R.A.D. (Rape Aggression Defense) for Women

Would you know what to do if a stranger attacked you? What if someone you knew tried to get you to do something you don't want to do? Did you know that more than 70% of woman who reported a rape knew their attacker? Could you survive the attack?

YES YOU CAN? Learn how by enrolling in the R.A.D. self defense course at NKU.

What is Rape Aggression Defense?

Rape Aggression Defense Training is a free Self-Defense training program designed to combat against sexual assaults and rapes. The goal of R.A.D. is to provide realistic self-defense options, regardless of their level of physical conditioning. NKU Female Students at all levels of ability, age, experience, and strength will be provided with techniques and information that can be effectively used from the first day of class. R.A.D. is not a martial arts program, nor does it require students to be athletes in training to succeed.

R.A.D. is taught by certified instructors and is endorsed by the International Association of Campus Law Enforcement Administrators. *This program is designed specifically for women and women only.* The self defense options that are learned through this program were researched for women. The course is physically and mentally challenging, however, it is also taught in a fun and friendly atmosphere. The following areas are covered in class:

**Awareness** - Awareness and risk reduction discussion covering such issues as home and personal safety.

**Technique** - Self-defense techniques that can be used in a variety of confrontational situations.

**Simulation** - Realistic simulation scenarios where officers are dressed in padded equipment to give class participants the opportunity to practice their techniques.

If you are interested in R.A.D. training, please contact Sgt. Will Love at yourcops@nku.edu by January 28, 2011. Please include your name, resident hall and phone number in your email. All training classes will be scheduled on campus on a later date during the spring semester. Also, please be aware that training classes will be held in the evenings and will consist of 4 consecutive days of training.

**PLEASE TELL A FRIEND!!!!**