

## Safety Secrets 2 – Counter Surveillance

**Goal:** To teach students the concept of counter surveillance detection and how it can be used when being followed.

Time: 2 hours

Materials:

1. Flip Chart or Craft Paper
2. Pencils
3. Art Supplies on hand in the classroom.

Leader's Note:

1. Begin talking to students about the definition of Surveillance.
2. Surveillance is used to monitor behavior, activity, and information to protect people.
3. An example of surveillance would be security cameras in homes and businesses.
4. Social networks like Facebook use surveillance to create social maps for useful information on terrorists.
5. Being followed by someone is when they are using surveillance on you.
6. When you are being followed it's important to do a surveillance detection route.

Leader's Note:

1. The first rule in surveillance detection is being aware of your surroundings or situational awareness (discussed in lesson 1).
2. Below are situations you should take note of...
  - a. A person walking too close to you on the street.
  - b. A person making intense eye contact with you or staring at you.
  - c. A person is too interested in you; for example, if a person seems to be everywhere you are at the same time.
3. You should also note if you have an uncomfortable feeling around someone.

Leader's Note:

1. Counter Surveillance is used to prevent someone or something from monitoring your behavior and activity.
2. There are tactics you can use when you are under surveillance or someone is following you.
3. The first tactic is Pause and Turn.
  - a. The Pause and Turn will inform the person you are aware of what they are doing.

- b. While you are walking, you should pause, turn around, and pretend to do something like tie your shoes or turn around like you are looking for someone.
  - c. Then look directly at the person looking at you.
  - d. Most likely, the person will get nervous and give themselves away.
  - e. The person may freeze or act unnatural.
- 4. The second tactic is Acknowledgement
  - a. Once you know that you are being followed, it's important to tell someone what is happening
  - b. Once the threat is known, most people will leave you alone.
  - c. If you know you are being followed, contact adults such as security guards, teachers, or parents.
- 5. The third tactic is Avoid Being a Soft Target
  - a. Try to walk with confidence.
  - b. This means walk tall and keep your head up.
  - c. People usually follow people who look weak with little confidence.
  - d. Also walk with awareness. This means knowing what is around you.
- 6. The fourth tactic is Stay Public
  - a. If someone is following you, do not go home.
  - b. You never want someone following you to know where you live.
  - c. Stay in a crowded or public place and call for help.
  - d. Safe places include restaurants, busy stores, or crowded streets.
  - e. Never walk in an alley or an isolated street.
  - f. If you are being followed in a public place, don't leave and go to your car.
  - g. Seek an adult in the public place who can help you.
- 7. The fifth tactic is Slow Down and Mix Things up
  - a. If you are being followed while walking or driving, change your pace or speed.
  - b. Take multiple turns to let the follower know you are aware of their presence.
  - c. If you are able, safely take note of the follower's face and clothes.
  - d. If you are able, safely take note of the follower's car and license plate number.
- 8. The sixth tactic is to Change Your Behavior
  - a. If you encounter a person that is following you or may want to follow you, then you must change your behavior or mix up your routines.
  - b. This includes changing the time you leave your home
  - c. Change the route to school or work
  - d. Mix up activities by changing the store where you buy snacks or change the time you go there.

#### Leader's Note

1. Tell students they will do a Counter Surveillance activity.

2. The activity will be explained below.

## **Activity: Map Out Your Counter Surveillance Plan**

1. Divide students into 4 small groups.
2. Give students the following scenario.

*You are being followed by someone. You have used your situational awareness skills to notice a few things about the person. They have been staring at you for a long time. They also are showing up at the same places you have been for the past week. This person walks closely behind you and matches your walking pace. When you walk slow, they walk slow. When you walk fast, they walk fast. When you stop, they stop as well. It is time to use your Counter Surveillance skills to stop this person from following you. Do the following activity below...*
3. Have each group make up a short story about being followed.
4. The following points should be addressed in the story.
  - a. Who is following the group?
  - b. Where is the group being followed? (For example, from school to home)
  - c. How does the group know they are being followed?
    - i. Has the person been staring at you?
    - ii. Is the person walking closely behind you?
    - iii. Do they match your pace when walking (For example, walking fast when you walk fast.)
    - iv. Have they been showing up at places you seem to be?
5. After each group has created their story, they will exchange with another group.
6. Once they group receives their story, they will MAP OUT A COUNTERSURVEILLANCE PLAN.
7. The plan should include the following...
  - a. Three of the Counter surveillance tactics discussed above.
  - b. Groups can use more than three tactics if they like.
  - c. One of the three tactics used should be tactic six which is Changing your Behavior.
    - i. How will you change your routes?
    - ii. How will you change your time schedule?
    - iii. How will you change activities?
8. After each group has completed their Counter Surveillance Plan, then they should present it to the class.
9. Groups can choose how they present the story. Examples are...
  - a. Act it out
  - b. Read the Story
  - c. Other ideas the groups create.

**Debrief the Activity: Ask the students the following...**

1. What did you learn from today's lesson?
2. How will you use Surveillance Detection in your daily life?
3. What Counter Surveillance tactics will you use if being followed and why?
4. Can you think of ways to encourage your family or friends to use the Counter Surveillance tactics discussed today?