



## **R.A.D. SYSTEMS DEFENSE CLASSES FOR WOMEN**

This Fall the Watertown Police Department is offering R.A.D. Systems defense classes for women. This program is free and available to women who reside in Watertown over the age of 18. Enrollment for participants under 18 is permitted with a signed waiver from a parent.

The R.A.D. Systems offers a basic education of confrontation principles and personal defense. R.A.D. is designed to help women overcome the effects of sexual harassment and sexual violence by teaching assertiveness, risk awareness, risk reduction, risk recognition, risk avoidance and physical defense strategies.

Preparation through education and training is usually the best way to survive an assault situation. By attending a credible physical defense program a woman can substantially develop her options with regard to resistance.

The class meets two nights a week over a 2-week period from 5:30 PM to 8:30 PM.

Dates for the next R.A.D. course are September 28, 30, October 5 and 7, 2009. Classes will be held at the Tufts Health Building at 705 Mt. Auburn Street. Students interested in taking this course must be able to commit to attending all four sessions.

Please contact Detective Kathleen Campbell at (617) 972-6545 to register. The deadline to register is September 23, 2009. Class size is limited, and enrollment is on a first come, first serve basis.