



OUR DUAL MISSION

- To prevent crimes of sexual violence in our communities through programs of education and training, focusing primarily on awareness and prevention.
- To educate women on realistic options that will help them avoid, escape, and survive assaults if they occur.

1 Goal: Survive

2 Options: Give in or Get out

3 Things he could want...

4 RAPE is a four-letter word

5 Gimme Five ways not to look like a Victim

6 Trust your sixth sense

7 Seven-fold strategies for survival

8 Myths

9 Awareness + Risk Reduction = 9 / tenths of personal self-defense

10 Vulnerable Areas

11 Don't wait 'til the 11th hour

12 Elements of Physical Self-Defense

About The National Self-Defense Institute

NSDI is a Florida-based 501(c)(3) not-for-profit; it is a community service organization that works in collaboration with a growing national network of public safety departments, colleges, universities, public schools and a number of other organizations. NSDI is the Official Sponsor of National Personal Self-Defense Awareness Month every January.

See the Class Schedule

and sign up online at:
www.seminolesheriff.org

Questions?

Contact the Public Affairs division at
407-665-6880

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NATIONAL SELF-DEFENSE INSTITUTE SELF-DEFENSE AWARENESS AND FAMILIARIZATION EXCHANGE



SHERIFF
SEMINOLE COUNTY



“90% of Self-Defense is awareness, risk reduction and avoiding confrontation... only 10% is physical.”

S.A.F.E. Program Details

- **FREE** two hour class
- Introduction to basic self-defense
- Relaxed, non-intimidating environment, open to women of all fitness levels
- Participants should expect light impact physical activity
- Open to adult and teenaged women
- **NOTE:** Participants must be at least 13 years of age; participants under the age of 18 must be accompanied by an adult



STRATEGIES...

TECHNIQUES...

OPTIONS...

PREVENTION...

Why join a S.A.F.E. Class?

- Learn the basics of self-defense
- Understand the legalities of self-defense
- Meet other empowered women in your community
- Learn what behaviors can prevent crime
- Lower your risk against:
 - Stalking
 - Dating violence
 - Rape and sexual assault
 - Other violent crimes

Take one of our classes or schedule us to come to your group or organization.