



On Her Own with Dudes Self Defense Course

12 Elements of Personal Safety

- Date rape drugs
- Safe parking lot strategies
- Social media net-iquette
- On campus violence (Active shooter)
- Cyber stalkers
- Internet safety
- Sexting is stupid
- Rape resistance
- Identity theft prevention
- Public transportation safety
- Dating violence prevention
- Walking safety

10 Instinctive Street Fighting tools

- Boundary setting
- Personal awareness
- Defensive stance
- Close, Mid and Long Range defense
- Stop, look and assess
- Anything can be a weapon
- Using obstacles safely
- Body language
- Attacker Vital Points
- Trust your gut

Includes presentation and hands on self-defense techniques with instructional take home sheets.