



“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 three nights, you will learn the facts about:

- **Drug Facilitated Sexual Assault**
 - Risk Reduction Education
 - 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 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.

The Program is free of charge and open to High School Juniors and Seniors. It is held at:

Holmdel Community Center
6 Crawfords Corner Road
7:00 PM – 9:30 PM
**Monday, Tuesday & Wednesday:
April 3rd, 4th and 5th, 2017**
(Attendance at all 3 sessions is mandatory)

For further information, contact Lieutenant Michael Pigott
mpigott@holmdelpolice.org
732-946-9690 ext. 1742

Applications are available at www.holmdelpolice.org