

The Sedalia Police Department

Presents the

Women's Assault Avoidance & Self-Protection Seminar

This year, there will be approximately 92,000 reported rapes, 1913 reported rapes and aggravated assaults on college students, and a woman assaulted every 32.25 seconds in the United States. This can happen at home, while shopping, on dates, conducting business, or on the college campus.

The Women's Assault Avoidance & Self-Protection program is intended to heighten a woman's awareness. Areas covered while learning self-protection and escape techniques are: the history of women's social issues, profiles of victims and assaulters, myths and facts, "acceptance and/or avoidance" of rape and assault, and defense systems.

The biggest point stressed in the class is learning how to avoid being a target. It isn't just how the attacker or suspect acts, but also how you present yourself that may determine if you might be a victim. Learning how to assess a situation and determining the proper course to take to minimize the risk is the best action. Even with all the precautions we take, the attack still might happen.

While the majority of attackers or suspects are not trained fighters, they can still hurt you. The techniques that the participants will learn (women only) are simple movements that use leverage not strength. These are techniques that can be successfully used by the majority of people, on the majority of the people, the majority of the time.

When: December 12, 2015 8:00 am – 5:00 pm

Where: Dependent on class size – Police Department training room or Sedalia Community Center Gym.

Please pre-register by 12/05/15:

Call: the Sedalia Police Department at 826-8100 or

Email: bbeard@sedaliapolice.com

Cost: Absolutely Nothing – just wear comfortable clothes and bring a water bottle. We will break for lunch.



Nobody can make you feel inferior without your consent. ~Eleanor Roosevelt