

## THE DEFENSIVE MINDSET IS THE MINDSET THAT SAYS, "I WILL SURVIVE."

*Some recent student comments...*

- "very good information on date rape: overall a very empowering course."
- "the feeling of accomplishment after the final class was worth the practice and training during the previous classes."
- "possibly increase intensity level in earlier sessions—overall a great opportunity to gain confidence and knowledge of various techniques. Thank you very much."
- "very effective—empowering, definitely worth-while."

For further information, please call the University Police Dept at:

(978) 934 2398

(978) 934 4242

[police@uml.edu](mailto:police@uml.edu)



Never Give In.  
Never, Never, Never!  
Never Yield In Any Way,  
Great Or Small,  
Except To Convictions  
Of Honor And  
Good Sense.  
Never Yield  
To Force And  
The Apparently  
Overwhelming Might  
Of The Enemy.

*—Winston Churchill*

UMass Lowell **POLICE**

**R.A.D.**

**RAPE**

**AGGRESSION**

**DEFENSE**®



**Classes Start Soon!**

## RAPE AGGRESSION DEFENSE SYSTEMS

The UMASS Lowell Police Department is pleased to offer a self-defense class for the female members of the University community. The RAD program is now in its 15th year and has provided many women the skills and confidence to avoid and, if necessary, confront those individuals who would attempt to harm them. RAD was conceptualized as a result of UMASS Lowell's desire to offer more than workshops on safety and avoidance techniques. As a result, RAD is part of the many services offered by the University Police Department to the community.

The Rape Aggression Defense System advocates realistically employable tactics, without the time investments, ceremonies or mystical concepts of the martial arts. It is based on carefully selected defensive tactics with helpful guidelines for continued personal growth. It is a class that you will never forget and can use for the rest of your life.

Updates are offered to participants at no charge.



## WHEN 'NO!' ISN'T ENOUGH

Classes are for 2 weeks and meet twice a week for three hours in duration. The instructors are certified self-defense staff members who are also on staff with the University Police Department at Lowell.

We will examine trends in dating and sexual violence as these issues relate to College and University life. From there we will discuss issues surrounding the concepts of Prevention and Avoidance techniques and have the students participate in drills that will motivate and empower them to take charge of their personal protection. This is to encourage participants to practice and hone skills learned at the basic program. All attendees must be registered prior to the first class. Fill out the application to the right.

Classes will start promptly at 6:00 PM in the Rec Center. Participants will secure a space in class with a \$25.00 deposit which will be refunded at the final session.

Participants are limited to the first 20 members—submit your application today!

# DEVELOP YOUR PLAN OF ACTION NOW!

## APPLICATION FORM

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: (     ) \_\_\_\_\_

Status:     \_\_\_\_\_ Student     \_\_\_\_\_ Staff

          \_\_\_\_\_ Faculty     \_\_\_\_\_ Other

Signed: \_\_\_\_\_

**Fill out the application form and send to:**

University Police Department  
ATTN: ~~Sergeant Robert Gagne~~  
One University Avenue  
Lowell, MA 01854  
OR through inter-campus mail

**Please make copies and pass along.**