

Safety and Privacy in the 21st Century

Syllabus for Summer, 2019

Thursdays 10am-Noon

Where and When:

Regency at Summerlin (6739 Regency Ridge Ct, Las Vegas, NV 89148)
June 20 - July 25 (5-week course, no meeting on July 4th)

Instructor:

Susan Merritt susanmerritt99@gmail.com

Physical Expectations:

Class members won't be expected to execute the physical self-defense techniques in class. Instead, the instructor will demonstrate them and provide tips on how to safely practice at home.

Course Schedule:

Week Topics

6/20 Awareness

Introductions, course goals, crime/self-defense myths, Las Vegas crime statistics.
Awareness levels, fear and intuition, victim targeting and testing

6/27 Safety Tips

Ideas to reduce chances of being a victim of violent or property crime in various environments: home, car, street, hotel, elevator, traveling

7/11 Self-defense

What you can do in the worst case scenario - a fight for your life
Vital targets, effective strikes, distance, power, voice, mindset and commitment
Self-defense and the law

7/18 Weapons + More Self-defense Demos

Weapons of opportunity, defense against weapons, considerations around using weapons for home and personal defense
Demonstration of grab releases and more vital target striking techniques

7/25 Cyber Security, Identity Theft, Scam Prevention

Awareness of technology and its vulnerabilities
Tips to help avoid computer viruses, hacks, identity theft and social engineering
Recognizing and thwarting scammers at the front door, on the telephone and via email
Popular financial fraud schemes and how to protect yourself and your money
