

What if you are...

...using an ATM at a mall and a man grabs you by the neck?

...walking in a grocery store parking lot and a man jumps out from between cars and pulls your arm?

...riding in a hotel elevator and a man presses you against the wall?

These and many other scenarios could happen to YOU anywhere, any time. Learn how to prevent, escape and survive similar situations through the Purdue North Central Campus Police Department's two-hour Self-defense Awareness and Familiarization Exchange (S.A.F.E.) program, the 9-hour Rape Aggression Defense (R.A.D.) program or BOTH.

These FREE programs are suitable for women of all ages and abilities and are based upon the following ideas: Violent crimes are crimes of opportunity, and when you remove the element of opportunity, you reduce the risk of attack. Ninety percent of self-defense is mental preparedness and ten percent is physical.

The S.A.F.E. program will be held on **Wednesday, July 1 from 4-6 p.m. in LSF 02**. This unique course educates women on how to protect themselves from crime and introduces five pre-basic physical training familiarization methods which are non-strenuous. Each participant will be given a portfolio with more awareness information than is contained in the brief course. **Class size is at least 6** and no more than 16, so register online at <http://www.pnc.edu/pd/safe.html> or call one of the numbers listed below.

The R.A.D. system is the largest women's self-defense network in the United States. PNC's instructors are dedicated to teaching women realistic defensive concepts and techniques against various types of assaults by utilizing over 30, easy, effective, and proven self-defense tactics. Participants receive an 80+ page workbook/reference manual and hands-on training.

R.A.D. training will begin **Tuesday, July 7 at 6:00-9:00 p.m. in LSF 60**. Classes will continue on **Thursday, July 9 and Tuesday, July 14**. **Class size is at least 6** and no more than 16, so register online at <http://www.pnc.edu/depts/pd/rad.html> or call one of the numbers listed below.

For parking and room location, see <http://www.pnc.edu/cd/campsmap.html>.

S.A.F.E. and R.A.D. are offered free to women in the community.

219.785.5220 direct

219.872.0527 Ext. 5220 from Michigan City

219.462-4197 Ext. 5220 from Valparaiso

800.872.1231 Ext. 5220 in Indiana

"Woman must not depend on the protection of a man but must be taught to defend herself." - Susan B. Anthony, 1871

"YOU are your best defense." Terri Harris, Executive Director, National Self-Defense Institute