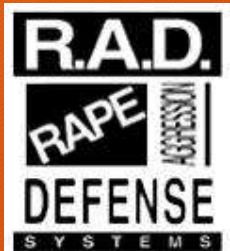
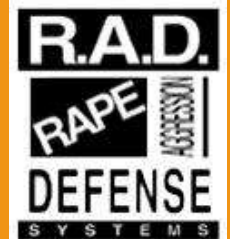


# *The Benefits of Implementing this International Prevention Curriculum In Schools!*

## R.A.D. Systems



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2017 SHAPE Teacher of the Year  
( Oak Park and River Forest High School, Chicago, IL)

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(Warren Hills Regional High School, Washington, NJ)



**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 the International R.A.D. Systems Curriculum and this Presentation!*

<http://www.rad-systems.com>

# Overview:

- This session will provide one with knowledge of the R.A.D. Systems International programs involving violence prevention education and dynamic self-defense skills you should teach your students.
- Additionally, you will hear the success stories of high schools across the nation that implemented this needed prevention education curriculum.



# Session Objectives:

- Examine various components of R.A.D. Systems.
- Discuss the success from other schools that already implemented R.A.D. Systems in their Health & Physical Education curriculums.
- Discuss why we should implement R.A.D. Systems in our New Jersey schools.

# History of R.A.D. Systems

This violence prevention program was created in 1989.

[http://www.rad-systems.com/rad\\_programs.html](http://www.rad-systems.com/rad_programs.html)



[http://www.rad-systems.com/program\\_locator\\_student.html](http://www.rad-systems.com/program_locator_student.html)

INSTRUCTOR COURSES

## R.A.D. STUDENT PROGRAM LOCATOR

You Can Do This.

This page contains a list of R.A.D. programs and web sites that provide R.A.D. Student Classes. This is only a partial list of programs and web sites that have requested we list them. If you run a R.A.D. program that is not listed, please email your information to [webmaster@rad-systems.com](mailto:webmaster@rad-systems.com) to get your program listed.

If you are having trouble finding a program near you, please contact the appropriate State or Regional Director for more information, or contact the RAD Systems Coordinator at (225) 791-4430. In Canada, please call the Director of R.A.D. Canada at (780) 448-2825.

### STATE PROGRAMS

Alabama	Illinois	Montana	Rhode Island
Alaska	Indiana	Nebraska	South Carolina
Arizona	Iowa	Nevada	South Dakota
Arkansas	Kansas	New Hampshire	Tennessee
California	Kentucky	New Jersey	Texas
Colorado	Louisiana	New Mexico	Utah
Connecticut	Maine	New York	Vermont
DC	Maryland	North Carolina	Virginia
Delaware	Massachusetts	North Dakota	Washington
Florida	Michigan	Ohio	West Virginia
Georgia	Minnesota	Oklahoma	Wisconsin
Hawaii	Mississippi	Oregon	Wyoming
Idaho	Missouri	Pennsylvania	Puerto Rico

### INTERNATIONAL PROGRAMS

Canada	Egypt	United Kingdom	Switzerland
Japan	Okinawa		



# Steps to Navigate R.A.D. Website!

1. Google RAD Systems
2. RAD Programs
3. Program Locator
4. Annual Conference
5. The Suit
6. About Us (Team)
7. Instructors (access manuals after certification)

<http://www.rad-systems.com>



# R.A.D. Systems Programs

- R.A.D. for Women (Physical Defense)
- Advanced Self-Defense
- Aerosol Defense Options
- Keychain Defense Options
- R.A.D. for Men
- R.A.D. for Teens
- R.A.D. for Senior Citizens
- R.A.D. Weapons Defense Systems

# Why implement R.A.D. in your School District?

- 90% of Self-Defense is EDUCATION
- Decision-Making Skills
- Conflict Resolution Skills
- Improve Self-Confidence
- Empowerment
- Learn Dynamic Skills
- Survival Skills (Back-up plan)
- Decrease Liability



# What Other Skills are Taught through the R.A.D. Curriculum?

- Risk Awareness
- Risk Recognition
- Risk Reduction
- Risk Avoidance

# R.A.D. Self-Defense Skills

- A variety of dynamic skills are taught and practiced throughout the curriculum to anticipate certain potential life-threatening scenarios.
- Teach students to Escape & RUN!!!! (We DO NOT teach tactile training, no restrain and hold).

<http://www.rad-systems.com>



## R.A.D. meets all of the National Coalition Against Sexual Assault (NCASA) guidelines

**1. Women do not ask for, cause, invite, or deserve to be assaulted.** Women and men sometimes exercise poor judgment about safety behavior, but that does not make them responsible for the attack. **Attackers are responsible for their attacks and their use of violence to overpower, control, and abuse another human being.**

## NCASA GUIDELINES CONTINUED

**2. Good self-defense programs do not "tell" an individual what she "should" or "should not" do. A program should offer options, techniques, and a way of analyzing situations. A program may point out what USUALLY works best in MOST situations, but each situation is unique and the final decision rests with the person actually**



## NCASA GUIDELINES CONTINUED

**3. Whatever a woman's decision in a given self-defense situation, whatever action she does or does not take, she is not at fault. A woman's decision to survive the best way she can must be respected. Self-defense classes should not be used as judgment against a victim/survivor.**

# *BEYOND THE PHYSICAL*

Oak Park and River Forest High School

- ▶ Self-esteem: building their internal voice
- ▶ Identity
- ▶ Bullying
- ▶ Cyber-safety
- ▶ Gender roles
- ▶ Sexual harassment
- ▶ Healthy vs. unhealthy relationships
- ▶ Dating and domestic violence
- ▶ Consent
- ▶ Victim blaming
- ▶ Sexual assault
- ▶ Coping strategies
- ▶ “Traditional” risk reduction strategies



# OPRFHS PROGRAMS

- ▶ SD class that EMPOWERS girls and boys
  - ▶ 25 years plus
  - ▶ 9 week class
  - ▶ 9<sup>th</sup> – 12<sup>th</sup> graders
- ▶ Now required for all Sophomore girls & Sophomore boys
  - ▶ Health Class 9th grade year
  - ▶ “College Lens” 11<sup>th</sup> and 12<sup>th</sup> grades
  - ▶ Consent Review Jr./SR. years

# Warren Hills Regional High School

(Washington, NJ)

- High School located in Warren County, New Jersey
- Offered R.A.D. for Females Self-Defense as a Physical Education Elective since the Fall of 2014
- 18 Weeks (Semester Course)
- 9 Weeks in Classroom & 9 Weeks in Gym
- Offered to female students in 9th-12th grades
- Currently in the process of implementing a R.A.D. for Men in the near future.



# How Did R.A.D. arrive at Warren Hills Regional High School in New Jersey?

- Completed a R.A.D course myself as a student, while attending graduate school Fall 2012.
- Master of Public Health Research Thesis on Violence Prevention.
- Conducted Needs Assessment within the school district.
- Approval through Supervisor, Administration, Superintendent and Board of Education.
- Instructor Certification Training of Physical Education Teachers.

# The Warren Hills Regional School District R.A.D. Instructors



***R.A.D. Headquarters Instructor Trainers to certify our staff in June of 2014!***



# Warren Hills Regional High School

*1st R.A.D. Physical Education Class 2014-2015*



# Warren Hills Regional High School District 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."*

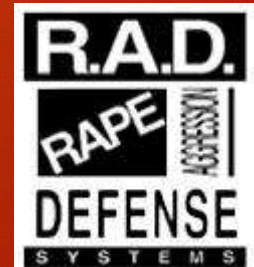
*"This course was fun overall. Hope this course continues throughout the years."*

*"I improved on my confidence after simulation."*

*"Made me more confident"*



## It's Simulation Time!



## R.A.D. Collaboration among other States!



(New Jersey, New York & Pennsylvania Certified R.A.D. Volunteers to help with R.A.D. Simulation)



# R.A.D. Class Testimonial



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

*(Warren Hills Regional 10th grade student)*

# Why implement R.A.D. Systems in the New Jersey School Curriculum?

- Multiple Accreditations
- Free Lifetime Return & Practice Policy
- Evidence-based skills to increase the following: Confidence, empowerment, bonding friendships, self-awareness, emergency preparedness backup plan, de-escalation of potential life-threatening situations and survival skills.
- Collaboration with local and state Law Enforcement!

Motto: *“I Will Survive!”*



## *Additional Credible Reasons to Add R.A.D. Systems to Your Health & Physical Education Curriculum!*

### **R.A.D. Aligns With the Following Standards:**

**National Physical Education Standards (5)**

**New Jersey State Standards (28)**

**New Jersey Legislative Statutes (4)**

Let's *Prepare* & *Protect* our  
Students!

**Thank you**

Linda Carlson Email: [LCarlson@opfrhs.org](mailto:LCarlson@opfrhs.org)

Kim Eilenberger Email: [eilenbergerk@warrenhills.org](mailto:eilenbergerk@warrenhills.org)



Extra Slides!

If time permits...

# National SHAPE Health & Physical Education Standards

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

**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.



# New Jersey Comprehensive 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*

# New Jersey 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>