



Self-Defense Awareness & Familiarization Exchange (S.A.F.E.) classes are available to all university students, faculty and staff.

Violent crimes are often crimes of opportunity. When you remove the element of opportunity, you reduce the risk of the crime. Self-defense is 90% mental preparedness; the other 10% is physical.

S.A.F.E. is a 2 hour program that provides women with personal safety information and an introduction to the physical aspects of self-defense. It is not a self-defense class. Prevention, options, strategies, and basic physical techniques are the key components of the S.A.F.E. program.

R.A.D (Rape Aggression Defense) is a 9 hour program. Classes consist of lecture and demonstration. None of the techniques are beyond the abilities of any dedicated woman.

Space is limited and all 3 classes must be attended.

For upcoming courses call FIU Crime Prevention at 305-348-6056 or email menesess@fiu.edu.

Special classes for groups can be arranged in advance by coordinating with the FIUPD Crime Prevention Unit.

Requirements to attend class: Your FIU ID and wear closed toe shoes.
RAD: Under 18 requires signed parental consent