



Violence Against WomenSM



Strategies... Techniques... Options... Prevention

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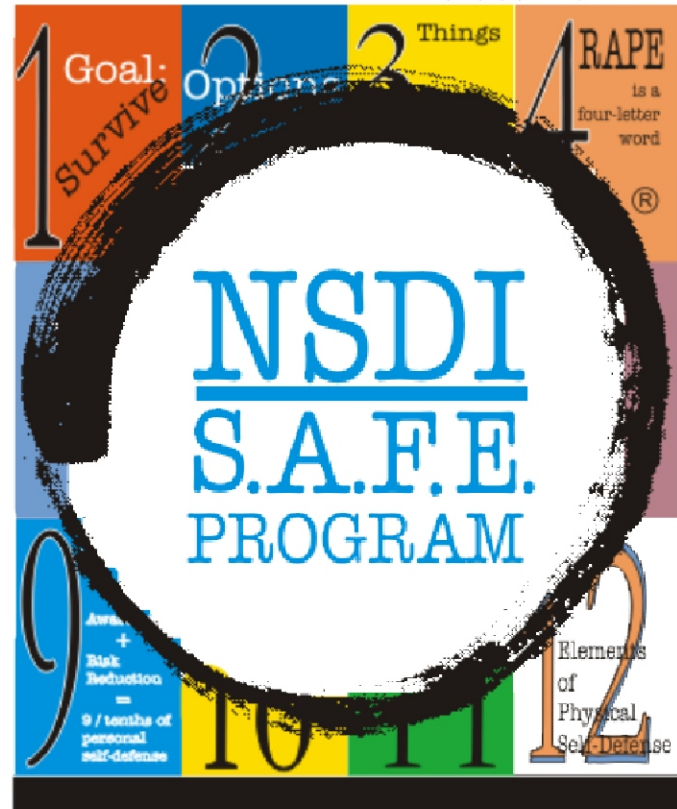
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National Self-Defense Institute, Inc. (NSDI)
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To prevent crimes of sexual violence in our communities through programs of education and training, focusing primarily on awareness and prevention...



OUR DUAL MISSION

To educate women about realistic options that will help them avoid... escape... and survive assaults if they do occur.



What is NSDI's 2-Hour S.A.F.E. Program?

An unparalleled educational “awareness” program with a physical familiarization option.

Key elements include:

1. NSDI's dynamic, super-graphic “13-piece folio” packed with safety info every woman must learn.
2. The 17-minute video that is shown as part of every program (which Emmy Award winning actress Sharon Gless of the 'Cagney & Lacey' TV series narrated as her contribution to the program!)
3. A 1 ½- hour familiarization with what physical self-defense is about -- by NSDI Trained and Certified S.A.F.E. Instructors.

“ Violent crimes are Crimes of Opportunity... remove the element of opportunity, you reduce the risk of attack. ”



“If you were targeted for a violent attack, you are guaranteed one thing: there will be one person there to defend you. That person is you ...and YOU are your best defense” -- quote from Sharon Gless,

Emmy Award-Winning Actress



90% of Self-Defense is Awareness, Risk Reduction & Avoiding Confrontation ... Only 10% is physical. ”

2 Hr. NSDI / S.A.F.E. PROGRAM BREAKDOWN /OUTLINE

Welcome

Brief Introduction of Instructor(s)

Introduce the NSDI /S.A.F.E. PROGRAM

Show Video

Hand out NSDI Printed Folios

Safety Rules explained (initial each item on form)

Release Forms signed (if not signed,

A woman can only watch)

Physical Technique Familiarization

- a. Explanation
- b. Demonstration
- c. Repetition
 - (1) By the Numbers
 - (2) Slow for Form
- d. Light Impact

Brief Summary and Closing

WHAT's the COST?



8-Hour Train-the-Trainer Course

Registration fee (for minimum group of 20)

@ \$185. Per Officer INCLUDES:

9-Hours Training & Certification,

Instructor Manual /with reproducible forms

(i.e. Release/Waiver form) for 2-Hr. Classes,

1 video per Agency & 2 full-color 13-pc. Folios

After Instructor Training, the only cost is for printed 13-piece Folios (which depends solely upon how often an Agency wants to facilitate the program) --

Cost of Folios range from \$3.50 to \$4.50 per woman depending upon quantity ordered.

**All Agencies have the OPTION of obtaining grants or local sponsors to fund their programs
OR**

Charging each woman participant up to a one-time \$5.00 fee to cover cost of materials.



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I predict that the number of women who will benefit from this unprecedented awareness/crime prevention program will ultimately be astounding, as you grow the program nationwide.

... Eileen LaHaie,
Program Director, Florida
Regional Community
Policing Institute (RCPI)
--Funded by the COPS
Office within the U.S.
Dept. of Justice.

The great success of this truly unique program is a testimony to your passion to prevent any future victimization of women and children. As each year goes by, more and more police departments and organizations will become exposed to the S.A.F.E. Program and how it provides an alternative to succumbing to personal victimization.

...William B. Berger,
Chief of Police, N.Miami Beach PD

As a police officer and certified ground fighting instructor, I find the S.A.F.E. Program to be a practical approach to women's self defense. This program is basic and applicable; S.A.F.E. is an important foundation for risk reduction in victimization.

...Karla Hines, Coral Springs PD

One of the best crime prevention programs to come down the pike in 5 years!

...Richard Barreto, Rt.
Chief of Police, Miami Beach PD

Without reservation, United Teachers of Dade would recommend to all organizations/companies the implementation of a self-defense awareness course offered through NSDI. They offer important, up-to-date information and training by professionals in their field.

...Shirley B. Johnson, Ph.D.

I write to give my full support and endorsement to NSDI and the Safe Program. I encourage your favorable review of their request for funding. The program fulfills a need to promote women's awareness of self-defense.

... Claudia Grillo, Sr. V.P., United Way of Miami-Dade

After reviewing your organization's mission, professional marketing materials and video presentation, I see that you have a program that can clearly help Hispanic women from becoming victims of crime.

... Wanda Colon-Mella, MBA
Hispanic Crime Prevention
Program, The Center for the
Administration of Justice,
Florida International University

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