



# PERSONAL SAFETY

*A listing of materials available at the Justice Institute Library*

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## GENERAL BOOKS

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**Afraid of the Dark? Lite Your Way to Safety** by John G. Peters. Albuquerque, N.M.: Reliapon Police Products. (HV 8080 P2 P484 1984)

**Attack Proof: The Ultimate Guide to Personal Protection** by John Perkins, Al Ridenhour, and Matt Kovsky. Champaign, IL: Human Kinetics. (HV 7431 P453 2009)

**Be Safe.** Victoria, B.C.: Ministry of Attorney General. (HV 7431 B473 1999)

**Canadian Law & Self Defence: The Fine Line Between Justifiable Self-Defence and Criminal Assault** by Ted Truscott. Victoria, BC: Desk Top Publishing. (KE 8839 T78 2004)

**Complete Security Handbook** by Anthony B. Herbert. New York: Macmillan. (HV 7431 H47 1983)

**The Danger from Strangers: Confronting the Threat of Assault** by James D. Brewer. New York: Insight Books. (GV 1111 B69 1994)

**Dating Violence.** Surrey, B.C.: British Columbia Crime Prevention Association. (HQ 801.83 D287 1999)

**Defensive Living: Preserving Your Personal Safety Through Awareness, Attitude, and Armed Action** by Ed Lovette & Dave Spaulding. Flushing, NY: Looseleaf Law Publications. (HV 7431 L69 2005)

**Exploding the Myth of Self-Defense: A Survival Guide for Every Woman** by Judith Fein. Duncans Mills, Calif.: Torrance Pub. (HV 6558 F45 1993)

**Fearless: The Complete Personal Safety Guide for Women** by Paul Henry Danylewich. Toronto, Ont.: University of Toronto Press. (GV 1111.5 D36 2000)

**Fighting Back! Every Woman's Guide to Survival** by Helene Crane. Calgary, Alta.: Beauvoir. (GV 1111.5 C725 1993)

**The Gentle Art of Verbal Self-Defense** by Suzette Haden Elgin. New York: Barnes and Noble. (BF 637 V47 E43 1992)

**The Gift of Fear: Survival Signals that Protect Us From Violence** by Gavin De Becker. Boston, Mass.: Little, Brown. (HM 281 D36 1997)

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**Girl Power: Self-Defense for Teens** by Burt Konzak. Toronto, Ont.: Sport Books.  
(GV 1111.5 K658 1999)

**How to Stop a Stalker** by Mike Proctor. Amherst, N.Y.: Prometheus Books. (HV 6594 P76 2003)

**One Child at a Time: The Global Fight to Rescue Children from Online Predators** by Julian Sher.  
Toronto: Random House Canada. (HQ 471 S52 2007)

**Personal Crime Prevention: General Safety Tips.** Surrey, B.C.: British Columbia Crime Prevention  
Association. (HV 7431 P473 1999)

**Personal Safety Guide: Reaching Out Together for a Safer Campus: Justice Institute of B.C.** New  
Westminster, B.C.: Justice Institute of B.C. (LB 2345 P477 1996)

**Protect Your Child on the Internet: A Parent's Toolkit** by John Lenardon. Vancouver: International  
Self Counsel Press. (HQ 784 I58 L45 2006)

**Protecting the Gift: Keeping Children and Teenagers Safe (and parents sane)** by Gavin de Becker.  
New York: Dell Publishing. (HQ 770.7 D424 2000)

**Protecting Your Money, Privacy & Identity from Theft, Loss & Misuse: Practical Steps for Today's  
World** by Jim Garston and Paul K. Wing. Toronto, Ont.: Canadian Institute of Chartered  
Accountants. (HV 6675 G37 2003)

**Raising Kids Who Can Protect Themselves** by Debbie and Mike Gardner. New York, N.Y.: McGraw-  
Hill. (HQ 769 G2597 2004)

**Safe Kids, Safe Families** by Samantha Wilson. Toronto: HarperCollins. (HQ 770.7 W557 2005)

**Safe Teen: Powerful Alternatives to Violence** by Anita Roberts. Vancouver, B.C.: Polestar Book  
Publishers. (HQ 799.2 V56 R624 2001)

**Seniors Safety.** Surrey, B.C.: British Columbia Crime Prevention Association. (HV 6626.3 S457 1999)

**Sexual Assault Prevention Handbook.** Sacramento, Calif.: Crime and Violence Prevention Center.  
(HV 6561 S495 1995)

**Sexual Predators: How to Recognize Them on the Internet and on the Street: How to Keep Your  
Kids Away** by Stephen Dean. Los Angeles, CA: Silver Lake Pub. (HV 6250.4 C48 D43 2007)

**Stalkers and Their Victims** by Paul E. Mullen, Michele Pathé, and Rosemary Purcell. New York:  
Cambridge University Press. (HV 6594 M85 2009)

**Stalking: A Handbook for Victims** by Emily Spence-Diehl. Holmes Beach, Fla.: Learning Publications,  
Inc. (HV 6594.2 S64 1999)

**Stopping a Stalker: A Cop's Guide to Making the System Work for You** by Robert L. Snow. New York: Plenum Trade. (HV 6594.2 S56 1998)

**Strong on Defense: Survival rules to Protect You and Your Family From Crime** by Sanford Strong. New York: Pocket Books. (HV 7431 S776 1996)

**Talking Back to Sexual Pressure: What to Say...To Resist Persuasion...To Avoid Disease...To Stop Harassment...To Avoid Acquaintance Rape** by Elizabeth Powell. Minneapolis, Minn.: CompCare Publishers. (HQ 31 P79 1991)  
*Provides advice and specific skills for asserting and protecting your sexual rights, including what to say and do in uncomfortable or potentially dangerous situations, and where to get and give help.*

**Total Awareness: A Woman's Safety Book** by Darren and Beth Laur. Victoria, B.C.: Sono Nis Press. (HV 6250.4 W65 L287 1999)

**What to Do If You're Being Stalked.** Victoria, B.C.: Ministry of Women's Equality. (HV 6625 S72 1997)

**You Can't Say That to Me: Stopping the Pain of Verbal Abuse: An 8-Step Program** by Suzette Haden Elgin. New York: Wiley. (BF 637 V47 E4337 1995)

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**GENERAL DVDs**

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D743      **Caught in the Web** (DVD, 49 minutes)  
With testimony from victims, leading world psychologists and top police commanders, this documentary looks at the crucial challenges of a new face of crime in the 21st century. We see how the Internet fuelled an explosion of child abuse, how police are racing to learn new CSI-type techniques to find the children displayed in abuse images that are flooding the web, and how young people can be empowered so that they can turn the tables on the predators and reclaim the Internet as a safe global neighborhood for all. (Kinetic Video) (HQ 471 C289 2007)

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**GENERAL VIDEOS**

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V3164      **Abusive Relationships** (video, 30 minutes)  
This tape presents interviews with abused individuals, abuse counselors, and an abuser. Each discusses his or her own experiences, the brutal cycle of emotional and physical abuse, the warning signs of an abusive relationship, and how to get help and legal assistance if you are in one. (Magic Lantern Communications Ltd.) (HV 6626 A287 1994)

V2918      **Acquaintance Rape: The Ultimate Betrayal** (video, 28 minutes)  
Candid interviews are used to reconstruct four acquaintance rape cases: two vulnerable college freshmen are manipulated by an older student, a young girl's judgement is clouded by alcohol, and a serial rapist preys on young women in San Diego. Each story presents insight into the causes of acquaintance rape, as well as information on how to prevent it. Note that the first 13 minutes are identical to video below. (Canadian Learning Company) (HV 6561 A271 2001)

- V2919      **Acquaintance Rape: The Victims** (video, 25 minutes)  
Candid interviews are used to reconstruct four acquaintance rape cases: two vulnerable college freshmen are manipulated by an older student, a young girl's judgement is clouded by alcohol, a wife is caught in the wrath of her angry husband, and a woman is drugged by her attacker. Each story presents insight into the causes of acquaintance rape, as well as information on how to prevent it. Note that the first 13 minutes are identical to video above. (Canadian Learning Company) (HV 6561 A272 2002)
- V1850      **Adult StreetSmart: New Personal Safety System** (video, 30 minutes)  
Teaches how to avoid over 90 percent of all conflicts, techniques to take control of potentially violent situations, 5 rules if you are approached by an attacker, last resort self-defense techniques, how to escape safely if you are knocked down, and how to avoid making common mistakes that put you at risk of attack. (LifeSmart) (HV 7431 A387 1995)
- V1721      **Be Cool, Be Safe** (video, 22 minutes)  
Six young teens discuss 4 re-enactments of personal safety situations young people might find themselves in: schoolyard threatening/extortion; home break and enter and the use of the Block Parent; stranger danger and hazards such as needles and condoms. Each scenario offers do's and don'ts. (Magic Lantern) (HV 7431 B436 1995)
- V2386      **Be Safe with Wendall & Al** (video, 10 minutes)  
This video is designed to be viewed by children. With Wendall and Al and a schoolroom full of children, a child expert teaches how to avoid or deal with dangerous situations. Topics include: not to accept gifts and rides from children, how to use a family code word, how to handle inappropriate behaviour from adults, and ways to avoid other harmful circumstances. (La-Z-Boy Furniture Galleries) (HQ 770.7 B47 2000)
- V2216      **Building Your Family Team for Safety** (video, 23 minutes)  
This video program explains how to help your family to be safer in modern society. Topics include: overcoming fears and learning to be open, having a willingness to listen and help each other, sharing personal problems and seeking advice from the family, being dependable and responsible, discussing news reports about events affecting family safety, and developing a family strategy to meet new risks. (Sony Music Entertainment (Canada) Ltd.) (HQ 770.7 N488 1996 no. 4)
- V3170      **Call It What It Is** (video, 28 minutes)  
This video is about dating relationships and abuse in dating relationships. It is the result of a participatory project done with schools in the West Kootenay area of B.C. It features interviews with students, dance, music and dramatizations. The video was made to be informative and sensitive to the issue of abuse yet capturing moments of humour. (Aimee Beaulieu Transition House) (HQ 801.83 C255 1999)
- V2881      **Missing** (video, 35 minutes)  
The game: A computer game suited for children grades 6-9 tells the story of Zack, a teenager who is contacted by a predator and persuaded to run away from home. The player's task is to find Zack before he is spirited out of the country. The video: A documentary study of an attempted abduction. The first half interviews the victim, his parents and the police. The second half shows parents and teachers working with a classroom of children as they play the *Missing* computer game and discuss how it has changed their view of the Internet. (LiveWires Design Ltd.) (HV 6595 M587 2001)

- V2213      **Officer Jim's Ten Rules for Streetproofing** (video, 27 minutes)  
Officer Jim Byrne explains his ten rules, with which he has tested 25,000 students. He explains key strategies to streetproof young people. (Sony Music Entertainment (Canada) Ltd.) (HQ 770.7 N488 1996 no. 1)
- V1978      **Personal Alarm** (video, 45 minutes)  
In this video, women from a wide range of age groups and backgrounds share fears and strategies for personal safety, revealing how the emergence of a culture of violence has forced them to take significant measures to keep themselves--and their children--safe. Determined not to become victims, they learn that responsibility for their own protection often means discovering their inner strengths and resources. (National Film Board of Canada) (HV 6250.4 W65 P473 1998)
- V1690      **Personal Safety** (video, 50 minutes)  
Discusses how to ensure that one's personal safety is not at risk. Topics include: three effective self defense moves; how to react if you are approached by someone on the street; the definition of criminal harassment and what to do if you are being stalked; and, what to do so that you don't become a victim. (Friday Communications) (HV 7431 P477 1996)
- V2214      **Preventing Abduction** (video, 23 minutes)  
This video program explains several points on how to prevent abduction of children. Topics include: never leaving a young child alone, you cannot judge by people's faces, teach and test your children regularly, and implement a family code word in case of emergencies. (Sony Music Entertainment (Canada) Ltd.) (HQ 770.7 N488 1996 no. 2)
- V2880      **Promoting Resiliency: Educator Awareness for the Prevention of the Sexual Exploitation of Children in the Sex Trade** (video, 17 minutes)  
The purpose of this video and booklet is to raise educator awareness regarding the sexual exploitation of children in the sex trade. The foundation is laid by defining current sex trade trends and by providing focal areas for the early detection of vulnerabilities in children and youth. A pro-active approach is then explored looking at fostering resiliency in all young people. (City of Kamloops) (HQ 117 P767 2001)
- V1119      **Safe Children** (video, 60 minutes)  
This video was produced to lead to more safety conscious, alert, aware and more knowledgeable children. It covers personal safety issues such as: bicycle safety, street safety, water safety, defining a stranger, good touch/bad touch, home alone and safe places. (Friday Communications) (HQ 770.7 S233 1993)
- V143      **Safe Hands** (video, 28 minutes)  
This video self-defense course teaches protection techniques for women of all ages. Includes instructions on self-defense manoeuvres and the psychology of self-defense. (Picturemakers) (GV 1111.5 S245 1985)

- V2864      **Safe Kids** (video, 50 minutes)  
Hosted by Geoff McLennan and “PAWS” this program is designed for children aged 6-12. Children can watch different scenarios and learn to develop their confidence so that they have the power to keep themselves safe in dangerous situations. Topics include: Home Smarts—kids learn how to stay safe when they are home alone; Street Smarts—what to do when being followed or approached by a stranger; School Smarts—what children should do if they are being bullied at school; and Internet Smarts—how to keep safe in a virtual world. (Friday Communications) (HQ 770.7 S523 2001)
- V3173      **Stalked? What to Do: Informational Video for Stalking Victims** (video, 17 minutes)  
Short informational video on safety planning for stalking (criminal harassment) victims and discussion of the legal recourse available. (Dover Police Dept.) (HV 6594 S829 1998)
- V1848      **StrangerSmart: New Personal Safety System** (video, 32 minutes)  
Teaches you and your child how to avoid kidnap traps, how to say “no” to strangers, what to do if they are approached or touched by strangers, the use of a secret family code word, and many other safety tips. (LifeSmart) (HQ 770.7 S773 1995)
- V1759      **Street Smarts: Straight Talk for Kids, Teens & Parents with Detective J.J. Bittenbinder** (video, 60 minutes)  
Detective J.J. Bittenbinder delivers a presentation to young people to make essential choices in dealing with the dangers of drugs, gangs and personal safety on the streets. (Brinks Home Security) (HV 7431 S777 1992)
- V1760      **Tough Target: How to Avoid Being a Victim, with J.J. Bittenbinder** (video, 60 minutes)  
Homicide detective J.J. Bittenbinder delivers a presentation to empower people to make essential choices in dealing with the dangers of crime and personal safety. Topics include: practical strategies to avoid becoming a victim, what criminals look for, what to do in specific situations, and advice on how to respond in threatening situations. (Brinks Home Security) (HV 7431 T687 1992)
- V1252      **Travelling Alone** (video, 39 minutes)  
This is an informative docu-drama that captures the fears and frustrations that women face regarding their personal safety every day while travelling. Although it was produced for the travelling business woman, the insightful and informative travelling tips could be followed by anyone. (Luft Films) (HV 1444 T723 1993)

**Related Subject Headings:**

*Bullying*  
*Safety education*  
*Self defense*  
*Verbal self defense*  
*Violence - Prevention*

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