Realistic Safety Strategies (RSS) is an alternative to traditional self-defense, focusing on the realities of violence against women. While much of the curriculum is designed with women in mind, men are strongly encouraged to attend as well. Participants are not required to attend all four levels, but it is highly encouraged. Some snacks and water will be provided.

Who can attend: Faculty, staff, students, children of faculty and staff who are at least 15 years old.

Instructors: Cpl. Jesse Ihnen and Cpl. Ashleigh Rose and assisted by other Certified RSS Instructors.

Training will be held in Green Hall. Participants can enter the west entrance to get visitor badges, and will be directed to classroom. Green Hall; Map and parking information

Pre-registration is required.

CSU employees can register online, using instructions at www.training.colostate.edu/register.html.
To register children, contact Ellen, (970) 491-1376. Note: Employees who are temporary, CSU graduate or undergraduate students must contact Ellen to register, 491-1376.

Questions?

Curriculum questions: Corporal Jesse Ihnen, CSUPD, Jesse.Ihnen@ColoState.EDU; (970) 480-0CSU (278)
Registration questions: Ellen Audley, Ellen.Audley@ColoState.EDU; (970) 491-1376


Green Hall; Map and parking information

This course is the first session in the RSS curriculum. It focuses on understanding violence and the psychological strategies you can use to improve your safety. Participants will also spend a small amount of time practicing physical strategies to help prepare them for Level 3. Participants are not required to attend all four levels, but it is highly encouraged. Some snacks and water will be provided.

What we will do:

- Emphasize your right to feel safe.
- Discuss the importance of personal boundaries and personal freedoms.
- Look closely at the commonalities and strategies used by perpetrators.
- Discuss the fight or flight response, and how you can make it work for you.
- Practice physical techniques that can help you to be safer in an emergency.
- Reduce your risk, without placing undue blame or restricting your freedoms.

Green Hall; Map and parking information

This course is the second session in the RSS curriculum. It focuses on empowering participants to establish clear boundaries, recognize behavioral offenses and assert themselves in way they may not have thought of before. Participants will also spend a small amount of time practicing physical strategies to help prepare them for Level 3.

What we will do:

- Discuss strategies for setting healthy boundaries.
- Learn to recognize boundary violations when they occur.
- Learn strategies for projecting power and confidence.
- Discuss ways of talking through challenging encounters.
- Learn to communicate with unwavering clarity.


Green Hall; Map and parking information

This course is the third session in the RSS curriculum. It focuses on the physical strategies that can help enhance your safety. Participants will examine the myths and truths about physical resistance so they can make decisions that are right for them based on their circumstances. This class is designed to be dynamic and fun, while addressing a very serious topic.

What we will do:

- Practice strategies designed to enhance your safety in a violent physical encounter.
- Move around and be active within your comfort level.
- Learn about ways to overcome a size or strength disparity.
- Promote a safe and comfortable learning environment.
- Discuss the legality of self-defense.

Level 4: Realistic Safety Strategies – Advanced Strategies – October 26, 2015

Green Hall; Map and parking information

This course is the fourth session in the RSS curriculum. It focuses on “Advanced Safety Strategies.”

What we will do:

- Modernize your safety. Discuss ways technology can be incorporating into your safety plan.
- Learn to gather facts and consider options, then decide whether a defensive weapon fits your personality, belief system and life style.
- Learn to recognize and assess threats. Become a Threat Assessment Apprentice.