

College Campus Safety Guidelines And Recommendations

From the National Center for Victims of Crimes

- Don't walk alone after dark.
- Be alert! Look around you; be aware of who is on the street and in the area. Make it difficult for anyone to take you by surprise. (Blaring stereos, wearing headphones, radios, etc. make you vulnerable.)
- Whenever possible, it's a good idea to "dress for safety." This means wearing loose-fitting clothing and comfortable shoes that make walking and running easier.
- Stay on populated, well-lighted streets, stay out of shadows.
- If a car follows you or stops, change directions; walk or run toward people, stores, or a house if necessary.
- If you are near a public phone, call the emergency number 911 or your campus police number whenever you feel that you're in danger.
- If you must walk through the campus alone at night, call the campus police and request an escort.
- Before you get into your car at night,

be sure to scan underneath it for a potential attacker. If you see someone lying under your car, walk past it quickly and seek help.

- Carry a flashlight with you at night. This not only helps you to see, it also serves as a good weapon if it proves necessary.
- Take self-defense classes!



Photo by Mari Hill

Don't let this be you!

No. Come on. No. What's wrong? Nothing. Then come on. No. Please. No. It'll be great. You know you want to. No I don't. Yes, you do. No. Well, I do. Please stop it. Do you love me? I don't know. I love you. Please don't. I know you'll like it. No. Why not? I just don't want to. Come on. I said no. I bought you dinner, didn't I? Please stop. Come on, just this once. No. Please. No. But I need it. Don't. I know you need it too. Don't. What's wrong? Nothing. Then come on. No. It'll be great. Please stop. Come on. No. You got another guy? No. Then come on. No. But I love you. Stop. I've gotta have it. I don't want to. Why? I just don't. Are you frigid? No. You gotta loosen up. Don't. It'll be good. No it won't. Please Don't. But I need it. No. I need it bad. Stop it. I know you want to. Don't. No. Come on. No. You'll like it. No. I promise. No. Don't say that. No. Come on. No. I really need it. Stop. You have to. Stop. No, you stop. No. Take your clothes off. No. Shut up and do it. NOW!

Methodist College Gets RAD This Fall

By Cindy S. Bridges
Editor

The Methodist College Police and Public Safety Department will offer Rape Aggression Defense (RAD) training this fall. RAD is a nationally recognized program of self defense developed by campus law enforcement professionals and designed specifically for women.

The primary goal of the RAD program is, in the words of Lawrence Nadeau, the Rape Aggression Defense Systems founder, "to develop and enhance the options of self-defense, so they may be viable considerations to the woman who is attacked." The RAD program is a comprehensive course for women that starts with awareness, prevention, risk reduction and avoidance, while progressing on to the basics of hands-on defense training.

According to Bart and O'Briens' publication, *Stopping Rape: Successful Survival Strategies*, the most often used strategy for avoiders of rape "appears to have been a combination of screaming and use of physical resistance." The RAD program offers no-nonsense, practical techniques of defense and provides static, fluid, and dynamic hands on training. RAD is not, however, a Martial Arts program and it is only offered to women.

The course at Methodist College will be taught by certified RAD instructors. Security officers, Sgt. Janet Bird and Officer

Linda Mason, became certified in this program in August of this year. They attended the Rape Aggression Defense Instructor's Course at Wake Forest University.

The Police and Public Safety Department, Student Life, Residence Life, and the Student Activities Committee, all contributed towards sending these officers to the training course.

Sgt. Bird stated that this course "is not about fighting." She emphasized that "it is about avoiding being raped." She said that the self-defense course was "to learn how to fend someone off so (a woman) could get away." Sgt. Bird said that the RAD program primarily helps improve a woman's confidence and self-esteem. "It teaches them to depend upon themselves." The RAD course will empower women through self-defense.

Officer Mason said that it "will benefit students to learn how to protect themselves."

Both of these officers believe that this will be a valuable experience for the women of Methodist College. The class is limited to 20 people at a time and will be nine hours in duration without simulation and 12 hours with simulation. The plan is to offer the training class once each semester. Participants of the class will receive a workbook/reference manual that outlines the entire physical defense program. The RAD program at Methodist College will be free to all



Photo by Cindy S. Bridges

Sgt. Bird and Officer Mason will instruct RAD course this fall

female students, faculty, and staff. Sgt. Bird hopes women will enroll in this course. "I want to give to others what I got out of the class."

The RAD program is being taught at colleges and universities all over the nation. The ease, simplicity and effectiveness of the tactics taught, thorough research, legal defensibility, and unique teaching methodology all contribute to the success of this program.

Dave Reece, Chief of the Police and Public Safety Department at Methodist College, stated, "I am very excited about the RAD program and the cooperation and support that we have received from the RHA, SGA, and other student organizations, as well as the offices of Student Life. With their continuous support we will continue to offer exciting and rewarding programs for the students of Methodist College."