

R.A.D.

RAPE

AGGRESSION

DEFENSE SYSTEMS

Any woman can become the victim of sexual assault. The officers at WKU Police Department are dedicated to making your college experience as safe as possible.



Is RAD for you?

- This program is designed for the average woman with no previous experience or background in physical skills training.
- RAD training is offered to **all female** students, faculty and staff at Western Kentucky University at **absolutely NO cost**. You only need to commit yourself to the entire training period.
- Over 250,000 women have attended RAD basic Physical Defense Program.

Program Design

- ♦ The basic RAD self defense class is a 12 hour program.
- ♦ We teach the class in 4 hour sessions on 3 different days.
- ♦ The 3 sessions are as follows: classroom, technique training and simulation.

How to sign up:

- ♦ Register for one of our prescheduled classes, OR
- ♦ Get a group of 8 - 10 females together and schedule your own class.

