

## Getting Curious with Jonathan Van Ness & Robert Siciliano

JVN: Hey, curious people, I'm Jonathan Van Ness and welcome to Getting Curious. You guys, I love that podcast, Morbid; true crime really gets to me. Um but ever since the true crime stuff and then our episode with Sonya Passi and intimate partner violence and then just like my TikTok algorithm has really become like exclusively true crime. I have been dying to know how to survive a home invasion. I just want, well, I guess I'm not dying to know how to survive it, but I would like to know how to live through one, is the most important thing. So it's like, how do I kick a perp's ass? What tools do I need to have? But also what if the perp found me online at education connection? Just kidding. Um I don't know what that was about it. I, I don't anyway, I need to know how to stay safe online. I need to know how to stay safe through a um a uh a home invasion. Robert Siciliano is a security expert and private investigator. He is also a best selling author, CEO of Safr.Me and the architect of the CSI Protection Certification, a cyber social and identity protection security awareness training program. He's been featured on shows like the Gayle King Show, CNN; he even did Tyra Banks Show, honey. So, but he's also like a really interesting person, has great experience in this field and we're really excited to ask him: how can I survive a home invasion? Robert, welcome to getting curious.

ROBERT SICILIANO: Thank you so much. Happy to be here.

JVN: Picture it. You're in your house, you hear some stuff that is not your fucking dog, like it's not your cat. What do we do? What do we need to have? How do we make it out alive? That's what I wanna know.

ROBERT SICILIANO: From my calculations, I would say that 97% of the people that you meet in the course of your life are good and they're worthy of your trust. And what that means is, is that 3% are not OK? And so our job at some level, is to, is to become a tougher target. It's to do things, is to act in a way, is to put systems in place so that we keep that 3% out of our lives or at bay or at least we know what to do, should we meet up with them. So as long as you have that mindset that the chances of something bad happening to me are like, you know, 3%. Then you put those basic systems in place like locking your doors, having a home security system, considering cameras and really, you know, doing things like in case the technology fails, in case the door gets kicked in; understanding, self-defense, knowing what an escape route is, determining weaponry if necessary. Like just knowing what your options are. And as long as you have a basic plan, as they say, if you've heard it 1000 times: if you fail to plan, you plan to fail, as long as you have a basic plan, then you should have a bit of an advantage over the bad guy. Because the bad guy has a basic plan, but they've chosen you because they think you're easy pickings. They think you're an easy mark. But if you have an idea as to what you do in the event of, you got a good chance of getting out of that dangerous situation.

JVN: So you know, like lots of people who have been in that situation and they like made it out, ok? Because they like beat their ass like the like the the perpetrator's ass like they fucked him up like or maybe killed him or something?

ROBERT SICILIANO: So I know enough people that have had a plan that yeah, they've gotten themselves out of a dangerous situation. And as a family man, as a guy who's married and has a couple of kids, my, my girls are 15 and 18 and I could say point blank like

they know what their options are, you know, they understand what to do in the event of. You know, whether they'd be successful is another story like, you know, you, you hope that they are. And so if somebody was to break into our house, we have a dog that's designed to hurt people if necessary. Um I have nonlethal, nonlethal personal protection products throughout the house like pepper sprays. I have, I have tasers.

JVN: I got tasers coming out of my fucking asshole. I got tasers on my bedside table. I got them in my dressing room. I got tasers all over the fucking place. I'm ready with a taser.

ROBERT SICILIANO: Necessary! And I have pepper sprays as well. The girls have pepper sprays in their bedrooms. Uh they have bats in their bedrooms and everyone in my house is, is to a certain degree, skilled in firearms training. And whether you believe in guns or not, you know, they are, they are a tool like anything else; like a taser is a tool, pepper spray is a tool, a gun is a tool. And I don't tell anybody, "You need to go out and get a gun." I don't tell that to anybody. I say, "If you are interested in getting a gun, then you should consider a firearm, but only if you properly train to use one." And that does not mean going to the shooting range and target shooting. It means understanding how to use a firearm under duress, ok? And that's a significant thing. It, it's it's nothing that you take, you know, ha haphazardly or lightheartedly. It's something that you invest your time, energy and effort in. And as somebody who has done that, and continues to do that, and invests a significant amount of time and money into firearms training, like I don't go to the mailbox without a firearm and, and that's because I, I make it a point to make it a part of who I am and that's part of the training. Does that make sense?

JVN: Yes, absolutely.

ROBERT SICILIANO: It's not because I walk around in fear or afraid or worried about going to the mailbox. It's because I don't generally leave the house without it because if you're going to use a firearm in self defense, you need to make it a part of who you are and a part of your, your lifestyle.

JVN: Yeah, I'm not ready for that lifestyle change. But I do...my, like my uh Roman Empire is that movie *Enough* with JLo from like 2002. And she has to like, kill her husband because he's like a domestic abuser. Um that and then *Panic Room* which is like a different story, but I love like a bad ass, like woman kicking people's ass, like movie. Uh so I think about these sorts of things a lot. When I really got the impetus to do this episode, there was um this night where my husband and I were sleeping and all of our fire alarms went off at the same time, like really loud and all the like emergency lights like flashed on and off. Like just, it was like all it was just, "BLAH," and then I fell out of my bed and I was like, oh my God, they're fucking here. They're gonna kill us, Jesus Christ. Like I wasn't ready. I wasn't calm. I wasn't collect, did I, I made Mark go look for stuff and if there would have been someone there, I totally would have gone down. So I was like, I'm so not ready.

ROBERT SICILIANO: So Jonathan: number one, there are and ok, so let, let's, let's let's back up a little bit. So when it comes to actual home security to actually protecting your, your domicile, ok. So obviously you lock your doors and, and, and you'd be surprised at how many people don't lock their doors and locking your doors is just one part of that and it, it goes beyond locking doors because just that lock on the door generally isn't enough to keep the bad guy out because you know, it's just a, a half inch piece of pine on that door jam that can prevent the bad guy from kicking in the door. And so there's what's called door

reinforcement technologies and door reinforcement technologies generally are metal bars for like 50, 80 bucks that you can get at Lowe's or Home Depot or online. If you just Google door reinforcement technology, you'll find all kinds of cool tools that you can screw into the door jam that will prevent the door from being kicked in, ok. So a solid core door with door reinforcement, uh technologies is much, much, much more strong than, than one without. So start with that. And then from there a home security system, you know, an alarm system that monitors the doors that monitors the windows, it monitors glass, breaking, security cameras that pick up motion. All of these layers of protection are designed to, you know, uh protect you. And the more you do, the more secure you're gonna be. Beyond that signage, signage that says beware of dog, even if you don't have a dog, that signage gives the bad guy, you know, second thoughts; signage that says that this house is protected by, I don't know, ADT home security system, whatever home security signage that you have. You know, all of these layers of protection are designed to make the bad guy think twice, ok? And then beyond that, if they get in, you have that taser, you have that pepper spray, right? And Jonathan, I think it's really, really important that, that everybody knows self defense. And what that means is, it's not just knowing how to defend yourself, it's knowing and, and I'm gonna say this how you might say it. It's, it's knowing how to fuck somebody up bad. It's knowing how to break bones. It's knowing how to gouge their eyes out of their head. That's being as vicious as you need to be, to hurt the bad guy. And that's the whole idea. Ok. So, knowing how to mess somebody up means not just going out and taking like all kinds of karate classes or jiu jitsu and this and that, or, or, or Krav Maga and so forth. It means taking at a minimum a weekend course that might cost you 3 to 500 bucks when you go in on a Friday and you come out on a Sunday afternoon and you know how to break bones and hurt somebody. And these classes are all over the country, they're all over the world. And so if you were to search like fast self defense or impact self defense or model mugging self-defense; they utilize tactics and techniques called adrenal stress training. Adrenal stress training is designed to teach you how to mess somebody up under adrenal stress. Think of what happened to you when the alarms went off and you were all freaked out, right. Ok. Your adrenaline kicked in but not in a good way, ok? It kicked, kicked in, in such a way where like you were overwhelmed and didn't know what to do. Your mind wasn't working correctly like you were just, you were disoriented and adrenaline can do that, ok. But when you take adrenal stress training in self defense or adrenal stress training and firearms training, you're learning how to deal with adrenal stress in a controlled environment in such a way where you are fed tactics and techniques that you learn how to mess up another human being, whether it's with your hands or your feet or with the weapon.

JVN: Um So basically, like, they just turn on like really loud shit, like while you're learning how to do the self defense things so that you can like handle like the pressure?

ROBERT SICILIANO: More than anything, they might, if, if you're in self defense training with firearms, there's gunfire going off. Or if you're in a controlled environment, somebody's yelling and screaming at you, right? Somebody's verbally abusing you. They are saying things to you, they're yelling and screaming in such a way where it like it's designed to mess with you. And at the same time you're learning how to go for the eyes, go for the throat, go for the groin. You're learning how to use parts of your body, like your hands, your feet and your knees while they are attacking you from behind or the side or from the ground. So you are in a situation where you are in a controlled environment where it's safe and you've got a padded mugger, a padded attacker who is basically messing with you. And you're learning how to physically debilitate them in a controlled environment and then they actually attack

you in class. And what happens is in the real world when you are attacked, when you're overwhelmed, when somebody's coming at you or after you, okay, what happens? Your adrenaline kicks in and that mind body connection of you learning self defense in a controlled environment in class and your adrenaline spiking all comes together in the real world under adrenal stress and your self defense kicks in.

JVN: And, and it's like there when you need it.

ROBERT SICILIANO: Exactly.

JVN: *Miss Congeniality* S-I-N-G, the sing part. Remember like solar plexus, instep, nose, groin.

ROBERT SICILIANO: Yes! That's self, that is true self defense training.

JVN: So. Ok. So you, so that part's true. Ok, great. I like that part. So what is, what do we need to do? So like you're in your house, you're in your bed, maybe you're on your couch. You hear like some glass break. Do you like call 911 first or do you like grab a knife and hide and then call 911?

ROBERT SICILIANO: I would call 911 immediately ok. Uh and prior to that, I think it's very important that when that glass breaks, you've got an alarm system that senses that glass breaking and that a lot, that glass breaking and that door being kicked open or that window being pried open, that's gonna call alarm central. Like like for 10,15 bucks a month, why wouldn't everybody have that? You know, and don't, you know that like between 1.5 and 2 million homes are burglarized in the U.S. every single year. Many of those being home invasions. And that means over the next decade, that's somewhere between 15 and 20 million homes being burglarized. So 80% of all people suffer some form of theft at some point in their life, including potentially a burglary. So knowing that I think like being proactive again, if you fail to play, you play to fail; being proactive of putting those systems in place, that glass is broken. Ok. Now Alarm Central is being called, right? They don't, they don't hear from you, they call the police. Police are on their way. The alarm itself is going off, the siren is going off. The bad guy hears this. So you've already, you're calling 911. The bad guy hears the alarm, right? Law enforcement is being called by Alarm Central and, or you, right? Could be both and, and so, uh, I think knife, sure; having pepper spray, better. And the reason why, because pepper spray shoots 10,15 feet. So I have bear spray. My pepper spray is the size of a small fire extinguisher and it'll go 15 ft and it'll cloud up an entire room, it'll cloud up an entire hallway. My daughters have it behind their door in their bedrooms. I have it in the kitchen. I have it in my bedroom, it's next to my bed. And so all of that is designed to keep the bad guy away. Now it's always best to escape. So if you have the ability to run out the back door to go out a window. Uh, if you have a, a fire ladder escape or something to that effect, I have a, an escape route for the third floor of my building. Uh, a ladder that will take me out to, to the ground in case there's a fire, right, in case there's a home invasion. All right, my daughters know how to use it. I know how to use it. My wife knows how to use it and so forth. So all of these well thought out strategies of design essentially to prevent harm.

JVN: Yeah. Is there something that you could tell us that like if there was someone in your house, it's intimate partner violence potentially or it's just a or it's a stranger, um wrong place, wrong time and I get it that those things don't happen that often. And you were saying like, break the bones, gouge out the fucking eyes. Is it like the movies, like look over at the side

at like a lamp and like hope that you crush the lamp on their head or some shit or is it about just like trying to get on...Like, how do you like? Is there any like little cute podcast tips and tricks you could give us to like...?

ROBERT SICILIANO: Listen, if you um gouge your fingers into somebody's eyes, they can't pursue you. You take a ballpoint pen, uh you know, you might look at it, I know that uh we're on audio but like in the camera, do you see this right here?

JVN: Ok. Yeah, he's holding a pen, you guys.

ROBERT SICILIANO: That, that is a, that's what's called a tactical pen, ok. That it's, it's an actual functional pen. But if you look on one end that, that, on that tip right there that's designed to break bones and break glass. The other end is designed to draw or to write, to sign your name. Either end this, this aluminum alloy, this device is meant to mess somebody up, ok? You get in an Uber, you have your tactical pen in hand ready to go to impale that driver should he pull over?

JVN: Fuck yes!

ROBERT SICILIANO: And so if you've thought it through and you know what your options are and you've actually trained or, or even if you just thought it through, you have a much better chance of getting out of that dangerous situation opposed to, "I don't know what I do because I've never really thought about it." And most people don't want to think about it to begin with because why would you want to invest any time to think about being attacked? It's just such an awful thing to occur. But the fact of the matter is is that like, you know, there are predators out there, you know, there's not like billions of them, but there's enough out there that you need to know what your options are.

JVN: Um OK, so then here's another thing I was thinking uh not to keep peppering you with movies, but there is this new documentary on Netflix, this one's at least new and it's called—I'll get to the question in a second, you're gonna smell what I'm stepping in when I go there—So it's called *American Nightmare*. And it's about this couple. Well, I don't want to spoil it, but it's like the most interesting thing ever. They get home.

ROBERT SICILIANO: I saw it!

JVN: You did?

ROBERT SICILIANO: Oh yea, that poor girl.

JVN: Oh my God, that poor woman, that poor fucking woman.

ROBERT SICILIANO: You know how stupid the cops were?

JVN: That's what I was gonna say, Robert. So I bet you in your because you've been a PI like, I bet you've been around like fucking cops and like heard cops and like, so how do we deal with cops? Like if you do get home invasion or attacked like, what do we need to remember to tell the cops like to be taken seriously and to like, not come across as like hysterical or like crazy because cops are that they can be, I mean, I love, I, we love community safety but as you saw in that documentary, sometimes they're a little bit like victim, blamey. So what do you do like, how do you think it's best to like deal with like law enforcement if you've been the victim of a crime?

ROBERT SICILIANO: Victim blaming when it comes to uh sexual assault is still a huge problem. Uh, and one that the law enforced community and, um, and others just have not fully resolved yet. Uh, and there's a long, long way to go and I think what's really important is that most people understand while law enforcement is there to protect and serve, they are humans just like you and I, and they are flawed just like you and I. Law enforcement are, are, are just regular people just like you just like me, and they make just as much mistakes as we do and as much as we need them, uh, we can't necessarily put all of our faith in them in regards to: they are going to do their job perfectly and flawlessly because they don't because the same way that I don't do my job perfectly and flawlessly and that the guy who is serving you, your burgers doesn't do his job perfectly and flawlessly all the time. They make mistakes. And so if you understand that going in, um, knowing that you can't put all your faith and trust into any professional for that matter, that you always have to just, you know, be, um, cognizant that people are flawed to begin with and that law enforcement, no matter what you say and do that, it's not necessarily gonna be interpreted exactly the way in which you know what you say and do and how it means like you, you just have to have to be careful and that show is an unfortunate example of that.

JVN: And that adrenal um training like the stress training, what are like, so is it, is it kind of about like, because one thing that that woman said that I was obsessed with when she was like, she was trying to remember the amount of turns, remember, she was like, OK, we went right, we went left like she was trying to like track where they took her to that like cabin and she was like trying to tell it. And so to like, is it, is it about like trying to slow down to like, remember things like if you got safe or like you're not getting attacked anymore, is it about trying to like, because if you go in shock, like, isn't it like hard to like remember things or notice things?

ROBERT SICILIANO: Well, first of all, if we go back to that show, she should have never got in a car, the husband should have never just like, did what they were told. Like from the very beginning of that show, the guy comes into the bedroom and he made demands of them and they just did it. That was the first mistake that they made. Look at this is very important that I say this: the victim is never responsible for what happens to them, but they are always in the best position to prevent it, ok? And so when the bad guy came in with the lasers and the bad guy came with the flash lights, they were just overwhelmed and they just did what they were told. Like I would never ever; just because they have a gun does not mean you do what you're told, it means a deadly instrument has been introduced into the situation. So determine what your options are going forward.

JVN: What are your options if you don't have a gun? What are your options? Well, if you don't have a gun and it's like an uneven fight.

ROBERT SICILIANO: It's resistance is an option. Fighting, fighting somebody with a firearm is an option. Uh, look at, we're not all John Wick here, but just because they have a gun, just because they have a knife does not mean that you are to do exactly what they tell you. It means that you need to determine what your options are and your options are running, right, running. You can always run uh out a window or a door, you can always go at them. You could use pillows, you could use blankets in a situation if it's your bedroom, uh, you have pepper sprays, potentially at your disposal. You can throw anything and everything that's next to you, a glass of water, anything just to make it, it is difficult for them to continue with

whatever it is that they're trying to do so that you can disrupt them. It was two on one in this particular situation.

JVN: Oh yeah, that's so true

ROBERT SICILIANO: It was a guy and a girl. Like, why couldn't they have just made an effort to go after him? You know, like, it's one guy.

JVN: But if that had been me from like that night when my shit all went, like, but like I told you about earlier, I would have done the same thing. So I'm feeling complete on personal safety. Let's talk about online security as we round out our time together. Um, what kind of security threats exist online? How can we, like, my mom got her identity stolen in like 2008 or something and I've always been really paranoid about it. Like, how do we protect ourselves? Especially if you are like a public figure and even if you're not a public figure, it's like we're all kind of public figures on like social media these days.

ROBERT SICILIANO: Yeah. Ok. So your identity in the U.S. boils down to a few numerics. What do I mean when I say that? Well, Jonathan, let me ask you, what is the most significant numeric identifier that you possess?

JVN: Should it be your social security number?

ROBERT SICILIANO: It is, correct. Your social security number essentially is what would be considered your national ID, ok. And so, uh should you give out your social, I'll ask you, should you give out your social?

JVN: No.

ROBERT SICILIANO: But do you?

JVN: No.

ROBERT SICILIANO: Well, I mean, come on now, do you, I mean?

JVN: Oh, you mean to like the bank, you had to like, open a bank account?

ROBERT SICILIANO: Okay so you give it out and guess who you give it to? People!

JVN: The bank? Oh, data breaches.

ROBERT SICILIANO: So, here's the deal, right? We treat the social security number like a password. Nobody's supposed to know it, but we give it out because we have to. So really what a social security number is, it's, it's an account number and it's you, right. It's your account number. But we treat it like a password. So the dichotomy there doesn't make any sense. How is it, it's an account number but we treat it like a password. So that being said, what do you do to basically make your social security number useless to a thief? And that's what you really wanna do. So the focus should be, yes, you're gonna have to give out your social security number here and there and you do, you have to give it out. If you wanna get a bank account, if you want to get loans, if you want to get a mobile phone account, if you wanna get, uh, you know, if you wanna buy a house, if you want to get a boat, whatever the case is, you've got to give out your social in a number of different situations. You want to get a job, you gotta give out your social. So how do you make that social security number useless to the bad guy? Well, there's identity theft protection services out there and I do

champion them. I think it's a good thing to get a identity theft protection. But there's also what's called a credit freeze. Jonathan, do you have a credit freeze?

JVN: I think I my business team is like all over it and I think I do.

ROBERT SICILIANO: Okay, so a credit freeze is a tool that locks down your social security number on your credit report. So there's three major credit bureaus, there's Experian, Transunion and Equifax. And each of those three credit bureaus provide a resource where you can go to their website and you can freeze, you can set up an account, you can freeze your credit. And what that fundamentally means is when your credit's frozen, it means that if a bad guy has your social security number, then they can apply for credit the same way that you do. So right now, if I have your social, if you have my social, you can fill out an application online, on paper to apply for credit under my name, under your name and so forth. But once the credit application is processed, it goes through the credit bureaus. If your credit is frozen, then it's basically locked down. They can't see your credit scores if they can't see your credit scores because it's frozen, then that lender is not gonna grant credit under your name. Therefore, your identity has not been stolen. So credit freeze is the best thing that you can do right now to to freeze your credit, to lock down your credit reports. So even if the bad guy has your social security number, they can't really do much with it because your credit's frozen, it's locked down. Very important. So if you search the term credit freeze, credit freeze, two words, credit freeze and then Experian credit freeze, Transunion, credit freeze Equifax. On the first page of search, you're gonna find the page for each of the credit bureaus so you can begin the process of freezing your credit.

JVN: And then like, what are your rules for, like your family and like for you like uh scams that you guys watch out for best practices to be safer online?

ROBERT SICILIANO: So I would say daily, I've got a dozen scams pointed at me and I think most people have the same. Like every, every day, uh whether it's via phone, via text, via email, uh something I get in the mail. So I, I think, you know, having your head on a swivel, as they say, situational awareness when it comes to defending yourself against various forms of fraud and scams, it's really important to pay attention to what's going on. It's, it's, it's putting systems in place like anti-virus, anti-spyware, anti-phishing; a firewall. It's password management, you know, password management. It's, it's having a different passcode across each account. You can never use the same passcode twice. And that means having a password manager. A password manager is a software that manages all your different passwords. If you're using the same password for every single account in any one of those accounts, there's a data breach. Then every single account that you possess with that same user name and passcode is now at risk. So we use a password manager and a different passcode across each account. Every time the phone rings, every time an email comes in, every time you get a text message, be suspect. Don't automatically trust. You know, is it actually your bank calling you? Is it actually your bank emailing you? Uh is it actually, you know, a friend who's distressed and needs you to wire money to get him out of jail? Is it? You know, be smart about these things and know that all of these inbound communications that are designed to scam you, are also designed to get you emotionally involved. They're designed to get you.

JVN: Especially with that AI, like they have like AI with like the voices and stuff now, like they could like take your voice, like make you sound like your kid or like your like they can do all sorts of shit to really...



ROBERT SICILIANO: Make your parents think you're actually kidnapped?

JVN: Yeah.

ROBERT SICILIANO: Yeah. So that's important that knowing that AI plays a role in it now and that your voice can be compromised and somebody can use your voice against your family members and so on, uh or their voice against you and all that stuff and while you might recognize it as your father or your sister or your mother or your daughter or whatever the case is, instead of just immediately like thinking, ok, they are in distress, they are in trouble, like, ask them qualifying questions. What was the first concert you ever went to, you know? Like, what is the color of, what's the color of the first vehicle you owned? You know, what's your grandmother's, you know, last name and so forth? You know, questions that only they would know the answer to and even have a conversation with those loved ones today in regards to: ok, if there was some type of a scam and you're in, they call and you're in distress or you're kidnapped, like what's a code word we can use? What's a question we can ask, like get that stuff done now because you know, it's legit.

JVN: What if you have been the victim of identity theft? Like however you would have found out like um is there any like fix your life because it got fucked up by identity theft like centers that you like or resources that you like?

ROBERT SICILIANO: Yeah, so first and foremost, you know, depending on what kind of identity theft it is uh would mean like, you know what you do, right? So first of all, if your credit card is compromised, I don't consider that identity theft. I consider that credit card fraud, just contact the bank, refute the charges and you're done. Ok? If a new credit card is opened up under your name where you know, they get your social security number and a new credit card is opened. That's new account fraud. That's pure identity theft. That's a problem because that could damage your credit, that could damage your reputation, everything. So that type of fraud, new account fraud, new mobile phones, new loans, new credit cards, all that stuff: the first thing you do is file a police report because you need a government issued record of the fraud. So a police report is the beginning of the process of restoring a compromised identity, right? And then from there you Google Federal Trade Commission Identity Theft or FTC identity theft. And the Federal Trade Commission has a packet, basically, it's a, a bunch of documents that you should fill out uh or check, check the box as to all the different things you should do in order to begin to mitigate whatever identity theft issues you're facing.

JVN: So, Robert, you're minding your own business and then you become like a private investigator and like self defense expert. Like how did that happen? Like how did you get into this industry?

ROBERT SICILIANO: Yeah, so uh I was um, early on, when I was uh uh uh uh 12, I was in 12 years old. I was in downtown Boston with my little brother who was like 8 and a half and we got surrounded and, and assaulted by five kids and they, they, they beat us up and they took my money. And I learned firsthand what it meant to be attacked in a multiple attack situation. And I soiled myself, you know, I was unprepared for that. And this is in downtown Boston and we go home and my dad sees like us all beat up and messed and everything and he's, he, he sat us down and he taught us predators and prey and the way he did that was, he made us watch, you know, like the wild world of animals. And he showed us the lion who was stalking the antelope and the gazelle and he said, see that lion, the lion is a

predator. See that gazelle, that's you and your brother. And he said it's, it's perfectly natural and it's normal that there are predators and their prey, you just have to learn to be able to spot them. And if you understand how to spot them, what to do in the event that they confront you. And so from that point on, we took self defense.

JVN: Um has there like, ever been like a really wild story in your like PI career? Like just like what's like the craziest fucking thing that you ever saw happen?

ROBERT SICILIANO: Yeah. Yeah. You know, uh he here's the deal, right? I've seen it all right. And I think that I wouldn't call it the craziest thing ever happened. But what I've learned about humanity is that, man just about everybody lies. It is so many people just lie and they just, what I've learned is that, and I said this to you earlier is that probably 97% of the people that we meet in the course of our lives, 97% are worthy of our trust in that like 3% are not. And those 3% are sociopathic, psychopathic and heavy duty narcissists in their nature. And I challenge everybody to go out and research psychopath, sociopath, and narcissism all all on this at the same time and fully fully understand narcissism. Because narcissists are the most functional sociopaths and psychopaths that are out there and they're the people that we end up dating and spending time with and sometimes working with and being employed by. And they're, they're just awful, awful, awful human beings. And I've dealt with and seen all of those types of people and followed them and recorded them and submitted that information as evidence as to various forms of fraud or, and violence. And there's nothing that sociopaths, psychopaths, and narcissists won't say or do to get what they want. And I think that as, as good people as, as being part of the 97% that we need to understand the human condition and being a PI it made me, it, it deep dive even deeper into personality disorders and how bad people can be towards one another because I saw a lot more than I ever wanted to. And the more you understand about how bad people can be in understanding the human condition and knowing if you're ever in their presence, either, because they're a neighbor or you're, you're in an actual physical relationship with them or even if it's a family member, know how to set up effective boundaries and know how to get out of those relationships, should you ever be in one.

JVN: What's the name of your company again?

ROBERT SICILIANO: So, uh, we're online in a couple of different places. So [safr.me](http://safr.me) is s-a-f-r, s-a-f-r dot m-e, so me is like.com so [safer.me](http://safer.me), [safr.me](http://safr.me).

JVN: So what do they offer?

ROBERT SICILIANO: So we provide, I provide security awareness training. Uh I'm also online at [ProtectNowllc.com](http://ProtectNowllc.com). So [protectnowllc.com](http://protectnowllc.com). Oh heck you could Google me, Robert Siciliano. I'm all over uh Google. Um I, I provide security awareness training, Jonathan, I talk to people like yourself and others all the time that uh like they want to know what to do, they want to know how to react, they want to know how to respond, they want, how to protect themselves and their families and their businesses from, from perpetrators of violence, of fraud. Like most people don't know what to do. Most people don't have any formal training. And my entire purpose is to give people those tools necessary so that they know what their options are. The worst thing you could do, like after everything that we've talked about, like people sometimes like they just want to put the covers over their head and just like, you know, not do anything. Like just, just worry and the worst thing you could do is that. The best thing you could do is do something about it, educate yourself, become informed, know what

your options are: take a self defense class, get a credit freeze, like lock your doors, get a home security system and know what your options are should somebody break in; know what to do when the phone rings, when an email comes in, like be prepared. If you fail to plan, you plan to fail, just know what your options are and be empowered, you know, take control of this life, you know, you know what your options are.

JVN: Now, I'm gonna tell you what to do Robert. You need to ask your daughters how to get you on TikTok because everything that you've been telling me on TikTok chefs kiss. You could teach all these people how to like, like protect themselves on TikTok and there's a huge like personal safety like protection market on TikTok. You should get into it. You've got that like attractive like principal fucking, you know, I'll protect you vibe. People will love it. You gotta get on TikTok. Everyone would love you there. Robert, thank you so much for coming on. Getting curious. Um Are you, what's up next for you? And where, where are you the most? Are you on Instagram? Facebook? Do you do the socials.

ROBERT SICILIANO: So I'm, I'm on all that stuff. I'm on Instagram, Facebook, Youtube. I actually am on TikTok. Uh I've got uh some followers. Uh But uh yeah, you look, if you search Robert Siciliano, s-i-c-i-l-i-a-n-o, you can't miss me.

JVN: All right, Robert. Well, uh spend some time on TikTok. I really think you could be like a massive TikTok celebrity. I'm not even just saying that I think you'd be major there but you're already major. But I'm just saying, I think you'd be really good on TikTok. I think you got what it takes. Robert, thank you so much for coming on Getting Curious. We appreciate your time.

ROBERT SICILIANO: Thank you, buddy.

JVN: So did I learn how to survive a home invasion? I gotta say yes. I knew about some of the bear spray and some of the pepper spray options. I knew about the tasers. What I really did not know was that we need an escape plan for a case of a home invasion; like alternate escape routes because I was thinking like if someone was already in my room, I would, if I didn't want to have to get out of my bedroom door, I might wanna like get out of my bathroom, but I would need something to like break the window because there's not like an outside door. So I was just thinking like escape plan is really important. Um and I just thought that I think is one of the most important things was the escape plan. Um also 1.5 to 2 million homes are burglarized every year. That's a lot, we wanna understand how to prevent that. Um and then also that it's a lot of proactive or it's, it's a lot of prevention and proactivity is what you want to make yourself a harder mark. You don't want to be an easy mark. So even just a security system, some signage, uh definitely I also think like some bear spray, taser. You want to make yourself a harder target, but you also definitely need to take self defense classes, which I am going to do.

Um I've decided I'm doing it. I'm, I'm not doing nothing after this episode. I'm fucking doing it. I'm going to be prepared. Um oh social security numbers, you guys, that credit freeze. I'm gonna talk to my business team about that. Uh I'll get back to you guys on that because I need to research that. But that's really interesting, I thought. I also thought it was really fun, the difference between credit card fraud and like ID theft. Um so now I'm really curious about what happens to our brain in times of like fight or flight. Like what actually happens to your brain when you are terrified and you're like either the person's in your house or you're gonna have to fight for your life or like the, the car, whatever, whatever bad shit's going down. What happens with fight or flight? Like what's actually happening in your brain? I mean, and how

can we like, try to like increase our odds of like any situation like outside of the home of survival if it's like something really bad? Um I'm also curious about, don't come for me guys, I'm not going to become a gun owner, but I am curious about after having spoken to him about people who do make guns their lifestyle, like who are the people who are really using guns; that is a part of their lifestyle? How do they train? How many times do they accidentally hurt themselves? Like how many good guys with a gun are there is something I'm really curious about after having spoken to him. Um and also I think some identity theft is coming up for me too. Like how I could, I could have talked about that a lot more. Um but almost like what it's like to survive identity theft and like coming back from identity theft. I think that'd be really interesting to talk to someone about how they built their life back um after something like that. Um Curious people, I love you so much. Thanks for coming on the show. Thanks for listening to us. Um thanks for learning alongside of us. And you know what? Shows grow when you share shows. So if you feel so inclined and you're still listening, share our show, share our episodes; comment, share with your friends um we love putting the show together for you. We love our community and we want to make sure that our community is growing and healthy and happy and thriving. So we hope you're loving Getting Curious, we love you and we'll see you and hear you next time on Getting Curious.

You've been listening to Getting Curious with me, Jonathan Van Ness. You can learn more about this week's guest and their area of expertise and the episode description of whatever you're listening to the show on. And honey, there's more where that came from. You can follow us on Instagram at [@CuriousWithJVN](#) . We are doing the most over there and it is so much fun. You can catch us here every Wednesday and also make sure to tune in every Monday for Pretty Curious. Still can't get enough? Subscribe to Extra Curious on Apple podcasts for commercial free listening and our subscription only show, Ask JVN, where we're talking sex relationships and so much more. Our theme music is Freak by Quinn. Thank you so much to her for letting us use it. Our engineer is Nathanael McClure. Getting Curious is produced by me, Chris McClure, Julia Melfi and Allison Weiss with production support from Julie Carrillo, Anne Currie and Chad Hall.