

# Rape Aggression Defense (RAD) Program

## About RAD

The Rape Aggression Defense (RAD) system is a program of realistic self-defense tactics and techniques for women. The RAD system is a comprehensive, women-only course that begins with awareness, prevention, risk reduction and risk avoidance, while progressing on to the basics of hands-on defense training. RAD is not a Martial Arts program.

## Our Instructional Objective

"To develop and enhance the options of self-defense, so they may become viable considerations to the woman who is attacked."

A typical Wolfeboro Police RAD class consists of 4, 3-hour classes. The first session is classroom oriented in nature and used as a building block for the program. The second and third sessions are hands-on, practical instruction in physical tactics to use if attacked. The last session is a simulation where participants use the tactics on a person wearing a "red suit" so the person can fully practice what she has learned.

## Common Questions

**Q.** Do I need any prior experience to attend this class? Do I need to be in top physical shape to participate?

**A.** No. This program is designed for the average woman with no previous experience or background in physical skills training. We believe R.A.D. is a valuable experience to train women in tactics to help protect themselves.

**Q.** Is there an age requirement?

**A.** Participants must be at least 13 years old. Women ages 13-17 will need parental permission to participate.

**Q.** What is the cost?

**A.** The RAD Course is free to participants.

**Q.** What should I wear to the classes?

**A.** We recommend participants wear some form of athletic pants and T-shirt, and comfortable athletic sneakers. It is important that the clothing be well-fitting, breathable active wear.

**Q.** Do I have to attend all four classes?

**A.** Yes. The classes are sequential and build upon what you learn in the previous class, so it is important to attend all of them.

## Participate

If you would like to participate in an upcoming class, or be added to a list to be notified of any upcoming classes, please contact SRO Officer Mary Devine at (603) 569-1444 [mdevine@wolfeboroplace.org](mailto:mdevine@wolfeboroplace.org).

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