



R.A.D. – The National Standard in Self Defense Education

The Rape Aggression Defense (R.A.D.) System is a program of realistic self-defense tactics and techniques for women. A comprehensive, women-only course, R.A.D. training begins with awareness, prevention, risk reduction and risk avoidance before introducing the basics of hands-on defense training.

Courses are taught by nationally certified R.A.D. instructors and provide each student with a workbook and reference manual. These materials outline the complete Physical Defense Program for reference and continuous personal growth. A free lifetime return and practice policy is available to all R.A.D. graduates.

R.A.D. Facts

- Created in 1989
- Taught at police departments across the U.S. and Canada
- Nearly 6,000 instructors certified nationwide
- Automatic recertification option
- Structured, safe curriculum in an educational format
- Litigation support policy
- Lifetime membership for every student
- Organizational/administrative support
- Training is easy to teach, easy to retain



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R.A.D.

Rape Aggression Defense System

Presented by
The University of Tulsa
Department of Campus Security



Rape and Sexual Assault

To date, R.A.D. has trained more than 900,000 women as it works to promote the prevention of sexual assault and rape. Sadly, one out of every six American women has been the victim of rape or attempted rape in her lifetime, and 80 percent of rape victims are under the age of 30. Sexual assault reports are equally alarming; every two minutes, someone in the United States is sexually assaulted, totaling close to 208,000 victims each year. Women should take precautions and take note of the following common trends associated with rape and sexual assault:

- Approximately 2/3 of sexual assaults are committed by someone known to the victim
- 38 percent of rapists are a friend or acquaintance
- 47 percent of rapes occur when both the victim and the perpetrator have been drinking
- 40 percent of sexual assaults take place in the victim's home
- All rapes, 39 percent of attempted rapes and 17% of sexual assaults against females result in injured victim

The mental, physical and emotional effects of rape and sexual assault pose an elevated risk for serious, long-term health issues such as depression and post-traumatic stress disorder. Sexual assault and rape victims are:

- 13 times more likely to abuse alcohol
- 26 times more likely to abuse drugs
- 4 times more likely to contemplate suicide



The Economic Effects of Rape and Sexual Assault

Many women are unaware of the economic losses 1 in 11 victims experience as the result of sexual assault and rape. The average economic loss is at least \$200, and nearly 7 percent of victims reported losing time from their jobs.

Sexual Assault Trends

Sexual assault can occur at any time of the day, but 43 percent of cases are reported between 6 p.m. and 12 a.m. A total of 33 percent take place between 6 a.m. and 6 p.m., and 24 percent occur between 12 a.m. and 6 p.m. Bottom line, the risk of rape and sexual assault exists at all hours of the day, and women should take the preventative actions necessary to avoid an attack.

Learn more about self-defense and sign up for a R.A.D. class by contacting TU's Office of Security at 918-631-5555 or email RADtraining@utulsa.edu.

