

**Fairfax County Police Department  
S.A.F.E. Women's Self Defense Program**



Sexual Assault Free & Empowered (S.A.F.E.) is a free women's self defense program offered by the Fairfax County Police Department. S.A.F.E. is dedicated to empowering women with knowledge to reduce the occurrence of sexual assault crimes. The program provides effective options by teaching women to take an active role in their own self defense and psychological well-being.

S.A.F.E. is a comprehensive course that begins with classroom instruction in risk awareness, risk reduction, crime prevention strategies, and defensive concepts followed by hands-on training in physical defense techniques. S.A.F.E. is not a martial arts program. Physical defense techniques that are easily learned, applied, and retained for all age and skill levels are taught. Students have the opportunity to test their new self defense skills in a simulated and controlled, yet realistic, environment. The courses are taught by certified S.A.F.E. instructors and include a take home-reference manual.

S.A.F.E. is offered to women 12 years of age and older. A female guardian must accompany females between the ages of 12 and 18. We have had the pleasure of training several senior citizens, the oldest being seventy-two. Survivors of sexual assault may take the course to help overcome fears and learn to regain control of their lives. As many students have stated "This program is a wise investment of your time."

Consider These Statistics:

- 90% of self defense is in the prevention of an attack;
- 90% of crime is opportunistic;
- Acts of violence occur every 15 seconds in the United States;
- Six million American women are beaten each year by their husbands or boyfriends and four thousand of those women are killed.

No men other than S.A.F.E. instructors are permitted to be present during a class. Children, husbands, and boyfriends are not allowed to attend or observe the program.

Many women want to take part in this type of training, but are concerned about the physical aspects of the course. The instructors take into consideration age and physical condition, promoting the safety of all participants. While no one can give you a 100% guarantee that injury will not occur, consider the following:

- To prepare for a possible assault, the training must be as realistic as possible.
- It's better to learn your limits and abilities in a controlled environment instead of in an actual assault.

The class is being offered at South Lakes High School, 11400 South Lakes Drive, on October 30, November 1, November 6 and November 8, 2006 from 6: 15 p.m. to 9:30 p.m. Please be prepared to attend all four classes. This is a first come basis, so call today 703-246-7806 to sign up.