



# DATE SAFE

A BEST CHOICE<sup>SM</sup> PROGRAM



## **Our DATE SAFE program**

focuses on preventing sexual violence, reducing risk and cultivating healthy dating relationships. Designed for both men and women, DATE SAFE gives individuals the right tools and skills for making the best choices regarding dating, intimacy, risk prevention and bystander behavior.



What does  
**DATE SAFE**  
look like?

**IT'S A TWO SESSION  
PROGRAM!**

**Session One**

- Sexual violence
- Healthy Relationships and Choices
- Risk Prevention
- Victim Care
- Consent Laws

**Session Two**

**Interactive Self-Defense** program supervised by a highly experienced police officer of 25 years and martial artist. Each class instructor is a highly trained and qualified self-defense instructor focusing on:

- Evasion movements, re-direction and striking techniques
- Loosening & escape techniques
- Intimidation tactics
- Specific Scenario/Environment Training, Ground Fighting and much more!



Sessions convenient to Harris Stowe, Lindenwood, Maryville, Missouri Baptist, and Saint Louis Universities; St. Charles Community College; University of Missouri at St. Louis; Washington University in St. Louis and more!

- Each program can be tailored to fit various groups and locations.
- Fast-paced, fun, informative and interactive.
- Great for athletic departments, sorority/fraternity chapters/ student life, career development departments and orientation.
- Meets Title IX standards.

**CONTACT US FOR MORE INFORMATION**  
**314.991.7990 or**  
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