that they are safe and sound when they latch the windows and lock the doors. We even experience an added security boost when we live in an expensive neighborhood, have a home with a security system, and an active neighborhood watch program. Today, we would all love to have Gladys Kravitz (from the old Bewitched

TV series) as our nosy next door neighbor. In reality, security gadgets can protect the outside of your home, but it's meaningless if you cannot protect what's inside. People can still be mugged, burglarized, and attacked simply by opening the door to a stranger or by leaving vulnerable areas of their home exposed. I'm going to ask you a question. Have you ever placed a key under a mat or a pot on the front porch? I ask this because we probably all have placed the spare key under the mat at one time, and the burglars know that trick. It is not my intention to promote fear, but to awaken you to potential hazards. You want to make breaking into your home difficult.

Designing a *home defense system* that includes *multiple security layers* is a proactive way to protect your home, family, and belongings. Security layers are preventative measures that will advertise to intruders that they should avoid your home altogether. The more layers you have in and around your home, the less likely a criminal is going to choose your home as his/her next "job." *I'm sorry, but the days of leaving your doors and windows unlocked and trusting everybody are over.* This is not the 1950's anymore.

Layer 1: The Outside Layer. This layer comprises the outer perimeter of your home, the landscaping, and security features (e.g., flood lights, motion detectors, gates, doors, locks). Installing preventative measures around your home will advertise to anyone staking out your neighborhood that you mean business. Walk around your home and distinguish where the vulnerable areas are. Making some minor adjustments to the outside of the home can help secure it from the outside-in. By planting *thorn-bearing plants, bushes and trees* around the vulnerable and exposed areas of the home can help secure the property. One of the most vulnerable areas of your outside perimeter is the doors and windows. One swift kick to a front or rear door and the bad guy is inside, so **use longer screws and better locks and dead bolts on your doors** (See pictures on next sheet). **Reinforced stainless steel woven security screen doors** like the one shown on the left are also an excellent way to protect your home from front or rear door forced entry. One heavy lawn chair can easily be tossed into a window, thus shattering it and creating an easy entry. Investing in **shatter proof window film** may be a solution to this potential problem as shown above. Do not leave your doors and windows unlocked because you think you are safer in a rural, low crime area. My favorite deterrent – **2 big dogs running loose in the yard.**

For added door strength replace the shorter 3/4" screws (shown with the hinge) with the stronger 3" long screws shown on the left. Do the same with the door knob lock latch and deadbolt plate.

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Layer 2: The Inside Layer. This layer comprises the inside of your home. Taking some small preventative measures (e.g., **reinforced interior doors with exterior-type locks, home alarm system, cams, emergency protocols, and emergency phone numbers**) help secure the inner sanctity of your home. A person who is prepared for a burglar or home invader is well-equipped with knowledge of their home's security features, how to get additional family members to safety and, as a last resort, how to use a weapon. Teaching family members what a home invasion is and the emergency protocols associated with this will help each family member understand what to do if this situation occurs. Consider installing a safe room. A safe room is a great starting point for preparing a personal layer. In addition, it may be the last effort to defend yourself and your family.

Layer 3: The Personal Layer. This layer is the most critical because it is based around all of the protocols, defense training and emergency plans that you have already established. The personal layer is the only layer that you can take into the outside world. That is where your **situational awareness** should be on high alert. When you are walking and someone tries to mug you, you will use your defense training and emergency protocols to deal with the attacker(s). Recently, there have been news reports about *mob attacks* at stores and on some personal property. Perhaps if the store owners had utilized all of the protective layers the outcomes would have ended differently.

Although it is a personal preference to have a gun in the home, having multiple techniques of defending yourself would be prudent. Learning selfdefense to incapacitate your attacker or attackers through rapid response techniques would a great course to take. There are many different forms of selfdefense courses available: Krav Maga and Wing Chun are two popular courses. In addition to using your body as a weapon, there are other ways to defend yourself:

- [Pepper spray](#), bear spray or wasp & hornet spray
- Fire extinguisher
- Hot coffee
- Lamps (especially with steel bases)
- Metal baseball bat
- Salt or cayenne pepper in the eyes
- Butcher knife
- Hammers, hatchets & machetes

Your security items should fit your personal choices and budget. I do hope that you will make some suggested improvements to your already existing home security. With the increase in crime, jobless rates, and increased food prices, home break-ins are likely to be on the rise. Just remember **desperate people will do desperate things**. Review the following action items for your personal security.

Action Items:

1. Create an emergency protocol and discuss it with your family members. Be sure to include a list of emergency phone numbers and escape routes.
2. Create a safe room where family members can retreat to if there is a break in. Ensure that the safe room has a phone line, and if you have a gun in the home, ensure the gun and ammo is in the room. Please make sure that the gun is put away so small children do not have access to it.
3. Install some outer preventive layers such as the following:
 - Ensure your doors are strong. (A hollow-core metal or solid wood door is best.)
 - If your doors are comprised of glass, install a double cylinder lock (keyed from both sides) to reinforce the strength.
 - Install 1" or 1 1/2" deadbolt locks on all exterior doors.

- Change out the standard short 3/4" or 1" door screws in the door knob latch plates, deadbolt strike plates and hinges to the much stronger 3" wood screws.
 - Install locks on the back and side fences and gates.
 - Always keep the door from your garage into the laundry room or mud room of your house locked. Most people forget this one.
 - Infrared (IR) floodlights to illuminate the property (These can be motion-sensor activated).
 - Put a peep hole in the door.
4. Install some inner preventative layers such as the following:
- Burglar-proof your glass patio doors by setting a pipe or metal bar in the middle bottom track of the door slide. The pipe should be the same length as the track.
 - Put an anti-lift device in your windows.
 - Add an intrusion detection system.
 - Position hidden web cams strategically throughout your home. Place the computer that is monitoring the locations in a hidden spot so the criminals cannot walk off with it.
 - Sign family members up for a self-defense course.
 - If you have a gun, go to gun range. The only way you will be an accurate shot is if you practice on a regular basis.
 - Purchase a good quality safe, if you don't have one, and keep your valuables (guns, cash, gold, silver, jewelry, important papers, etc.) locked up in it.

SITUATIONAL AWARENESS: You should be aware of your surroundings at all times whether you are on foot or driving in your vehicle. I have 2 simple rules that I always follow: Watch what is going on around you – expect the unexpected and you'll never be surprised. Put your electronic devices down and pay attention – NO DISTRACTIONS & NO DAYDREAMING!

VEHICLE SECURITY: There are basic things we should do to secure our vehicles and keep them and ourselves from being a target.

- First of all, always lock your car/truck whether you're in it or out of it.
- Second, NEVER leave your keys in the ignition (or the vehicle running if you are not in it). That's a good way for your car/truck to end up in a chop shop in south Phoenix and all the parts smuggled over the border into Mexico.
- Third, NEVER leave anything of value (gun, wallet, purse, phone) in your vehicle in plain sight. You're just asking for someone to steal it. Put items in your trunk (if you have one) or on the floor underneath the front seats.
- Fourth, never drive your vehicle with the windows down (especially if you are a woman). It makes it too easy for someone to grab you, your purse off the front seat or something else of value.
- Fifth, pay attention to what is going on around you. Use your side mirrors and rear view mirror all the time. If something looks out of place or not right avoid it.
- Sixth, always leave enough room (one car length minimum) between you and the car in front of you – in case you need an escape route in a dangerous situation.
- Finally, if someone stands in front of your vehicle and "dares" you to run them over, take them up on it. Aim at them and accelerate – believe me they will move! Never stop for anyone especially in a high crime area. Drive crazy if you have to.

My final point is a prepper creed: BE PREPARED, NOT PARANOID!!

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