

John L. Terry, III

NSA Regional Director

Field Agent #1516

Women-Safe Network / Kid-Safe Network

John L. Terry, III is a long-time resident of the River Valley, having graduated from Russellville High School and Arkansas Tech University. He is married, with six children, and makes his home in Russellville, AR.

John is the owner of IMGa Financial Group, and is a FINRA registered principal and licensed insurance agent. He is the author of two books, "Dollars and Sense" and "Debt to Surplus" and teaches financial workshops throughout the United States.

John is an ordained minister and serves on the Board of Directors of Cross and Shield Ministries in Russellville AR and Soul Food Café Mission in Conway AR. He is also a Chaplain with the Martial Arts Chaplains Association.

John is an avid martial arts enthusiast, and a self-defense instructor. He is committed to teaching children and women how to defuse potentially dangerous situations or react and respond to neutralize a threat as a last resort.

The Women-Safe Network expands upon the successes achieved with the NSA Kid-Safe program by focusing on the unique safety and protection needs of women.

Every 2 minutes, a woman is raped in the US. Women from every walk of life, age group, race, and economic status have been victims of sexual assault.

The Women-Safe Network focuses on teaching women to be "danger-aware" as they learn how routine things they do during the course of everyday life that can make them more vulnerable to attack.

The Women-Safe Network also teaches simple but effective defensive countermeasures to avoid becoming a victim, as well as practical self-defense techniques when escape is not an option.

Contact our office for more information or to schedule a Women-Safe Workshop or Training Seminar.



▶ [River Valley Women-Safe Network](#)

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River Valley Women-Safe



10 Safety Tips To Avoid a Mugger



River Valley Women-Safe

Danger Awareness

An assault occurs every 29 seconds in America. Every 2 minutes a woman is raped. Violent acts against women are on the rise nationwide.



Take proper steps to secure your home.

Many of these are crimes of convenience, as predators seek out easy (so-called “soft”) targets of opportunity.

While we often think children and teens are the preferred targets, in reality predators are opportunists and will prey on women of all ages, races, and body types.

Predators come from every economic, ethnic, and religious background. Serial killers come from the ranks of brothers, fathers, grandfathers, cousins, uncles, neighbors, and co-workers.

Attacks don't just occur at home. Women are targeted at shopping centers, parks, driving, walking the dog, banking, fitness centers, and even at church. The key to safety is learning as much as possible about what dangers you might face, and how you can take proactive steps to avoid these dangers.

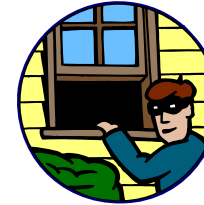


Don't drop your guard when shopping

10 Safety Tips to Avoid the Mugger

1. Have a mentally rehearsed plan of action (what you would do and where you would go) in the event you were victimized in some way.
2. Always be alert and aware of your surroundings. Walk with your head up while displaying sense of confidence and purpose.
3. Don't assume that because you live or work in a good area you can relax your guard.
4. Always trust your instincts. If you feel something is wrong, act on your feelings. Better safe than sorry.
5. Be conscious of your attire. Wear sensible shoes and clothing that will not restrict your movements. Long hair is easy to grab, especially if it is in a pony tail.
6. Always be physically and mentally prepared to run or escape an attacker, or as a last resort, fight back. Have an action plan, and keep it simple.

7. Always tell someone where you are going and when you expect to return.
8. It's a good idea to carry a personal alarm, whistle, key-chain baton, or pepper spray.
9. Make sure your windows and doors are locked when you are home. This includes your garage door.
10. When you do your banking, avoid a routine and be cautious when using an ATM, especially at night or in secluded areas.



While no one can guarantee you'll never be the target of a mugger, these safety tips can help minimize your risk. We also recommend you consider enrolling in a self-defense program that specializes on the unique safety needs of women.



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