

# TESTIMONY

“The safety seminar was so worthwhile and well done, providing important information and techniques that will help us better protect ourselves. The hands-on practice was especially beneficial.”

- Senior volunteer Nancy Allan

## SEMINAR POINTS:

- Situational awareness
- How to communicate in an emergency
- The red, yellow and green of situational awareness
- Self-defense techniques



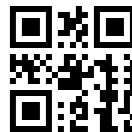
# REQUEST A SEMINAR



Reach out to the Emergency Response Team through the VBSO's Public Information Office to schedule a seminar.

☎ 757-385-8446

✉ [pio@vbso.net](mailto:pio@vbso.net)



[WWW.VBSO.NET](http://WWW.VBSO.NET)

Follow the VBSO on social media.



# SENIOR SAFETY SEMINAR

Virginia Beach Sheriff Rocky Holcomb developed the Senior Safety Seminar to answer the growing concern for senior safety in our community and a rise nationwide of nonfatal assaults on people 65 and older.





## DID YOU KNOW?

- **The Virginia Beach Sheriff's Office will never call and ask you for money. If you get a call like that, it's a scam.**
- **In 2023 in Virginia Beach, there were 2,125 crime victims age 65+.\***
- **The top 5 crimes against seniors were hit-and-run, destruction of property, larceny, fraud and assault (simple domestic).\***
- **Most senior crime victims were 66-70 years old, followed by seniors age 71-75.\***

## ABOUT THE ERT

The ERT is an elite group of deputies who receive specialized training to respond to emergencies and high-risk situations, such as prisoner disturbances, inmate escapes, and barricade and hostage situations. They also assist with high-profile court cases, warrant sweeps, erroneous releases and prisoner transports. In addition to the Senior Safety Seminar, the group also teaches active-shooter training in the community.



## ABOUT OUR SEMINAR

**Our Emergency Response Team teaches seniors about the importance of being aware of their surroundings, reviewing the safety concepts, and discussing and reviewing common attacks and their motives. Seniors also get basic self-defense lessons from the ERT.**