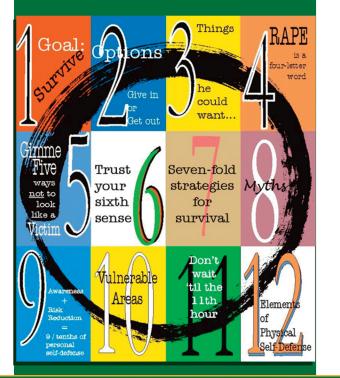


- To prevent crimes of sexual violence in our communities through programs of education and training, focusing primarily on awareness and prevntion.
- To educate women on realistic options that will help them avoid, escape, and survive assaults if they occur.



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

SAFE@seminolesheriff.org

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

SAFE

"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

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

VIOLENCE AGAINST WOMEN

STRATEGIES...

TECHNIQUES...

PREVENTION

OPTIONS...

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.