R.A.D. (Rape Aggression Defense) is a system of physical self-defense techniques and risk avoidance for women.

R.A.D. balances the needs of women to acquire self-defense education in a relatively short period of time, by providing short term training opportunities in a progressive building block format.

R.A.D. instruction is 12 hours long with the last 3 hours to be a voluntary simulation exercise.

R.A.D. is a FREE course offered and instructed by members of the Tallahassee Police Department.

2027 R.A.D. Classes:

Class #1: Feb 1st & 3rd (5:30pm-8:30pm) & 6th (9:00am-3:30pm)

Class #2: Mar 22nd & 24th (5:30pm-8:30pm) & 27th (9:00am-3:30pm)

Location: 438 W. Brevard St, *Lincoln Neighborhood Center*

**** You must attend all dates within each class session to complete the course. Participants must be 12 years of age or older. ****

To sign up for the course contact the Community Relations Unit at TPDcp@talgov.com or call 850-891-4251

Please provide your name, telephone number and the class you wish to attend. Spaces are limited so sign up early!

CITY OF TALLAHASSEE POLICE DEPARTMENT