



PERSONAL SAFETY & EMERGENCY PREPAREDNESS WORKSHOPS - FALL 2019

Identity Theft Prevention

Presented By: Cpl. Randell Abney, Police Services
Date: September 26, 2019
Time: 5:30 – 6:30 p.m.



This workshop will help you understand what identity theft is, how criminals obtain your personal information and how to detect, deter and defend yourself against victimization.

The Basics of Pepper Spray Defense

Presented By: Cpl. Randy Abney, Police Services
Date: October 24
Time: 5:30 – 8:00 p.m.



The Basics of Pepper Spray covers a variety of topics including citizens' possession/use; chemical properties and effects of pepper spray. A personal canister of pepper spray can be purchased after the completion of this workshop for \$6.00.

Disaster Ready - Personal Preparedness 101

Presented By: Lisa Curtis, Police Services
Date: October 3
Time: 12:00 – 1:00 p.m.



This course is an overview of personal preparedness tips and recommendations for a variety of hazards. Participants will learn about the most likely hazards in Southern California, how to find out if their home is located in a hazard zone, and what individuals can do at home to prepare for emergency and disaster situations and will introduce the concepts of family emergency plans and kits.

Disaster Ready - Emergency Kit Essentials

Presented By: Lisa Curtis, Police Services
Date: November 7
Time: 11:00 – 12:00 p.m.



This workshop will give participants an opportunity to focus on assembling personal emergency kits (including family, cars, office, and travel kits). Participants will learn best practices, essential content, maintenance plans, and how to build a kit on any budget. Sample kits will be on display for participants to get ideas and start customizing a list for immediate kit building.

Cyber Safety

Presented By: Jeff Barrow, Police Services
Date: October 9
Time: 5:30 – 6:30 p.m.



Social networking sites like Facebook, Twitter, Google+, YouTube, SnapChat, and Instagram have become an integral part of our lives. Social media sites are a great way to stay connected with others, but you should be cautious about how much personal information you post. This course will teach you to be cyber safe and while still being able to enjoy your social networking.

Disaster Ready - Earthquake Preparation, Response and Recovery

Presented By: Lisa Curtis, Police Services
Date: October 17
Time: 2:00 – 3:30 p.m.



This workshop will focus on what to do before, during, and after an earthquake to support personal and family safety. The course will include personal action-items participants can take home to secure furniture and wall hangings, plan for turning off gas and water utilities, creating a family emergency kit, and develop a family plan of communication and reunification. Participants will also learn what they may need to access resources from their local, state, and federal governments.

RAD for Women - A Self-Defense Workshop

Presented By: Police Services
Date: October 15, 17, 22, 24 (4-day workshop)
Time: 5:30-8:30 p.m.



The Rape Aggression Defense Systems is a program of realistic, self-defense tactics and techniques. The R.A.D. System is a comprehensive course for women that begins with awareness, prevention, risk reduction and avoidance, while progressing on to the basics of hands-on defense training. This program is dedicated to teaching women defensive concepts and techniques against various types of assault, by utilizing easy, effective and proven self-defense/martial arts tactics.

radKIDS - Personal Empowerment Safety Education (see dates for age groups)

Presented By: Sgt. Frank Gudani, Police Services
Date: October 21 – 25 (8-12 years old)
December 16-20 (5-7 years old)



Time: 5:30 – 7:30 p.m.
Cost: \$10 for all 5 days

radKIDS is the leading educator in realistic and empowering personal safety education for both children and parents. The radKIDS Program provides children with hope, options, and practical skills to recognize, avoid, and escape violence and abuse. This is a 5-day workshop.

Disaster Ready - Fire Safety in the Home and Wildfire Preparedness and Response

Presented By: Lisa Curtis, Police Services
Date: September 12



Time: 11:00 – 12:00 p.m.

This course will focus on fire hazards, cover fire safety in the home, and address wildland-urban interface fire preparedness and response measures. Home fires are very common and most are preventable. We will discuss methods to keep your family and home fire-safe. In addition to wildfire mitigation and preparation, participants will be able to discuss the lessons learned from the 2017 and 2018 wildfires in CA.

Disaster Ready - Protecting Critical Documents & Valuables in Emergencies

Presented By: Lisa Curtis, Police Services
Date: November 14



Time: 12:00 – 1:00 p.m.

Having your financial and medical records along with important contact information is crucial to the disaster recovery process. Participants will identify the documents needed to protect themselves and household members to include financial, medical, and legal documentation to work with insurance companies, care providers, and government disaster assistance programs.

Maintaining a Proactive Approach to Personal Safety

Presented By: Sgt. Yolanda Abundiz, Police Services
Date: November 13
Time: 12:00 – 1:00 p.m.



Enhance your personal safety through discussions on crime prevention practices and situational awareness using one's cognitive and physical senses to help avoid or prevent a crime from occurring. Possessing new tools that help increase one's safety from everyday risks will also provide a greater sense of self-empowerment.

Disaster Ready Kids!

Presented By: Lisa Curtis, Police Services
Date: December 5
Time: 11:00 – 12:00 p.m.



Young children and teens alike need to be part of the emergency preparation process — for their own safety and sense of empowerment. Together, build an emergency kit, discuss your communications plan, role-play what to do during a disaster, and hold fire drills in your house. Learn how to help children cope during and after a disaster. Take home age-appropriate information for your family's needs and links to fun games for kids to learn about emergency preparedness.

How to sign up for workshops:
<http://www.csun.edu/police>

Students: Visit the DPS website and refer to "Events" to find the workshop you are interested in and be directed to the applicable Google form to register.

Faculty & Staff: Log on to the myNorthridge portal and click on the CSULearn link under the Training / Professional Dev pagelet. Then refer to the applicable date in the Training Schedule box at the bottom right corner.

Community Members and Alumni - Visit the DPS website and refer to "Events" to find the workshop you are interested in and be directed to the applicable Google form to register.