

In the United States, a woman is sexually assaulted every two minutes.

One in three women will be sexually abused in their lifetime.

The majority of rape victims knew their attacker.

One in four women will be sexually assaulted before the age of 18.

Sources: U.S. Department of Justice Bureau of Justice Statistics  
Federal Bureau of Investigation Uniform Crime Reporting

## You can do this!

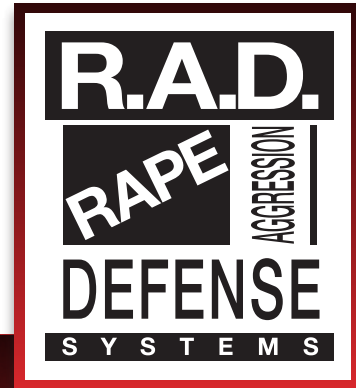
- Self-defense techniques suitable for women of all ages and abilities
- Develop skills in a safe, secure, all-female environment
- Learn awareness, reduction, recognition and avoidance
- Gain empowerment through education and training

R.A.D. Systems promotes self-defense education and awareness. This course includes lecture, discussion and demonstration of self-defense techniques.

**better  
than that**  
Preventing and Responding  
to Sexual Violence



Contact Officer Christine Logan at  
216-987-5795 or [christine.logan@tri-c.edu](mailto:christine.logan@tri-c.edu)  
for more information.



## Rape Aggression Defense (R.A.D.) Basic Physical Defense for Women

Could you effectively defend yourself  
if you were attacked?



The time is  
**NOW**  
—  
not after  
something  
happens.

## What is R.A.D.?

**Rape Aggression Defense (R.A.D.)** is a course for women that begins with awareness, risk reduction and avoidance and progresses to the basics of hands-on defense.

The R.A.D. system is taught at many colleges and universities. Its' simplicity and effectiveness have made it a rapidly growing and widespread system of defense.

R.A.D. teaches women easy and effective self-defense tactics for use against various types of assault. The system provides participants the knowledge to make an educated decision about resistance.

R.A.D. is not a martial arts program.

## Why R.A.D.?

### R.A.D. Systems is:

- A training program that meets or exceeds all guidelines set by the National Coalition Against Sexual Assault.
- The only self-defense program endorsed by the International Association of Campus Law Enforcement Administrators, the National Academy of Defense Education, the National Self-Defense Institute and RedMan Training Gear.
- The largest and fastest-growing women's and children's self-defense program.
- Taught at more than 400 colleges and universities in the United States and Canada by certified instructors.
- An international alliance of thousands of instructors united in offering practical options for responding to acts of violence against women.

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[www.rad-systems.com](http://www.rad-systems.com)

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## Q&A

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**Q. Do I need any prior experience to attend this course? Do I need to be in top physical shape to participate?**

**A. No.** This program is designed for the average person with no previous experience or background in physical skills training.

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**Q. Is this program one person's opinion?**

**A. No.** The R.A.D. program is a result of contributions from many R.A.D. instructors in the U.S. and Canada.

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**Q. How many women have participated in this program?**

**A.** Almost one million women worldwide have attended the R.A.D. Basic Physical Defense program since its inception in 1989.

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**Q. How long is the program?**

**A.** The Basic Physical Defense program takes nine to 12 hours to complete, depending on whether or not simulation is included in the training.

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**Q. Can I bring my daughter with me?**

**A. Yes.** It is very common for mothers and daughters to attend this program together.