



# North Forest Independent School District Police Department

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## Press Release

The North Forest Independent School District Police Department will begin offering a self defense course for women. **R.A.D. – Rape Aggression Defense Systems**, is a program that teaches women defensive concepts and techniques against various types of assaults utilizing effective self defense tactics.

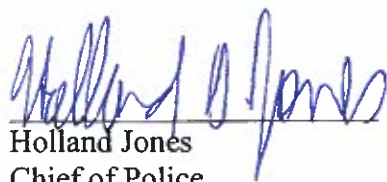
This course is taught by the police department in three separate sessions. Each session is four hours in length. During these sessions, awareness, avoidance, prevention, and risk reduction are taught. The R.A.D. approach to personal safety education embodies a practical blend of threat avoidance strategies and real-world assault resistance tactics for women. The focus of the R.A.D. course of instruction is on the development of easily-mastered personal safety skills which can be safely practiced within a comfortable learning environment, and the coupling of those physical skills with a threat assessment process which will increase physical safety awareness. The R.A.D. program is not martial arts or a traditional self-defense course. The overall goal is to reduce victimization through informed decision making and sensible action.

The class will be hands-on training. These skills are practiced and developed over 3 sessions. During the third session, simulated assault scenarios are conducted. During these simulations, women can use the skills they have developed in a safe training environment.

All students who complete the course receive a **lifetime return and practice policy** at any R.A.D. Basic Physical Defense Program offered anywhere, regardless of instructor. The student may return as often as she wishes, **free of charge**.

A tentative date for the R.A.D. will be held on June 11 from 9:00 am -1:00 pm, June 12 from 9:00 am- 1:00 pm and June 13 9:00 am- 1:00 pm.

**If you are interested in enrolling or would like further information, please contact Police Officer J. Ballard via email at [jocelyn.ballard@nfisd.org](mailto:jocelyn.ballard@nfisd.org) or call 713-633-2033.**

  
Holland Jones  
Chief of Police

North Forest Independent School District Police Department

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