



Rape Aggression Defense Training

Mom and Me Class



The 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."* Larry Nadeau, R.A.D. Founder

Do you know how to defend yourself against a larger and stronger male aggressor? Since 1998, the Denton Police Department has presented training for women only in Rape Aggression Defense. Certified R.A.D. Instructors and Denton Police Officers conduct the training.

Classes involve both lecture and training in techniques of physical resistance. Please dress comfortably. Class size is limited and are filled on a first come, first serve basis.

The class costs \$15.00 per student for the entire month to cover the cost of the student manual. Classes will be held at the Denton Public Safety Training Center, 719 E. Hickory St., Denton, Texas at the times listed below. For questions or to commit to the class, email or call the lead instructor at the contact info listed below:

The Mom & Me Rape Aggression Defense class is for girls ages 12-16 yoa with an adult female companion. This class differs from regular RAD in that we discuss sexting, dating violence, etc. for teens

For ages 12 and up (must be accompanied by a female adult: July/August - Wednesdays – July 12, 19, 26, and Aug 2, 2017 from 6-10PM. For information or to commit to the class, contact Sergeant Rachel Fleming at (rachel.fleming@cityofdenton.com or 940-349-7968)