



12 HOUR COURSE

- RAD is a program of realistic, self-defense tactics and techniques that combines classroom instruction on awareness, prevention, risk reduction and avoidance with the basic of hands-on defense training.
- RAD is not a martial arts program although; part of the course does involve teaching women easy, effective and proven self-defense/martial arts tactics.
- Certified RAD instructors teach the course. It also has been a popular offering on campuses across the country.

R.A.D helps to give women the knowledge to make an educated decision about resistance and also how to put up an effective defense if attacked.

You may register online at:

www.fandm.edu/publicsafety/RAD

If you cannot register online, please call (717) 291-3863



DOMESTIC VIOLENCE

Domestic Violence is a National Problem

Domestic violence refers to family or household member situations where one person threatens, shoves, hits, slaps, punches, kicks, burns, forces sex with or otherwise abuses another person.

If you are a victim of domestic violence, you are not alone. A woman in the U.S. is physically assaulted by a partner once every 12 seconds. More women seek treatment in emergency rooms as a result of domestic violence than from the combination of muggings, rapes and car accidents.

THAT MAKES DV THE NUMBER ONE CAUSE OF INJURY TO WOMEN IN AMERICA!

CALL THE POLICE

If you are being battered, you cannot control the situation; therefore it is important to report any assault or battery to the police.

R.A.D

Rape Aggression Defense

Training for Women

Refuse To Be A Victim.®



Department Of Public Safety

www.fandm.edu/publicsafety/RAD

Contact: (717) 291-3863



PROTECT

YOURSELF

Protecting Yourself Against Date/Acquaintance Rape

Acquaintance or Date Rape is a commonly used term to describe a serious crime known as RAPE. The term itself was created to make people aware that rape isn't only when a stranger attacks, but also when it happens between two people who know each other. This type of attacker may be a friend, work associate, classmate, neighbor or relative.

Most rapes occurring in this category are as violent as stranger rapes and usually are more traumatic since the survivor feels guilty and to blame.

**REMEMBER WHATEVER THE TERM,
RAPE IS RAPE!!!**

If you are raped, report the crime immediately. Many victims delay too long, making apprehension and prosecution of the offender more difficult.

TO PREVENT DATE RAPE

CLEARLY state your expectations and desires. Speak openly.

ARRANGE for your own transportation when dating someone new. Pick him up for the date or meet him at the location.

CONTROL is the key. If you or your date is impaired due to drugs or alcohol, it is much harder to be in control.

AVOID secluded places when dating someone new.

BEWARE of casual acquaintances such as someone you just met in a bar, or a friend of a friend. Remember, that this person is a **stranger**.

ASSERT yourself with a date who is aggressive or verbally abusive. Do not let yourself be persuaded or forced into anything you don't want.

WOMEN: Know your sexual intentions and limits. You have the right to say, "NO," to any unwanted sexual contact.

MEN: Listen carefully. Take the time to hear what the woman is saying. If you feel she is not being direct or giving you a **"mixed message"** ask for clarification.

WOMEN: Communicate your feelings firmly and directly. If saying **"NO"**--mean it. Back up words with clear voice and body language. Some men think that drinking; dressing provocatively, or going to his room indicates a willingness to have sex.

MEN: Use common sense. Realize that you do not have the right to force a woman to have sex just because you paid for her dinner or drinks.

WOMEN: Stay sober on a date. A victim of rape who was intoxicated may have their credibility attacked in court.

MEN: Don't fall for common stereotypes. When a woman says, "NO", don't assume that she really means, "Yes".

WOMEN: Don't assume that your date will automatically know how you feel, or will eventually, **"get the message"** without you having to tell him.

MEN: Remember: Date Rape is a Crime

WOMEN: Attend large parties with friends you can trust. Agree to look out for each other.

MEN: Beware of your date. Having sex with someone who cannot consent because she is intoxicated, drugged, passed out or incapable of saying "NO" may make you guilty of rape.

WOMEN: Fighting back. Most experts agree that this is a choice each woman must make herself. If you are confident, consider learning self-defense techniques that provide you with options if attacked. **A self-defense course such as R.A.D. will give you that confidence!**

MEN: Be especially careful in-group settings. Be prepared to resist prodding and teasing from friends to commit a possible crime.

WOMEN: Listen to your gut feelings. If you feel at all uncomfortable or think you are at risk, leave the situation immediately and go to a safe place.