

Self-defense program offers women valuable skills

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One in four women in college will be the victim of attempted rape during her college career. A woman is battered every 18 seconds in the United States.

These statistics alone are reason enough for women to seek out and learn effective tools to protect themselves. One of the best ways for them to acquire these tools is by taking self-defense classes, which are available on the Penn State Harrisburg campus.

Officer Jennifer Allshouse, community education coordinator for PSH's Safety and Police Services, instructs both S.A.F.E. (Self-Defense Awareness Familiarization Exchange) and R.A.D. (Rape Aggression Defense) programs on campus.

S.A.F.E. is a two-hour introduction to self-defense that provides women with basic tools, concepts and techniques to protect

themselves in the event of an attack.

The objectives of the training are to provide participants with information that may reduce their risk of exposure to violence and to familiarize them with basic skills to help them avoid and escape attack.

According to the National Self-Defense Institute (NSDI), 90 percent of self-defense is mental, while only 10 percent is physical. The S.A.F.E. program provides participants with both aspects of self-defense training.

Although it is only 10 percent of self-defense, physical preparedness is important nonetheless.

"We all carry weapons, and we all have access to them at all times," said Allshouse. During the S.A.F.E. training, Allshouse teaches women how to use these "weapons," which are different parts of the body, to protect themselves in five different ways. Participants should be prepared to use the power of their voices, which are also used as a tool for protection.

The program also teaches strategies that may prevent an attack from occurring. For instance, there are techniques women can employ to deter a potential attacker. According to materials published by NSDA, creator of the S.A.F.E. program, these techniques include looking alert, making eye contact and using assertive body language.

Although the S.A.F.E. program provides a great introduction to self-defense, said Allshouse, it is recommended that women proceed to a more intensive training, such as R.A.D. (Rape Aggression Defense). Allshouse also instructs R.A.D. trainings on

campus.

R.A.D. is a 12-hour intensive program that takes place over three days. It involves in-depth training using full pads and heavy contact. "The R.A.D. system gives women the knowledge to make an educated decision about resistance, and makes self-defense an effective option by teaching women to take an active role in their own self-defense and well-being," said a pamphlet provided by Safety and Police Services.

Jennifer Galli, a psychology major at PSH, has taken the S.A.F.E. course twice. "I liked it the first time, so I decided to take the class again. I'm living off campus on my own, so I wanted to take an extra precaution," she said.

Programs like S.A.F.E. and R.A.D. are offered all over the country to teach women self-defense techniques. However, is all this training really necessary? Absolutely.

A woman is raped every two minutes in the United States, said Allshouse. According to the Pennsylvania Coalition Against Rape (PCAR), one in four adult females will be sexually assaulted, and women between 16 and 24 are the most likely victims.

According to PCAR, only 31 percent of all rapes and sexual victimizations between 1992 and 2000 were reported to police. Whether or not a rape or sexual assault victim chooses to report their attack, there are helpful resources available. If you need help or are interested in more information, you can contact PCAR at (800) 772-PCAR. In Dauphin County, the YWCA's



Photos by Kelly Nagurny

Graduate psychology major Michelle Graff practices a self-defense move as Officer Allshouse holds a pad. The technique is one of five moves participants learn in the S.A.F.E. training.



Officer Jennifer Allshouse demonstrates a self-defense technique.

Rape and Crisis Services can be reached at (800) 654-1211. On campus, Safety and Police Services are available at (717) 948-6232.

Other useful resources include the Pennsylvania Coalition Against Rape's Web site, www.pcar.org. Also visit the National Self-Defense Institute at www.nsd.org. Educating yourself could mean the difference between survival and death. "You are your best defense," said the NSDI.

Although I am breaking journalistic law, I would like to take a moment to step out from behind my third person veil to speak

directly from writer to reader (specifically female readers). Programs like S.A.F.E. and R.A.D. are extremely important for women to attend. Many of us might think "it can't happen to me," but the truth is that it absolutely can happen to anyone. In a 2-hour S.A.F.E. session, I learned skills that could save my life. It is so important that you take the time to learn the same skills that could potentially save yours.

To learn more about the S.A.F.E. and R.A.D. programs or to register, contact Officer Jennifer Allshouse at jau1@psu.edu.

Campus Rape Statistics

- Acquaintance rape is more common than left-handedness, heart attacks or alcoholism
- One in four college women are the victims of attempted rape
- 80% of rapes by college students involve a victim the offender knows
- Acquaintance rape on college campuses involves a male under the influence of drugs or alcohol 75% of the time; over 50% of women victims reported being intoxicated or "mildly buzzed"

*Source: Pennsylvania Coalition Against Rape

Hurst's message makes its rounds

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Your Boobies an official organization in the future. "I would like this to be my full-time job at some point," said Hurst. "Right now it's just me and my dad." Hurst's father works up to ten hours a day for Feel Your Boobies. "It's a great way that he can feel like he is helping me," said Hurst. Her father often sends personal messages to those who place orders for T-shirts. Hurst said his messages make Feel Your Boobies more personal, thus making it easier to spread their important message.

A goal for Feel Your Boobies is to become an organization that raises money for breast cancer, not just a team that raises



Leigh celebrates the end of her treatments (Oct 7) with all of her friends who now feel their boobies!

money for other organizations. "I would like to be able to pay myself so I can just work for the organization," said Hurst.

All proceeds from selling the T-

shirts, holding events, and collecting donations is given to the Susan G. Koman foundation for breast cancer research.



Photo courtesy of Feel Your Boobies

(left to right) Leigh Hurst and friends Garbo, Liz and Jill at the AVON walk in New York City this October.

feel your boobies

Buy a T-shirt to support Breast
Cancer awareness at
www.feelyourboobies.com

**TO FEEL YOUR BOOBIES
IS TO KNOW AND LOVE THEM!**

Right now, there is no known way to prevent breast cancer but there is a way to decrease the amount of deaths from the disease. Early detection greatly increases a woman's chances of surviving the disease.

That's where raising awareness comes in. By wearing this t-shirt you help to remind other women that doing self-breast exams is as easy as feeling your boobies.