

DAVIDSON COLLEGE CAMPUS POLICE DEPARTMENT

R. A. D.

I. R.A.D. Objective

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

II. Why Women Only

- A. If open access was allowed to the basic class the potential would exist for one of us to convey our defensive philosophy to a rapist.
- B. Assaults against men are generally very different than most assaults on women.
- C. Most of the women who enroll in our basic programs know very little about physical defense, and in some cases self defense and even assertiveness may be something that is contrary to their life experience.
- D. During the development of the basic physical skills such as bear hugs, ground defense, close chokes, and moderate techniques for social contacts, students are often required to work with one another, which inevitably means there will be a certain amount of bodily contact.
- E. In late 1989, when the R.A.D. Systems started to come together, the most immediate need at hand was an affordable, accessible, realistic program for women.
- F. In addition to the above five points of justification, it is important to remember that Title IX of the U. S. Code addresses access to course offerings and specifically outlines separation of sexes in physical education classes which involves bodily contact.

III. Statistics and Study

- A. Criminal Victimization in the U.S., 1988
 - 1. Victims took some sort of self-protective measure in 74% of the violent crime victimizations.

DAVIDSON COLLEGE CAMPUS POLICE DEPARTMENT

2. Rape victims were more likely to defend themselves than assault victims or robbery victims.
3. 123,850 women reported cases of rape or attempted rape. 41.3% of these incidents occurred in daytime and 58.7% night.
4. Rape victims took self protective measures 86.7% of the time.

B. U. S. Department of Justice, Bureau of Statistics—1991

Between 1973 and 1987, (14 years), over 2.3 million women reported sexual assaults in the United States. 71% of these victims avoided being raped by taking self-defense protective measures.

C. U. S. Department of Justice, Bureau of Statistics—1993

Rape victims took self-protective measures in 80.1% of cases in 1992. 58.2% of the rape victims felt that their self-protective measures helped their situation, (1992).

IV. Empowering Women

A. There are four key elements to empowering women:

1. Educate women.
2. Instill dependency on self.
3. Helping women understand their responsibility and importance of them making their own decisions.
4. Their self-realization of power.

Body

I. Sexual Assault Definitions

- A. Rape—Sexual intercourse with a person against her or his will, through force, threat and or intimidation.
- B. Sexual Assault—Sexual abuse/fondling/touching of a person in areas of the body considered, private, against her will, by force, threat, and/or intimidation.

DAVIDSON COLLEGE CAMPUS POLICE DEPARTMENT

- C. Forcible Sodomy—Oral intercourse (cunnilingus, fellatio, anilingus) or anal intercourse with a person by force, threat, and/or intimidation. (Against his or her will)
- D. Stalking—Legally, “a repeated course of conduct intended to cause fear of bodily injury or death.
- E. Date Rape—A rape that occurs on a date or romantic social event between two people.
- F. Non-Consent—A woman’s mental or physical helplessness or inability to give consent due to physical handicap or temporary impairment.
- G. Impaired Consent—An act of intercourse is rape if it occurs through the use of the victim’s mental incapacity or physical helplessness. If alcohol or drug use causes a person to be unable to consent to sexual intercourse, having sex with that person is rape.

II. Date Rape Mentality

III. The Four “Risk” of Personal Safety

- A. Risk Awareness
- B. Risk Reduction
- C. Risk Recognition
- D. Risk Avoidance

90% of self-defense is education.

IV. Risk Reduction Strategies

V. R. A. D. Continuum of Survival

VI. Weapons of the Body

- A. Hands
- B. Back of Head
- C. Forehead
- D. Elbow

DAVIDSON COLLEGE CAMPUS POLICE DEPARTMENT

E. Knee

F. Foot

VII. Targets of the Body (Vulnerable locations)

A. Eyes

B. Nose

C. Chin

D. Throat

E. Upper and Lower Torso

F. Forearm

G. Fingers

H. Groin

I. Shin

J. Top of Foot