



DIY Escape Necklace

In today's world it is a sad fact that anyone can fall victim to human trafficking and abduction. We like to believe that here in the United States that it is less common, however this is not the case according to the State Department. The United States is the worst offender with Mexico and the Philippines rounding out the top three worst places for human trafficking. The need for all of us to be more aware of our surroundings and maintain a heightened state of readiness whenever we leave our homes has never been more real than at this point in our nation's history. We need to be able to identify common risk factors and warning signs of trafficking and understand some basic techniques to escape illegal custody.

So how do we identify human trafficking? According to the U.S. Department of State, though anyone could be a victim of trafficking and display no warning signs, some common indicators may exist such as living with an employer, living in a cramped space with multiple other people, being unable to speak to another person privately, displaying signs of physical abuse, behaving submissively or fearfully, receiving extremely low or no pay for work, speaking in a manner that appears scripted and rehearsed, and prostituting while underage. Seventy percent of those at highest risk are women with a tremendous number of children being sold into sex-slavery. Up to 60% of those kids being sold are coming from the foster care industry according to Geoff Rogers, co-founder of the United States Institute Against Human Trafficking (USIAHT). According to a U.S. Department of Health and Human Services report, over 300,000 of America's young population is considered at risk for sexual exploitation. It's also estimated that 199,000 incidents occur within the U.S. each year.



What general safety tips should be considered? In some cases, leaving or attempting to leave a trafficking/abduction situation may increase the risk of violence. It is important to trust your judgment when taking steps to ensure your safety and be prepared to do what is necessary to ensure your safety and potentially your life. If your abductor has restraints of any type- duct tape, zip ties, rope - it's time to fight, even if it means getting shot, as your life may very well depend upon it. The savagery being demonstrated by your abductors requires an equally savage response.

The National Human Trafficking Hotline also recommends:

- If you suspect imminent danger, call 9-1-1 and remain on the line until help arrives. This will help mitigate a potential threat.
- If you are unsure of your current location, try to determine any indication of your locality such as street signs outside the residence or place of employment, or newspapers/magazines/mail that may have the address listed.
- Plan an escape route or exit strategy and rehearse it often.
- Prepare a bag with any important documents/items and a change of clothes.
- Keep a written copy of important numbers on you at all times in case your phone is taken or destroyed at any point. Memorize important numbers/hotlines
- During violent or explosive situations avoid dangerous rooms
- Develop a special signal (lights flickering on and off, code word, code text message, hand signal, etc.) to use with a trusted neighbor, relative, friend or service provider to notify them that you are in danger.
 - It is important to proactively communicate what action steps you would like taken (call 9-1-1, check-in, pick the children up, etc.).



How do we better prepare ourselves and families to deal with Abductions and Human Trafficking? First, we educate on the realities of the subject and cite references to instances of successful or attempted abductions in our area or region. It's prevalent nation-wide. We train, we should all have dry runs at the house on how to identify creepy behavior and some mock abduction attempts. If we know basic self-defense, that will increase our odds of escaping immediate capture. Then, we should take steps to ensure that we understand how to escape common restraints so that should we be abducted, we can at least get away when the time presents itself. Basic lock-picking, hand cuff escapes, duct tape restraint escapes and zip-tie restraint escapes should all be well rehearsed and understood, especially among our women and children. The following tool presented is something you can work into your home-based scenario training; it is called a Personal Escape Necklace. This simple kit will permit essential restraint escape tools to be carried out of sight around the neck or as a bracelet or anklet, always ready for immediate deployment.

Items needed for construction:

1. 60" of Kevlar Cord
 - This will serve as the main necklace body.
2. Paracord Necklace Clasp
 - This will serve as the release of the necklace. Strong magnets could also be utilized.
3. Hand-cuff Key
 - Any style you prefer, I am using a standard cuff key for this DIY model. Hollowed, more covert keys are beneficial for advanced users.
4. Bobby Pin
 - This will serve as the cuff shim and pick. The thin steal in windshield wiper blades work well too.
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5. Mini Chem-Light
 - Available in the fishing section or at any party store, a glow light is great for working in low-light conditions, like the back of a trunk!
6. 1/8" diameter Rubber Tubing
 - This tubing will hold your tools in place on the necklace. Place them over a knot for added security which will keep them from sliding around.
7. 1 Scripto brand Lighter
 - The Scripto brand lighter has a carbide striking wheel which is perfect for use in breaking vehicle windows, cutting glass and sharpening knives. This device will go on the female end of the paracord clasp to hold the necklace in place.
8. 1 Small Zip Tie
 - This is simply to secure the opposite end of the necklace in the male end of the paracord clasp. Thin wire or rigid tubing would also serve for this purpose.





Step 1: Take your 60" strand of kevlar cord and tie the ends together with a sturdy knot to make a 30" long double strand.





Step 2: Remove the carbide striker from the Scripto lighter using a multi-tool or pair of needle nosed pliers. Slip one end of the kevlar cord through the center hole of the striker and using a larks head knot, pass the opposite end of the kevlar cord through the first section you passed through the striker. This will secure the striker to the necklace.





Step 3: Slide the female end of the clasp over the cord so that the carbide striker rests inside the clasp.





Step 4: Slide the tubing onto the cord. I use 3 pieces of 1/8" diameter by 3/16" long pieces. You can change this as needed to fit the items you want to carry.



Step 5: Slide the male end of the clasp over the cord, then secure the zip tie at the end. Clip off the excess beyond the binder and seat it inside the male end of the clasp. Your necklace should now be able to clasp and unclasp easily with a yank.



Step 6: Tie a simple knot where you would like your gear to ride on the cord. Keep in mind that you do not want to many knots that you cannot get your hands in between the cord to use it as a saw.





Step 7: Load your tubes. I install my heaviest item, the cuff key at the center, and for security, I run my bobby pin through the cuff key before placing the pin in the tube. I then add the chem light to the final tube.





Now you have a simple, effective tool for escaping a variety of illegal restraints. Practice with this tool and in short time it will become a regular part of your everyday carry regimen.





HOW TO USE THE NECKLACE



You can use your Personal Escape Necklace to escape a variety of potential restraints. The necklace gives you options you may not otherwise have and reduces the need to scavenge for or create immediate need escape tools. While this article has been dedicated to a necklace style carry, please do not limit yourself to only this option. The items of this necklace are easily concealable and could be placed in shirt collars, behind labels on jeans, inside waist belts or in shoe insoles.

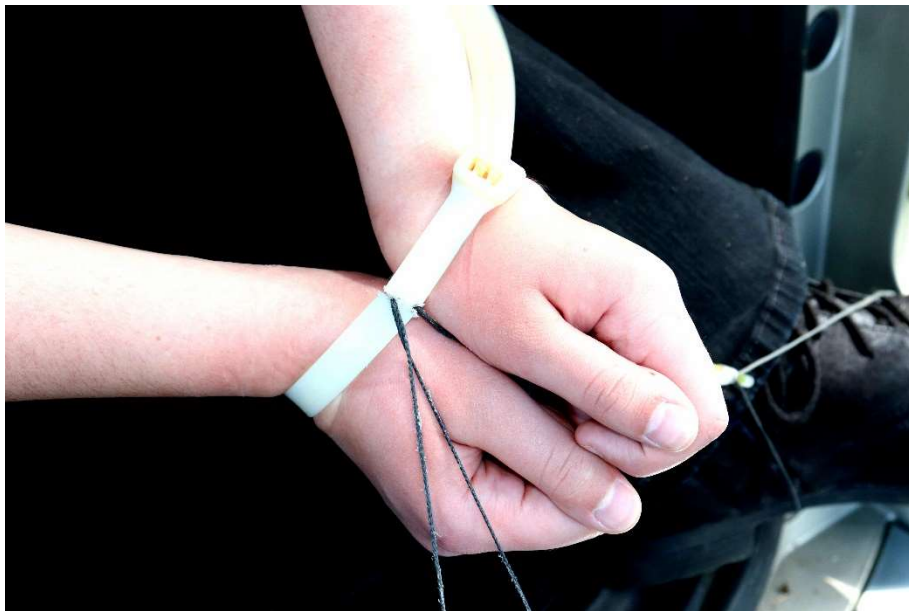


When it comes to these items it's better to have and not need than need and not have. Just be sure to train with the items you stow on your person so that the limits of these tools are understood. To drive home the point that our families need this training, my 16-year-old daughter will demonstrate the following escapes, she's our resident expert and teaches these and other escapes and lock-picking techniques in the Urban Survival classes at our school, Campcraft Outdoors (campcraftoutdoors.com).

Duct Tape and Zip Tie Restraints

Break the necklace free and work it in between or over top the restraints in question, then place your feet in between the necklace cords with a clasp under each foot. Then, with a peddling motion, saw through tape or plastic restraints with great ease. This will work against a wide variety of plastic restraints; however, it will not go through any that are reinforced with wire.







Hand Cuffs

The Necklace gives you two options for hand cuff escape, use the key, which make life very easy for you, or pick or shim the lock with the bobby pin. To use the bobby pin, scrape off the plastic bubbled ends of the pin with your nail, on concrete or if you must, with your teeth.





Dark or low-light conditions

The chem light within the necklace should be used when you need extra light to see what you're doing with your escape necklace. If you find yourself in a trunk, in a dark out building or basement or anywhere else you'd rather not be with impaired visibility, pop the light to give you enough illumination to work your magic on whatever restraints you're faced with.

