

Be Aware, Be Alert, Let's Go Above and Beyond!

Amanda Brown

**Warren Hills Regional School District
Supervisor of Health and Physical Education**

Kim Eilenberger, M.Ed., MPH, CHES

**Warren Hills Regional High School
Teacher of Health & Physical Education**

Welcome!

By the end of this session you will:

- **Have a greater understanding of the R.A.D. Systems Basic Self-Defense Prevention Program.**
- **Have a greater understanding of the R.A.D. Systems Weapons Defense and Keychain Defense Options programs.**
- **Expansion among the R.A.D. System programs within a staff worksite wellness program and community outreach program.**

Song Analysis

**Do you remember the song you heard as you
walked through the door?**

Yes, you are correct!

“Stayin Alive”

By the Bee Gees

Motto for this presentation and course!

**How can your decisions affect your
personal safety?**

WHRHS 1st R.A.D. Basic Self-Defense Class 2014!



Student Testimonials

"Taking this class was one of the best choices I've ever made. I would love to take this class again in the future!"

"It was a very fun and educational class."

"This class was great and the girls in the class were so understanding and supportive!"

"I loved this class."

"This course was fun overall. Hope this course continues throughout the years."

"I improved on my confidence after simulation."

"Made me more confident"

What Does R.A.D. Stand For?

“Rape Aggression Defense”

WHY R.A.D.?

R.A.D. is the **largest network** of its kind with over **11,000 Instructors** receiving training in our systems to date. These Instructors teach at various **colleges, universities, and municipal law enforcement agencies as well as various other community organizations internationally**. R.A.D. has trained **more than 900,000 women** since the program began in **1989**.

R.A.D. is the **only** existing program with a **free lifetime return and practice policy, honored worldwide**.

R.A.D. has developed **specialized simulation techniques and equipment** for use by certified R.A.D. Instructors.

R.A.D. is the only self-defense program ever endorsed by the **International Association of Campus Law Enforcement Administrators (IACLEA)**, **National Academy of Defense Education**, the **National Self- Defense Institute (NSDI)** and Redman Training Gear.

Lawrence N. Nadeau, Director of Instructional Development and Founder

http://www.rad-systems.com/about_us.html

Who does R.A.D. Systems serve?

R.A.D. Systems offers programs to women, children, men and senior citizens.

http://www.rad-systems.com/rad_programs.html

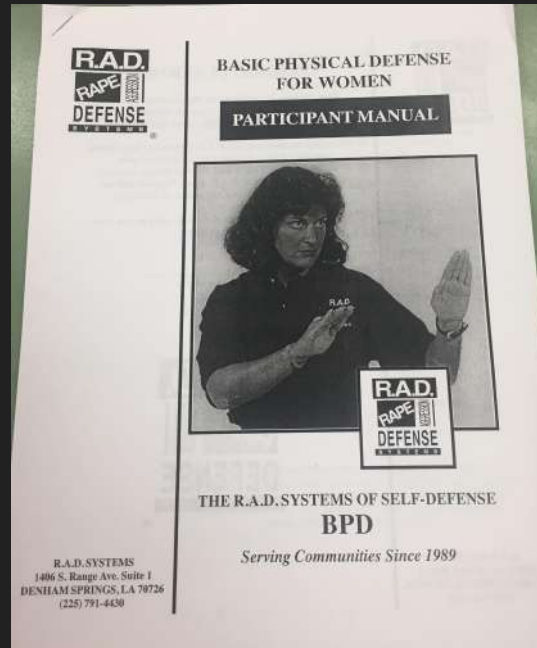
Why Implement this R.A.D. Systems Program?

Top Ten Reasons to Take a **R.A.D. Basic Self-Defense Class**

1. Has established the standard for female self-defense programs.
2. Offers no-nonsense, practical techniques of defense.
3. Researched the effect of "The Fight or Flight Syndrome".
4. Offers advanced self-defense courses that build upon the physical defense system.
5. Provides realistic and hands-on training.
6. Certification for instructors from the community.
7. Has a litigation defense policy.
8. Offers state-of-the-art programs at reasonable rates.
9. Every student receives a lifetime membership.
10. Provides students with a comprehensive reference manual.

http://www.rad-systems.com/about_us.html

R.A.D. Student Manual



The Four Risks of Personal Safety!

Awareness

Risk Recognition

Risk Reduction

Risk Avoidance

http://www.rad-systems.com/rad_programs.html

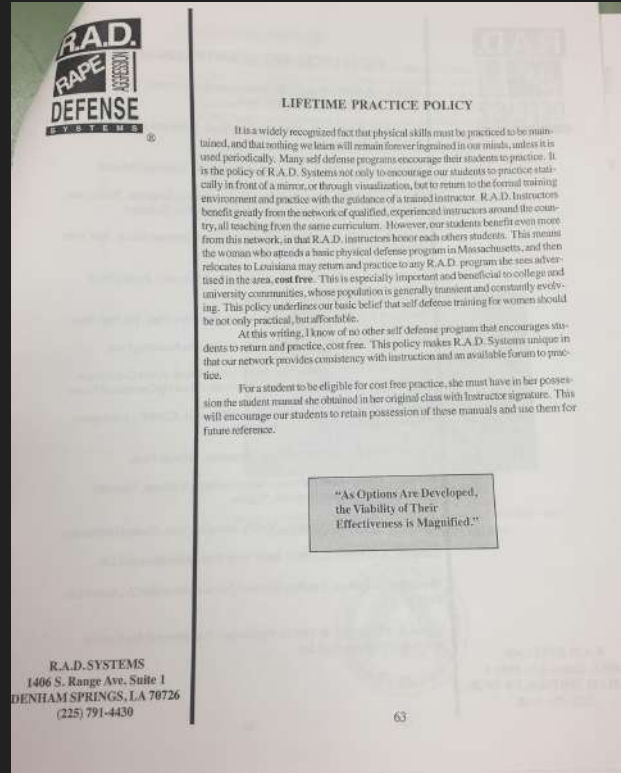
It's Simulation R.A.D. Time!



R.A.D. New Jersey, New York & Pennsylvania Collaboration!



Free Practice & Return Lifetime Policy

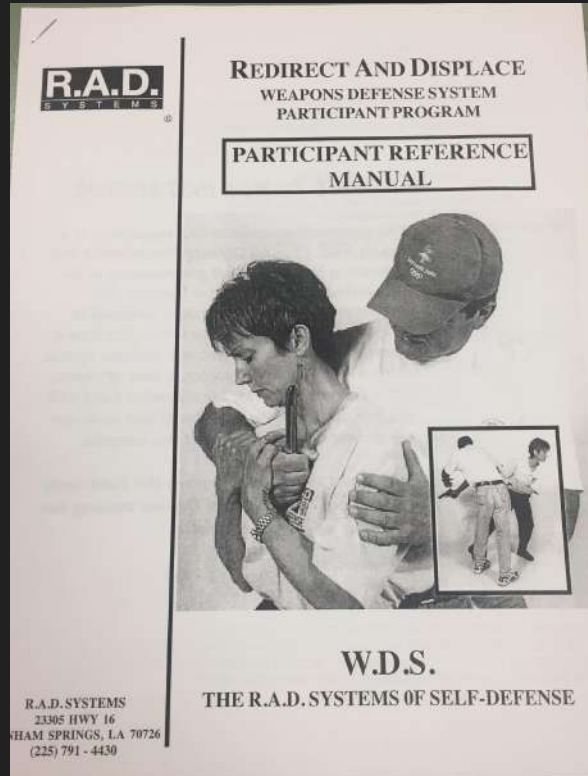


Let's Go Above and Beyond in Self-Defense!

Weapons Defense Systems

Keychain Defense Options

Student R.A.D. Weapons Defense Systems Manual



Top Reasons to Teach R.A.D. Weapons Defense!

1. **“Firearm-related deaths are now the third leading cause of death among US children and the second leading cause of injury-related deaths, behind car crashes.**

<http://pediatrics.aappublications.org/content/early/2017/06/15/peds.2016-3486>

2. **According to National Statistics, 91 percent of all child firearm-related deaths (aged 0-14) among high-income countries.”**

<http://pediatrics.aappublications.org/content/early/2017/06/15/peds.2016-3486>

Top Reasons to Teach R.A.D. Weapons Defense!

3. “America certainly has more violence than other rich countries. Murder rates are far higher in the United States than in Europe, Japan, or even Canada. We also have more rapes, robberies, and assaults than other rich countries. But this is nothing new. Crime rates have always been much higher in America than in other affluent nations.”

<http://prospect.org/article/violent-crime-increasing>

4. Teenagers in the United States are 82 times more likely to die from gun homicide than in peer countries.

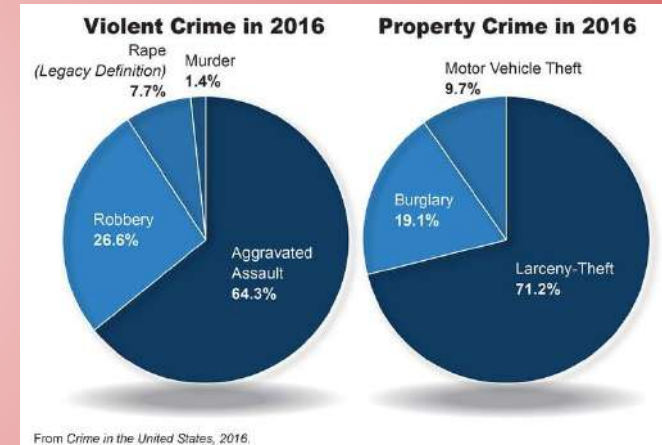
Top Reasons to Teach R.A.D. Weapons Defense!

5. “Last year’s data shows there were 95,730 rapes reported to law enforcement, based on the UCR’s (Uniform Crime Reporting).”

<https://www.fbi.gov/news/stories/2016-crime-statistics-released>

6. “Of the violent crimes reported to police in 2016, aggravated assault made up 64.3%, while robbery was 26.6%. Rape (legacy definition) accounted for 7.7% of the violent crimes reported last year, and murder made up 1.4%.”

<https://www.fbi.gov/news/stories/2016-crime-statistics-released>



Top Reasons to Teach R.A.D. Weapons Defense!

Research published in the Journal of Health Affairs in January 2018 stated the following:

7. “Violent crime increased for the second consecutive year, while property crime decreased for the 14th straight year, according to the FBI’s annual report on national crime statistics released today. There were an estimated 17,250 murders in the U.S. last year, an 8.6% increase from 2015.

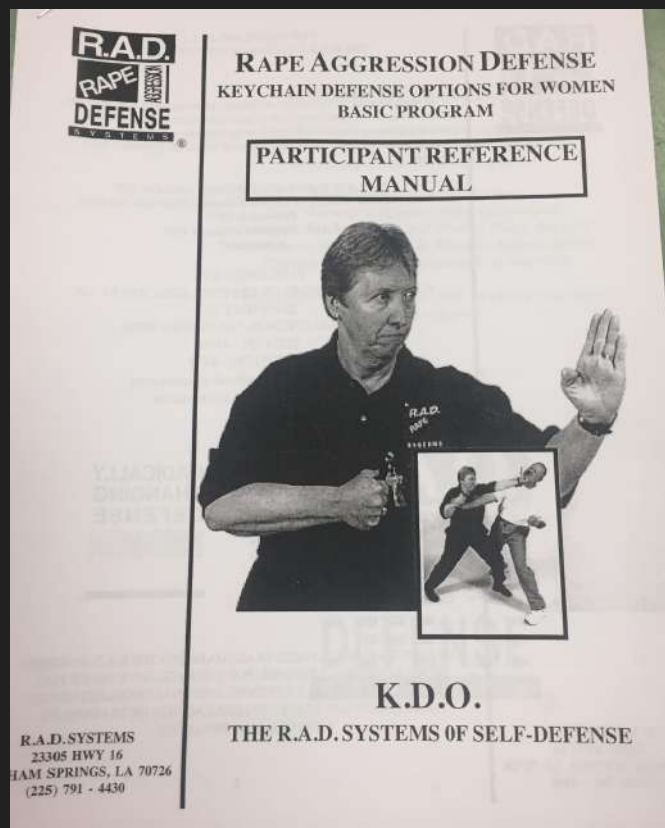
”<https://www.fbi.gov/news/stories/2016-crime-statistics-released>

Weapons Defense Systems R.A.D. Instructors and Law Enforcement



(July 2017 R.A.D. International Training and Certification Conference)

Student Keychain Defense Options (KDO) R.A.D. Manual



Why Teach R.A.D. Weapons Defense!

Students Respond:

1. Have a back-up plan in case of a potential threatening situation
2. Confidence
3. Safe to learn and ask questions
4. Unity
5. Advice
6. Awareness
7. Exercise
8. Practicing together
9. Support from classmates
10. Fun!!!

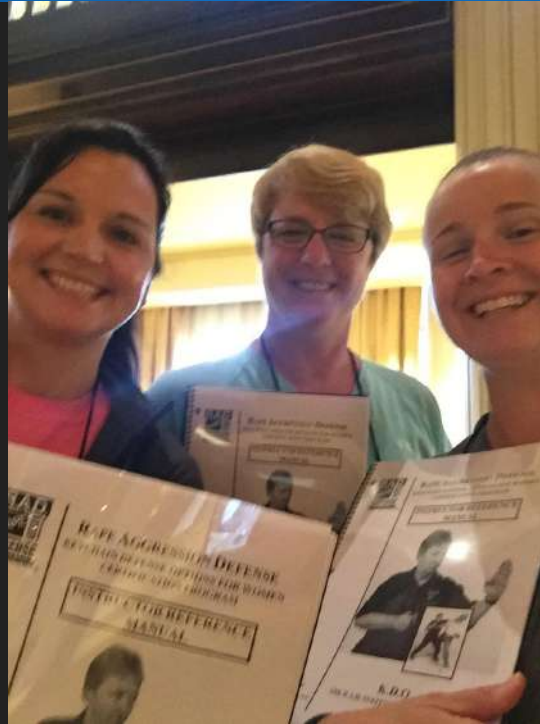
Collecting empty laundry detergent and water jugs for the KDO class!



Recycling empty Laundry Detergent & Water Jugs as Physical Education Equipment for our KDO class!



Certification of Keychain Defense Options Course



(July 2017 R.A.D. International Training and Certification Conference)

"R.A.D. International Training & Certification Conference"

Grand Rapids, Michigan "July 2017"



Student Testimonials

“ I think this was a very good class, teaching women what they need to know in order to escape.”

“I really enjoyed the course! It is a very helpful and useful elective.”

“I had so much fun in this class and I”m so glad I have the knowledge to defend myself when I need it.”

“10/10 would recommend to all women!”

“I thought it was great, that we all worked as a team and supported each other.”

“ Love the course, so happy I was given the chance to be involved.”

“ I would feel more safe with this course teaching me about weapons defense.”

“Can’t wait to see what weapons defense looks like! I’d definitely take this again!

R.AD. Cadence Learned at International Conference!

R.A.D. Systems Cadence

I took R.A.D. Yes, I did!
My attacker went and hid.
Rape Aggression Defense Class
Taught me how to kick his butt!

I took R.A.D. feelin' fine!
My attacker crossed the line.
Didn't scream, but I did YELL!
Wishin' he was in a cell.

I don't know, but I've been told.
Knowing R.A.D. is better than GOLD!

(Susan Marz, R.A.D July 2017 International Conference)

Physical Education Lunchtime R.A.D. Showcase!



R.A.D. Systems

Let's Go Above and Beyond Basic Self-Defense!

R.A.D. for Teens

R.A.D. for Men

R.A.D. for Seniors

Advanced Self-Defense

Responding to Student Evaluations

We collected data on student needs and feedback evaluations.

Based on our findings, we received permission to get certified in Weapons Defense and Keychain Options Defense Courses.

We were recently trained and certified in July 2017 at Annual R.A.D. International Training and Certification Conference held in Grand Rapids, Michigan.

WHRHS Rock Symbolism (Empowerment/Self-Confidence)



Let's Go Above and Beyond Basic Self-Defense!

**Worksite Wellness
Community Outreach**

"SAFETY IN THE HILLS"

Warren Hills Regional School District Worksite Wellness Prevention Program



Worksite Wellness Simulation Photos!



CONGRATULATIONS~ You did it Ladies!



It's time to practice your Basic Self-Defense Skills!



“Safety Beyond the Hills”

R.A.D. Systems Basic Self-Defense Community Outreach Class

CONGRATULATIONS~ You did it Ladies!



R.A.D. Systems Program Aligns With the SHAPE National Physical Education Standards

National Physical Education Standards (5)

Standard 1: The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

Standard 2: The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

Standard 3: The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Standard 4: The physically literate individual exhibits responsible personal and social behavior that respects self and others.

Standard 5: The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

<https://www.shapeamerica.org/standards/pe/>

R.A.D. Systems Program Aligns With New Jersey State Legislative Statutes

New Jersey Legislative Statutes (4)

(N.J.S.A. 18A:37- 17)

(N.J.S.A. 18A: 35-4.23a)

(N.J.S.A. 18A:35-4.23)

(N.J.S.A. 18A:35-4.3)

<http://www.state.nj.us/education/cccs/2014/chpe/standards.pdf>

R.A.D. Systems Program Aligns With N.J. State Health & Physical Education Standards

New Jersey State Standards (28)

2.1.12.A.1, 2.1.12.A.2, 2.1.12.D.1, 2.1.12.D.2,

2.2.12.A.1, 2.2.12.A.2, 2.2.12.A.3, 2.2.12.B.1, 2.2.12.B.2, 2.2.12.C.2, 2.2.12.C.3, 2.2.12.D.1,

2.4.12.A.3, 2.4.12.A.4, 2.4.12.A.5, 2.4.12.A.6, 2.4.12.B.4,

2.5.12.A.1, 2.

5.12.A.2, 2.5.12.A.3, 2.5.12.A.4, 2.5.12.B.1, 2.5.12.B.2, 2.5.12.B.3, 2.5.12.C.1, 2.5.12.C.2, 2.5.12.C.3,

2.6.12.A.1

<http://www.state.nj.us/education/cccs/2014/chpe/standards.pdf>

Questions and Answer Session, Thank you!

Contact Information:

Warren Hills Regional School District, Washington, NJ 07882

Amanda Brown....browna@warrenhills.org (908) 689-3050 Ext. 1008

Kim Eilenberger...eilenbergerk@warrenhills.org (908) 689-3050 Ext. 3606

www.rad-systems.com

Extra Slides if time permits

Questions and Answer Session, Thank you!

Contact Information:

Warren Hills Regional School District, Washington, NJ 07882

Amanda Brown....browna@warrenhills.org (908) 689-3050 Ext. 1008

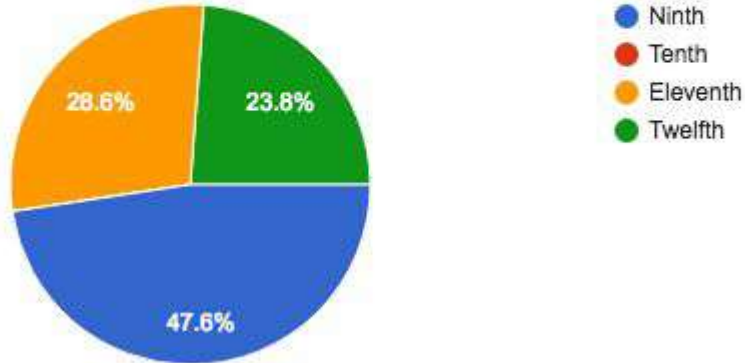
Kim Eilenberger...eilenbergerk@warrenhills.org (908) 689-3050 Ext. 3606

www.rad-systems.com

Recent R.A.D. Class Evaluations

What is your present grade level?

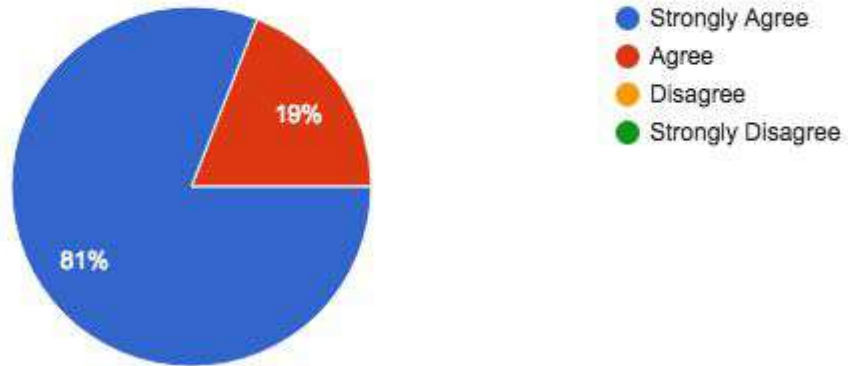
21 responses



Recent R.A.D. Class Evaluations

I would know what to do if someone attacked me from behind.

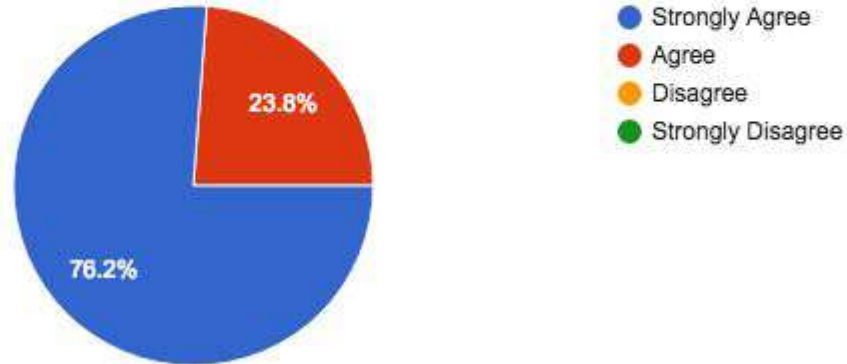
21 responses



Recent R.A.D. Class Evaluations

I would know what to do if a date becomes possessive and displays inappropriate behavior toward me.

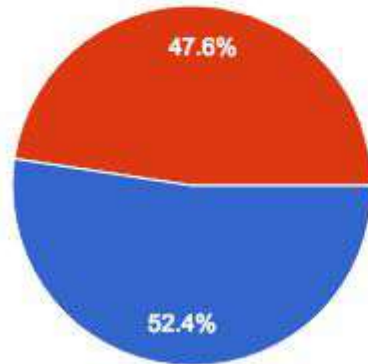
21 responses



Recent R.A.D. Class Evaluations

I would know what to do if I was attacked on the ground.

21 responses

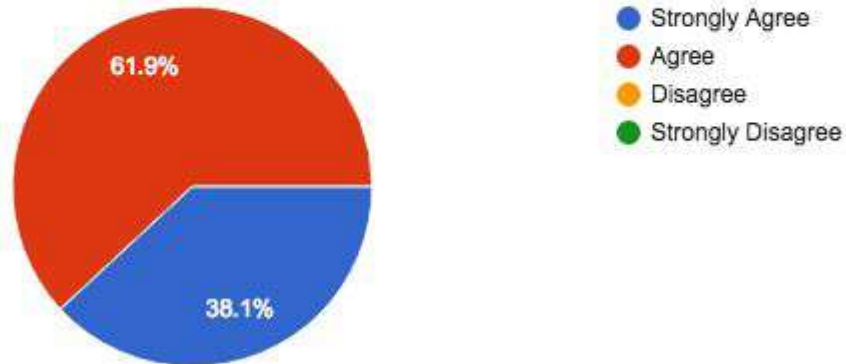


- Strongly Agree
- Agree
- Disagree
- Strongly Disagree

Recent R.A.D. Class Evaluations

I would know what to do if a perpetrator attacked me with a weapon (e.g. gun, knife, mace, etc...)

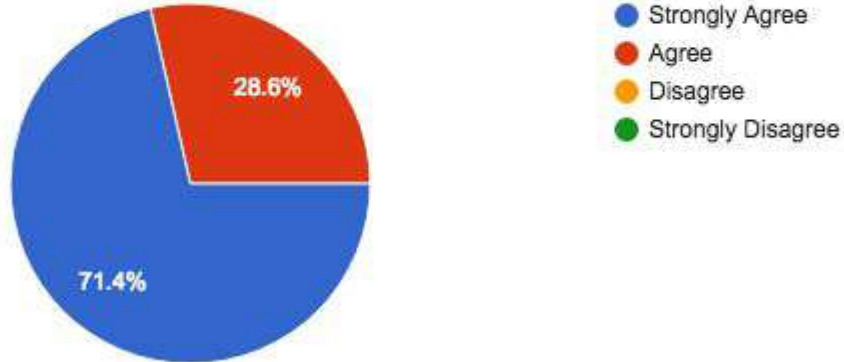
21 responses



Recent R.A.D. Class Evaluations

I feel the simulation component of the R.A.D. Basic Self-Defense class was a great way to end to the course to build... defense skills in realistic situations.

21 responses



Recent R.A.D. Class Evaluations

I would like to see my school offer an Advanced R.A.D. Self-Defense class in the high school Physical Education curriculum to provide ways to protect myself and others!

21 responses

