

SAFE NOT SORRY



1 out of every 5 college women is a victim of sexual violence!!

DON'T BECOME A STATISTIC – FIGHT BACK!!!

The Holmdel Police Department, can give you the knowledge you need to reduce your risk of becoming a victim. Over four nights, you will learn the facts about:

- **Drug Facilitated Sexual Assault**
 - Risk Reduction Education by 180 Turning Lives Around Sexual Violence Victim Support Services Program
- **Self Defense Techniques**
- **Personal Defense Weapons**
- **Spring Break Safety**

Reducing your chances of a sexual assault may be as simple as being aware of your environment, and responding quickly to it. Young women, and their parents, will learn avoidance and awareness skills, and how to enforce boundaries, verbally and physically. The self-defense portion of the program is a “hands-on” lesson to teach you the techniques that can be used to increase your ability to avoid, respond, and escape from a sexual predator.

For further information, contact Patrolman Michael Pigott

mpigott@holmdelpolice.org

732-946-9690 ext. 1733