

It's Time to Prevent, Plan and Protect!

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Warren Hills Regional School District
Supervisor of Health & Physical Education



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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 Prevention Program.
- Use the planning techniques to implement this program within your school.
- Know how to evaluate the need and results of this program.



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



Yes, you are correct!

“ I Will Survive”

By: Gloria Gaynor

Motto for R.A.D. Systems and this Presentation!



Discussion Questions

1. Are high school students generally aware of their surroundings and do they have the basic self-defense skills to avoid potential threats in society?
2. Do high school students generally recognize the need for Self-Defense training in the high school Health and Physical Education curriculum?

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!"

"The best class I have taken in my 4 years here."

"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."

"I feel safer walking around places"



What Does R.A.D. Stand For?

“Rape Aggression Defense”



Why is this called R.A.D. Systems?

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.

Statistics according to the rainn.org website:





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>



“The Four Risks of Personal Safety”

Awareness

Risk Recognition

Risk Reduction

Risk Avoidance

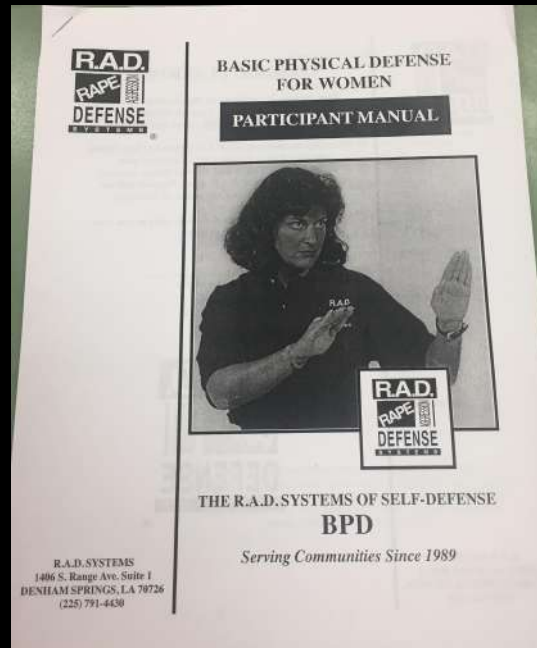
http://www.rad-systems.com/rad_programs.html

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

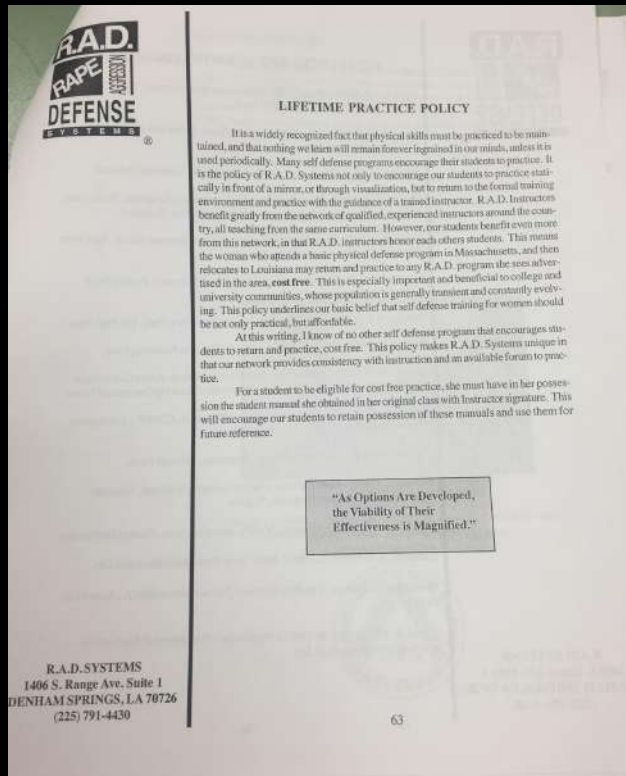




Photograph of Student R.A.D. Manual



Free Lifetime Return & Practice Policy!!!





Additional Student Testimonials

"Overall it was great!"

"I had a good time!"

"It was cool to be put in that situation and figure out how to get out."

"I really like the mix between physical and lecture component. I really loved how I always felt like this was a safe place to express my thoughts and practice my skills."

"The program has given me skills that will aid my chronic anxiety and boost my confidence for a very long time."

"This class helped me prepare for living independently."

"The Keepsake Simulation Rock"

Congratulations!
**"You are a Warren Hills Regional High School
Basic Self-Defense R.A.D. Student Survivor!"**

"The Keepsake Simulation Rock"

Culminating R.A.D Activity: Each student will be given a decorative rock.

Front of Rock: On the front of the rock there will be a printed special descriptive positive trait describing the student's progress throughout the class.

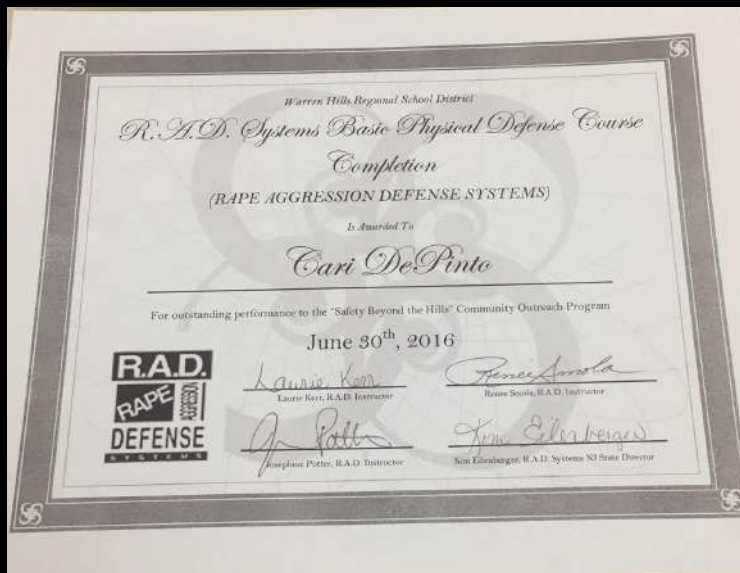
Back of Rock: On the back of the rock, the following statement will be printed: "I Will Survive" WHRHS R.A.D. "Spring 2015."

Purpose of the Rock: The purpose of this graduate gift is to remind the students of their empowerment through R.A.D. Simulation and to always be self-aware of their surroundings!

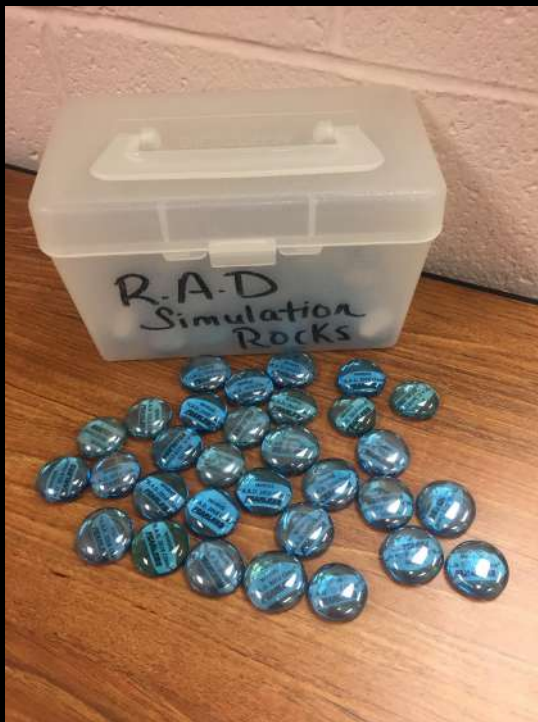
Symbolism of Rock: The rock symbolizes students **do** have the **confidence** to be strong in any situation!



R.A.D. Certificate for Student Completion of the Course



Symbolism of the WHRSD Rocks





Now, it's Time for Implementation!

Visit a R.A.D. Program (NJ, PA, NY, DE)

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

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

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

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



Obtain Administrative School District Approvals & Support!

- High School Health & Physical Education Teachers
- Health and Physical Education Supervisor
- High School Principal
- School District Superintendent
- School Board of Education



Steps to Obtain Approval

Vision and Goals

Course Proposal supported by data

Funding Considerations

Certifications and Training



Program Evaluation

Student Pre -test

Student Post-test to Evaluate Growth

R.A.D. Program Evaluations

Example of Our School District Needs Assessment/Pre-Test & Post-Test

A Post-Evaluation of the Basic Self-Defense Course in the High School Physical Education Curriculum

(A Survey For Ninth, Tenth, Eleventh, and Twelfth Graders)

This survey is about health, physical education and basic self-defense skills. It has been developed so you can tell us how you are aware of your surroundings, and if you learned valuable techniques in the basic self-defense skills class. The information you give will be used to improve health and physical education for young people like yourself.

DO NOT write your name on this survey. The answers you give will be kept private. No one will know what you write. Answer the questions based on what you really know.

Completing the survey is voluntary. Whether or not you answer the questions will not affect your grade in this class. If you are not comfortable answering a question, just leave it blank.

Make sure to read every question. Check off all the answers that apply to you. When you are finished, follow the instructions of the person giving you the survey.

Thank you very much for your help.

1. What is my present grade level?

Ninth Tenth Eleventh Twelfth

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

Strongly Agree
Agree
Disagree
Strongly Disagree

3. I would know what to do if I was alone and I noticed that the front door lock of my house has been tampered with.

Strongly Agree
Agree
Disagree
Strongly Disagree

4. I would know what to do if a noise wakes me up, and I heard an intruder in the house.

Strongly Agree
Agree
Disagree
Strongly Disagree

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

Strongly Agree
Agree
Disagree
Strongly Disagree

6. I would know what to do if I was walking alone and notice someone is following me.

Strongly Agree
Agree
Disagree
Strongly Disagree

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

Strongly Agree
Agree
Disagree
Strongly Disagree

8. I feel the simulation component of the RAD Basic Self-Defense class was a great way to end the course to build self-confidence, empowerment and practice my defense skills in realistic situations?

Strongly Agree
Agree
Disagree
Strongly Disagree

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

Strongly Agree
Agree
Disagree
Strongly Disagree

10. I would like to see my school offer R.A.D. Weapons Defense class to help me learn ways to protect myself from various weapons (e.g. gun, knife, mace, etc.).

11. I would like to see my school offer an R.A.D. Advanced Self-Defense class in the high school physical education curriculum to help me learn how to defend myself from weapons.

Strongly Agree
Agree
Disagree
Strongly Disagree

12. I would like to see my school district offer an after-school community outreach program titled "R.A.D. for Seniors Self-Defense" for the elderly (my grandparents, elderly relatives, and elderly neighbors)

Strongly Agree
Agree
Disagree
Strongly Disagree

Additional Comments:

R.A.D Evaluations

R.A.D. RAPE DEFENSE

EVALUATION FOR PHYSICAL DEFENSE COURSE

Primary Instructor's Name: _____

Date: _____

(Listed below are several questions about the RAD Training Course. Rate each item thoughtfully and as carefully as possible. Circle the most appropriate response on a 1 to 5 scale.)

General Rating: (poor) 1 2 3 4 5 (excellent)

1. The pace of this training program was:
(too slow) 1 2 3 4 5 (too fast)

2. The demonstrations in this course were:
(poor) 1 2 3 4 5 (excellent)

3. The practice time allowed was:
(useless) 1 2 3 4 5 (useful)

4. The lectures/illustrations in this course were:
(boring) 1 2 3 4 5 (stimulating)

5. The time allowed for the questions and answers were:
(inadequate) 1 2 3 4 5 (adequate)

6. Overall rating:
(poor) 1 2 3 4 5 (excellent)

7. Upon completion of this course, do you feel more confident?
Yes _____ No _____
If your answer was no, in what area do you need more instruction?

8. Please list suggested improvements, particularly for negative ratings.

9. General Comments:

R.A.D. SYSTEMS
23365 HWY 16
DENHAM SPRINGS, LA 70726
(225) 791-4430

Name of Evaluator: _____

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More 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!

Preparing for the R.A.D. Simulation!



Preparing for the R.A.D. Simulation!



Recent Fall Semester R.A.D. Class!



A photograph of two students in roller derby gear (helmets, chest protectors, knee pads, and roller skates) standing on a blue mat. They are holding a large white sign that reads:

Roller Derby Rules

I love R.A.D. You, I love
My roller skates and pads.
Before Roller Derby, I was a Gracie,
I taught my love to Roll-A-Roll!

I love R.A.D. Roller Girl!
My roller skates around the rink
Roller Derby, not a Roll-A-Roll!
Wouldn't be me in a rink.

I love Roller Derby, I love Roller Derby!
Rolling in R.D. is better than Roller Derby!

Roller Derby is the best!





What is your Game Plan?

- _Visit a R.A.D. Program
- _Obtain Administrative Approvals and Support
- _Examine Vision and Goals
- _Utilize your resources inside the school district and in the community
- _Create Course Proposal supported by data
- _Consider Funding Needs
- _Obtain Certification and Training
- _Evaluate Program



Question and Answer Session, Thank you!

Contact Information:

Warren Hills Regional School District, Washington, NJ 07882

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

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

www.rad-systems.com



If time permits, see following Extra Slides!

Basic Self-Defense Class & Beyond!



“I Will Survive!”



*Life is all about
choices*





BE AWARE OF YOUR SURROUNDINGS!

Sign up for the R.A.D. Basic Self-Defense and Beyond Class with your Guidance Counselor!

New Jersey Legislative Statutes

www.state.nj.us

Bullying Prevention Programs (N.J.S.A. 18A:37- 17) requires the establishment of bullying prevention programs.

Schools and school districts are encouraged to establish bullying prevention programs and other initiatives involving school staff, students, administrators, volunteers, parents, law enforcement, and community members. To the extent funds are appropriated for these purposes, a school district shall: (1) provide training on the school district's harassment, intimidation, or bullying policies to school employees and volunteers who have significant contact with students; and (2) develop a process for discussing the district's harassment, intimidation, or bullying policy with students. Information regarding the school district policy against harassment, intimidation, or bullying shall be incorporated into a school's employee training program.

Dating Violence Education (N.J.S.A. 18A: 35-4.23a) requires instruction regarding dating violence in grades 7-12.

Each school district shall incorporate dating violence education that is age appropriate into the health education curriculum as part of the district's implementation of the Core Curriculum Content Standards in Comprehensive Health and Physical Education for students in grades 7 through 12. The dating violence education shall include, but not be limited to, information on the definition of dating violence, recognizing dating violence warning signs, and the characteristics of healthy relationships.



New Jersey Legislative Statutes

www.state.nj.us

Domestic Violence Education (N.J.S.A. 18A:35-4.23) allows instruction on problems related to domestic violence and child abuse.

A board of education may include instruction on the problems of domestic violence and child abuse in an appropriate place in the curriculum of elementary school, middle school, and high school pupils. The instruction shall enable pupils to understand the psychology and dynamics of family violence, dating violence, and child abuse; the relationship of alcohol and drug use to such violence and abuse; and the relationship of animal cruelty to such violence and abuse; and to learn methods of nonviolent problem-solving.

Sexual Assault Prevention (N.J.S.A. 18A:35-4.3) requires the development of a sexual assault prevention education program.

The Department of Education in consultation with the advisory committee shall develop and establish guidelines for the teaching of sexual assault prevention techniques for utilization by local school districts in the establishment of a sexual assault prevention education program. Such program shall be adapted to the age and understanding of the pupils and shall be emphasized in appropriate places of the curriculum sufficiently for a full and adequate treatment of the subject.

WARREN HILLS REGIONAL SCHOOL HIGH SCHOOL

41 Jackson Valley Road
Washington, New Jersey 07882

Phone 908-689-3050
Fax 908-689-9640



www.warrenhills.org

Dr. Thomas J. Alkonix
Superintendent

Earl Clymer, Principal

Susan Rader, Assistant Principal
Glenn Barker, Assistant Principal

May 29, 2015

Warren Hills Regional High School
41 Jackson Valley Road
Washington, NJ 07882

Dear Friend,

Thank you for taking a moment to read our request for a donation towards our new R.A.D. Basic Self-Defense Course, **First Year of Simulation** to be held on June 16, 2015 at Warren Hills Regional High School.

The Warren Hills Regional School District is hosting a R.A.D. Systems Simulation to promote the awareness of violence prevention among the high school students and the community. Out-of-State Police Officers will be participating in the simulation here at the high school on **Tuesday, June 16, 2015**.

This is a non-profit violence prevention event. As part of this event, we are kindly seeking donations from businesses such as yours. **We would like to give gas gift cards, monetary funds or food to the Police Officers as token of appreciation for helping with violence prevention awareness in our community.** In return, to help offset the cost of this community event, your business will be acknowledged in the featured article in our local newspaper.

You may mail your donation to the school address above labeled to the attention of Kim Eilenberger or request your donation be picked up by calling or emailing Kim Eilenberger by **Wednesday, June 10, 2015**. Please make checks payable to Warren Hills Student Activity Account.

Thank you for helping to make this a successful violence prevention event!

Sincerely,

Kim Eilenberger M.Ed., MPH, CHES
Teacher of Health & Physical Education
R.A.D. Basic Self-Defense Instructor
eilenbergerk@warrenhills.org or call 908-689-3050 ext. 3606.

WARREN HILLS REGIONAL HIGH SCHOOL

41 Jackson Valley Road
Washington, New Jersey 07892
Phone 908-489-9810
Fax 908-489-9840



www.warrenhills.org

Dr. Thomas J. Altshuler
Superintendent

Karl Clemen, Principal

Suzanne Rader, Assistant Principal
Glenn Barker, Assistant Principal

January 15, 2015

Dear Parents/Guardians,

Your daughter has the opportunity to participate in the RAD Systems Basic Self-Defense course simulation component, which will take place on Tuesday, January 20th 2015.

This RAD Systems simulation is a culminating activity to practice skills and techniques that have been taught in the Basic Self-Defense course. We are using certified and trained aggressors and monitors that are nationally and internationally certified to direct and conduct our simulation program here at Warren Hills Regional High School.

I _____ give my daughter
Parent/Guardian Signature

_____ permission to participate and observe this
Print Daughter's Name

simulation component on Tuesday, January 20th 2015.

I _____ do not give my daughter,
Parent/Guardian Signature

_____ permission to participate and observe this
Print Daughter's Name

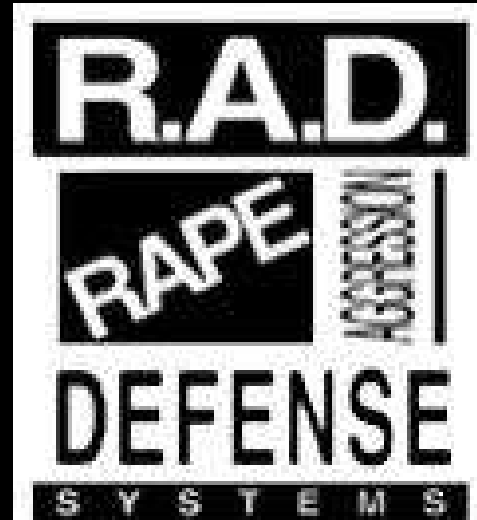
simulation component on Tuesday, January 20th 2015.

Sincerely,

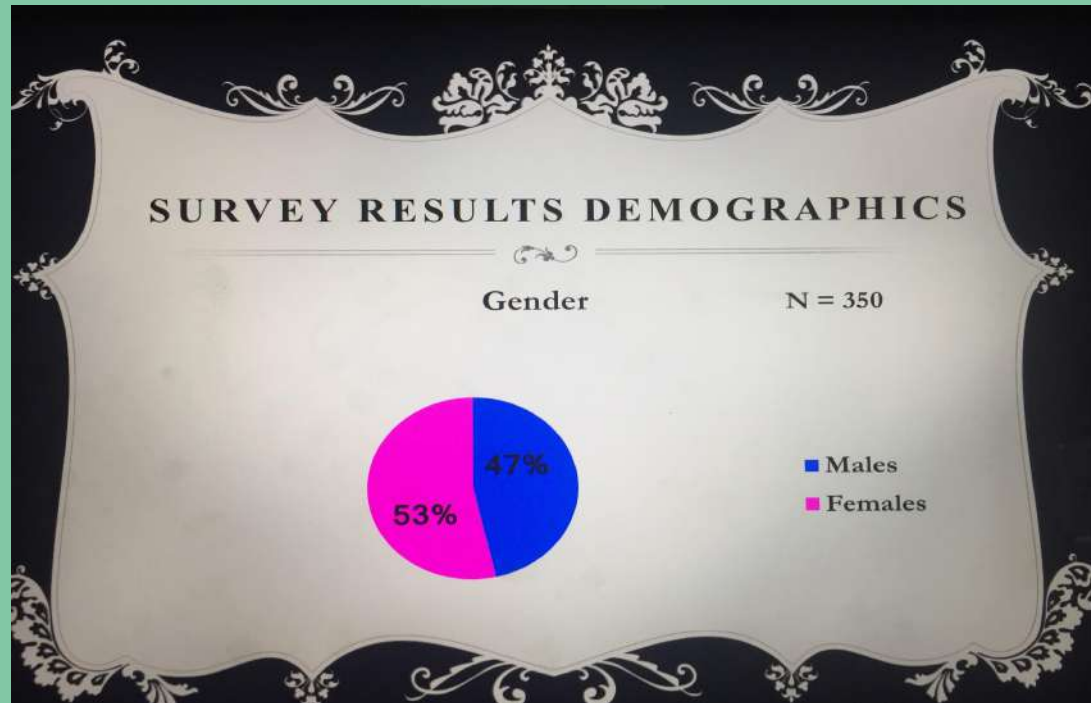
Warren Hills Regional School District
Certified RAD Basic Self-Defense Instructors

*The Warren Hills Regional School District challenges and empowers a diverse student body
in a supportive learning environment by providing academic and extracurricular opportunities
to become successful, productive members of the global community.*

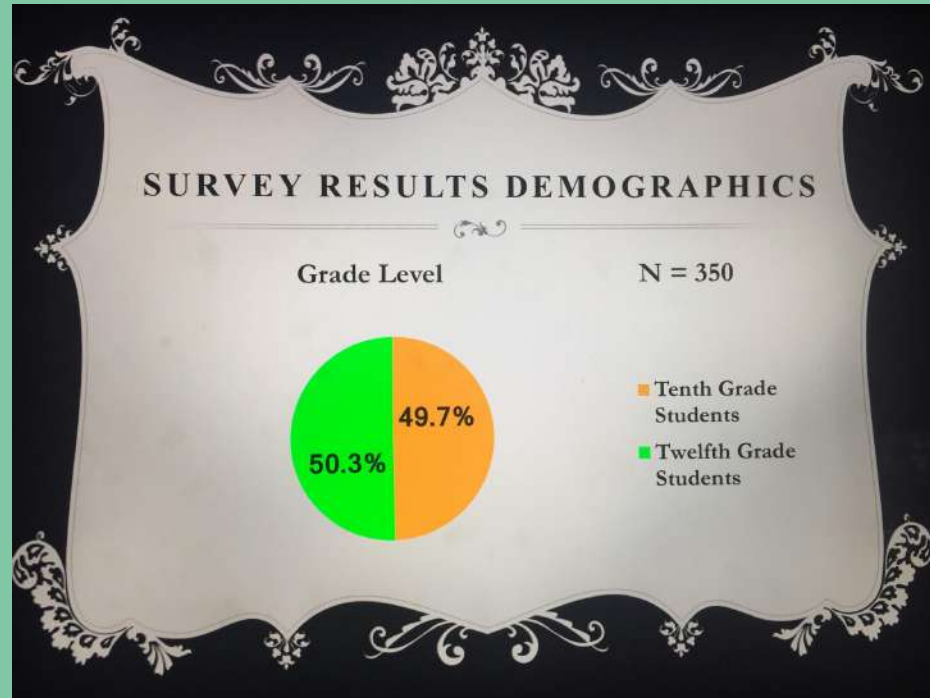




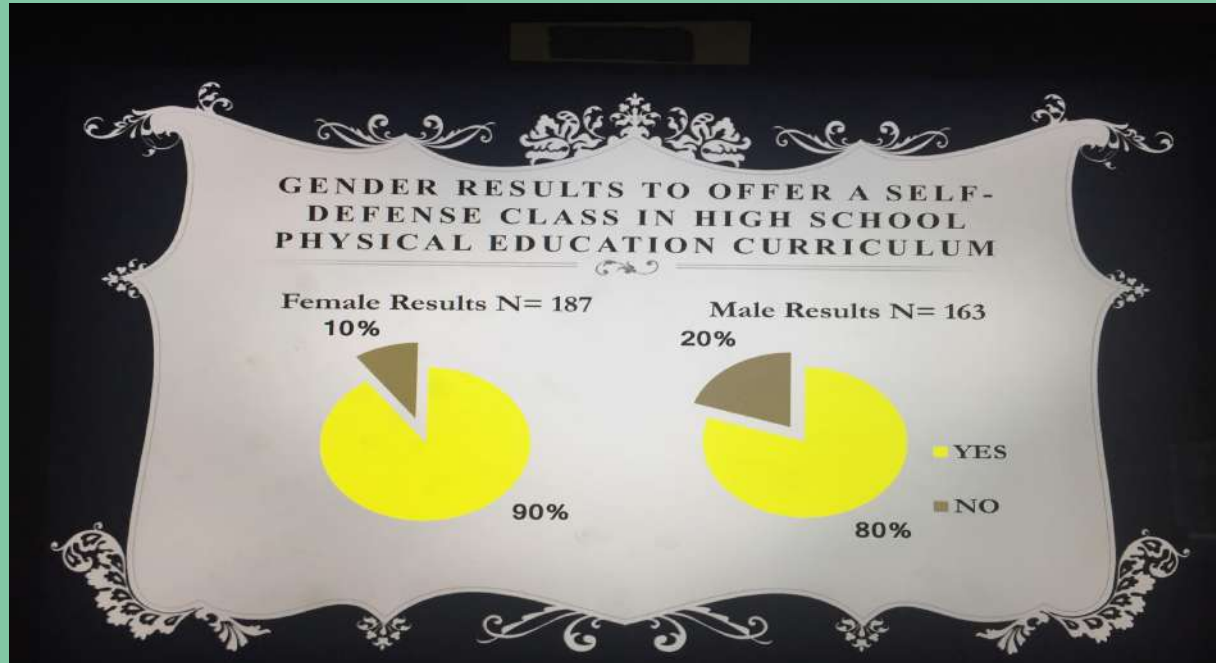
Research From Needs Assessment Results!



Results



Results



Results

SURVEY RESULTS

❖ Among the 187 female students, 90% were in agreement with offering the Self-Defense course.

❖ Among the 163 male students, 80% were in agreement with offering the Self-Defense course.

Conclusion of Research Study!

CONCLUSION

Therefore, as one can see the potential benefits of this needs assessment investigation include helping students:

- Be more **Aware** of their surroundings
- The need for basic **Self-Defense** skills
- To increase their **Self-Confidence**
- **Protection** of one's **Safety** in potentially unsafe conditions.

Precede-Procede Model

IMPACT EVALUATION

❖ At this point within the Precede-Proceed Model, the local school district would be making decisions on how the intervention would be conducted within the High School Physical Educational curriculum according to state standards, goals, objectives, Middle States and Best Practices.



Funding Suggestions!

Title I Funds

Planning HPE Budget for annual equipment, etc...

Funding Support from Booster Club

Funding and Support from (PTSA) Parent Teacher Student Association

High School Clubs and Collaborative Fundraising

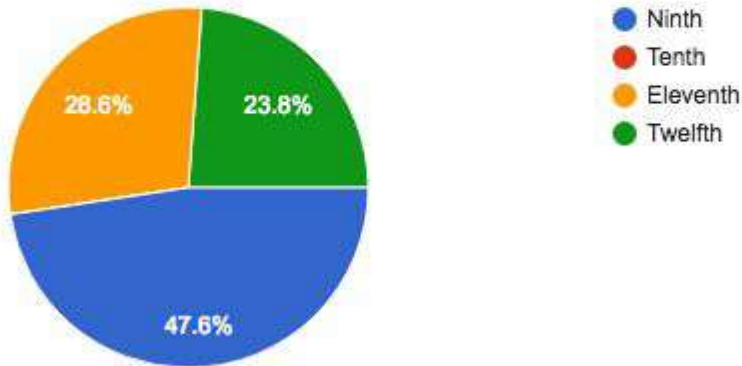
Local Law Enforcement Collaboration and Support for funding.

Local Domestic Sexual Abuse Shelters/Local Hospitals

Recent “2017-2018” Semester R.A.D. Class Evaluations

What is your present grade level?

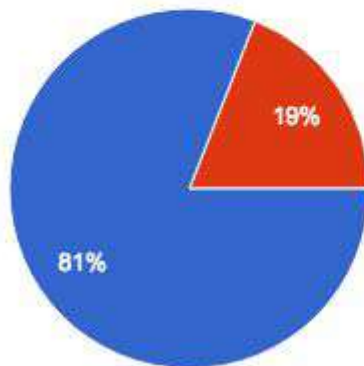
21 responses



Recent R.A.D. Class Evaluations

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

21 responses

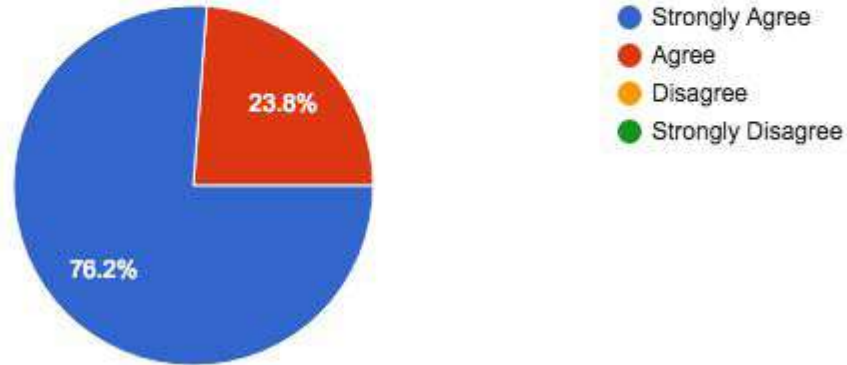


- Strongly Agree
- Agree
- Disagree
- Strongly Disagree

Recent R.A.D. Class Evaluations

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

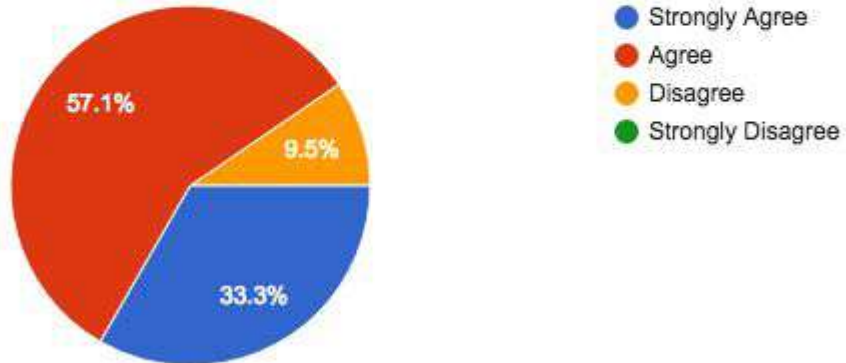
21 responses



Recent R.A.D. Class Evaluations

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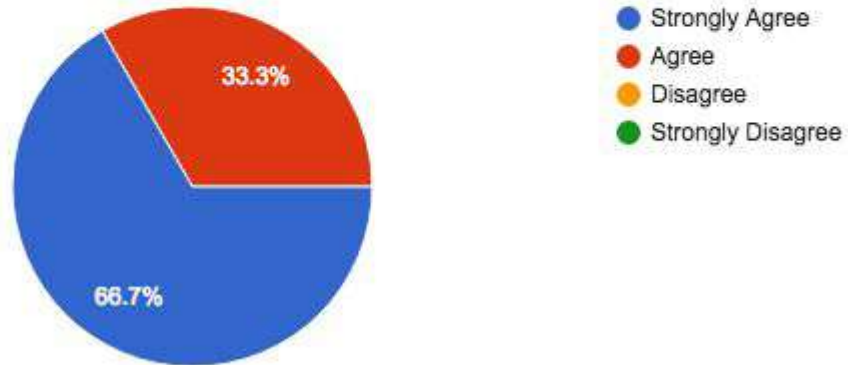
21 responses



Recent R.A.D. Class Evaluations

I would know what to do if I was walking alone and notice someone is following me.

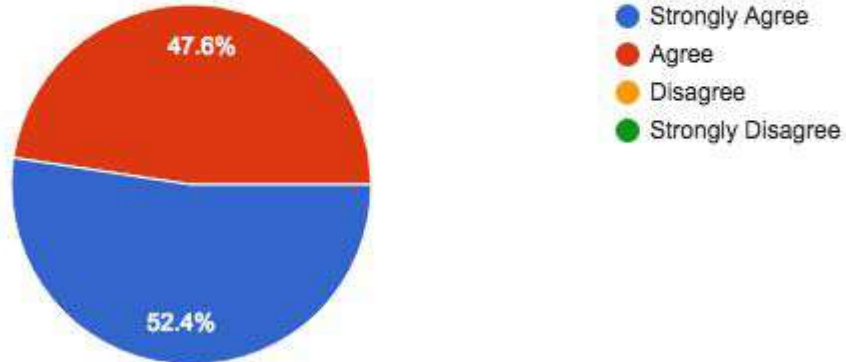
21 responses



Recent R.A.D. Class Evaluations

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

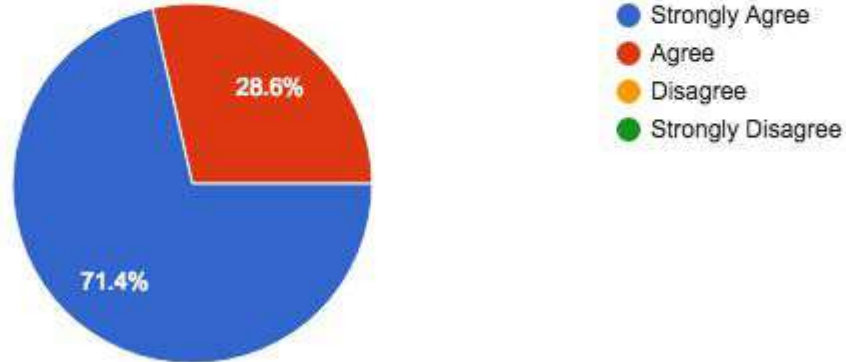
21 responses



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.

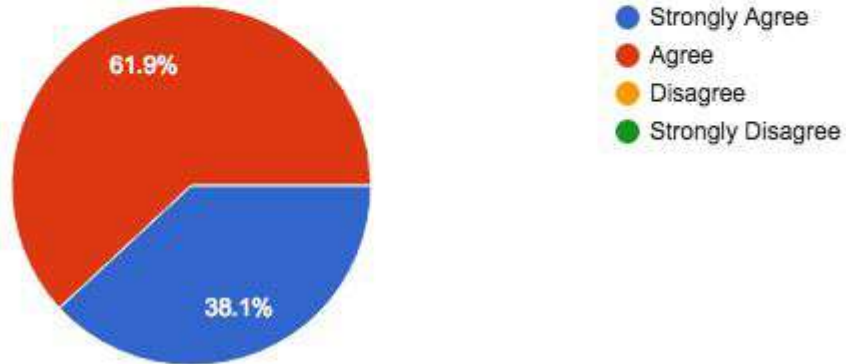
21 responses



Recent R.A.D. Class Evaluations

I would 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 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

