



SUNY ESF University Police Department offers the following nationally recognized course of instruction to our female students every semester.

The course will be taught in a collaborative fashion by certified instructors from the ESF University Police Department and the Syracuse University Department of Public Safety.

In order to ensure that all course concepts are understood, the class size will be limited to 10 participants.

This valuable instruction is free of charge and only requires your commitment to enhance your personal safety. Applications can be downloaded from the ESF University Police web page and, once completed, returned to our main office at room 19 Bray Hall.

Participants will be notified via email and a waiting list will be created to fill any vacancies that may develop. If you don't get into this class, don't lose heart; we will be offering this course on a regular basis.

Please contact University Police (RAD@esf.edu) with any questions or comments.

Rape Aggression Defense Systems (R.A.D.)

R.A.D. is a nationally known self defense program. The Rape Aggression Defense System is a program of realistic self-defense tactics and techniques for women. The R.A.D. System is a comprehensive, women-only course that begins with awareness, prevention, risk reduction and risk avoidance, while progressing on to the basics of hands-on defense training. Courses are taught by nationally certified R.A.D. Instructors. R.A.D.s program objective is to develop and enhance the options of self defense so they may become viable considerations to the woman who is attacked. The R.A.D. course is 12 hours in length, broken down over a four-week period.

