



# Campus Safety Services

## Santa Clara University

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### **RAPE AGGRESSION DEFENSE (R.A.D.)**

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#### **THE FACTS ABOUT SEXUAL ASSAULT**

Some people have the wrong idea about sexual assault and rape. They think the attacker was overcome with sexual desire, the victim was dressed too seductively, or the victim asked for it. These ideas assume that sexual assault is motivated by sexual desire. It isn't. It's a violent crime, a hostile attack, an attempt to hurt, humiliate, and control the victim. Sex is only the weapon.

Sexual assault is the sexual abuse, fondling, and/or touching of a person in areas of the body considered private, against her or his will, by force, threats, and/or intimidation.

Rape is sexual intercourse with a person against her/his will through force, threats, and/or intimidation. Remember that there is a difference between consent and submission out of fear. If you fear for your life, your physical safety, or the life and safety of a loved one, you may sincerely believe you have no other alternative than to submit to a sexual act. This does not mean that you have consented to it; submission is not consent. The decision to resist or not to resist can only be made by the person who is attacked.

#### **THE VICTIM/SURVIVOR**

You are a victim of a crime if you have had unwanted sexual contact. Sexual assault is no less serious if you know your assailant. Previous sexual contact with your assailant does not justify or excuse the crime. If you think sexual assault is motivated by passion or happens because the victim asked for or wanted it, look at the facts. Sexual assault can happen to anyone, you, your children, co-workers, or friends, or other members of your family.

#### **THE SITUATION**

Perhaps you think sexual assault happens only in certain high-risk situations such as hitchhiking, walking alone at night, or going out socially alone. It's true that sexual assault can occur in such situations but it also takes place in ordinary, seemingly safe places. In fact, about one-third of all rapes occur in or near the victim's residence. About one-half of the rapes are by first or casual dates or romantic acquaintances.

#### **THE ASSAILANT**

It is important to be aware that most sexual offenders don't look abnormal or act strangely. In fact, perpetrators of rape and sexual assault are not always a stranger to their victims. In many cases, the assailant is an acquaintance, neighbor, friend or relative.

#### **THE CRIME**

I thought I could trust him; I thought he was my friend, I started feeling uncomfortable, but I ignored my feelings. I thought he would never do anything to hurt me. Suddenly, he was a stranger. He was doing something I never thought he would be capable of — my friend was raping me. -Sarah, 20-year old acquaintance and rape survivor.



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### **WHAT IS THE R.A.D. SYSTEM?**

The Rape Aggression Defense (R.A.D.) System is designed to help women become more aware of the possible dangers that can develop at anytime. It teaches them to prevent, reduce and avoid high risk situations. This course is not a martial arts course, but it does steadily develop women with the basics of hands-on training.

### **WHY IS R.A.D. YOUR BEST OPTION?**

R.A.D provides effective, yet basic options that allow women to feel confident about their own self-defense. If you're one of these concerned women then pick up the phone and call us (408) 554-5082.

### **WHY IS THE R.A.D. SYSTEM ON THE CUTTING EDGE OF SELF-DEFENSE TRAINING?**

- Established acceptable standards for female self-defense programs
- Offers no-nonsense practical techniques of defense
- Researched the effects of "The Fight or Flight Syndrome"
- Offers advanced self-defense courses that build upon the physical defense system
- Provides hands on training
- Certifies instructor from the community
- Has a litigation defense policy
- Offers programs at reasonable rates
- Every student receives a lifetime free return and practice policy
- The fastest growing women's self-defense system in the country

### **WHAT DOES THE SYSTEM TEACH?**

It is dedicated to teaching women defensive concepts and techniques against various types of attacks. It does this by utilizing easy, effective and proven self-defense/martial arts tactics. This system is thorough and will provide all women with the necessary skills to make a confident and educated decision about defense.

### **HOW ARE THE COURSES TAUGHT?**

Our courses are taught by a certified R.A.D. Instructor, and all students are provided with a workbook/reference manual. The manual outlines the program in detail and provides one with continuous step-by-step growth that helps the student reach full potential.

### **WHERE CAN I LEARN THE SYSTEM?**

R.A.D. Systems is currently being taught at many colleges and universities. It is growing at a rapid pace due to its simplicity, effectiveness and flexibility. It demonstrates a unique teaching methodology with solid research. SCU Campus Safety is now offering R.A.D. courses on campus. To find out more on when the future courses will be taught, please contact [scurad@scu.edu](mailto:scurad@scu.edu).



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### **HOW SHOULD ONE ACT IF ATTACKED?**

We operate on the premise that a violent attack will stimulate a natural reaction of resistance. We use this natural reaction and build upon that with our "The Flight or Fight Syndrome". This system is designed to show them that acquiring defensive skills is not only prudent but necessary if natural resistance is to be effective.

### **WHAT SHOULD I DO IF I OR SOMEONE I KNOW HAS BEEN ATTACKED?**

Many survivors of sexual assault don't know where to turn for help or what to do. You may be afraid or ashamed to talk to anyone, or want to act as though nothing happened. If you've been assaulted, get help quickly. Contact Campus Safety, (408) 554-4441.

### **WHAT CAN I DO TO PROTECT MYSELF?**

In order to increase your safety, there are many precautions you can take. Whether you are with acquaintances, going to your car, or walking alone, be aware of your surroundings. It's a good idea to know your defenses, to have a plan to defend yourself at all times, and to be alert, even when you are at home.

### **SEXUAL ASSAULT SELF DEFENSE**

Date rape prevention involves educating both young men and young women. Both men and women need to know that they have the right and responsibility to communicate clearly. Prior to a date, plan ahead to be prepared for risky situations. It is important to be alert in all situations. Make sure doors and windows are locked even when you are home. You must decide yourself what the best defense method is for you based on your capabilities. Knowing self-defense options, such as passive resistance, active resistance, yelling, fighting back and submitting to an attack will help you assess which is best for you.

### **RAPE AGGRESSION DEFENSE SYSTEMS (R.A.D.) CLASS**

This system is designed to help women learn self-defense. It consists of tactics that help women become more aware of the possible dangers that can develop at any time. It is dedicated to teaching women defensive concepts and techniques against various types of defense/martial arts tactics.

The system is thorough and will provide all women with the necessary skills to make a confident and educated decision about defense. Our courses are taught by certified R.A.D. instructors.

It is currently being taught at many colleges and universities. It is growing at a rapid pace due to its simplicity, effectiveness, and flexibility. It demonstrates a unique teaching methodology with solid research.

For more information or to register for the next class, contact us at [scurad@scu.edu](mailto:scurad@scu.edu).



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### COMMUNITY RESOURCES SEXUAL ASSAULT 24-HOUR HOTLINES

MidPenninsula YMCA Rape Crisis Center	(415) 493-7500
YWCA Rape Crisis Center	(408) 287-3000
South County Rape Crisis Center	(408) 779-2115

### SANTA CLARA COUNTY

District Attorney's Main Office	(408) 299-7500
North County (Palo Alto) Office	(415) 328-1173
South County Office	(408) 686-3600