



# PERSONAL SAFETY WORKSHOPS

## 2018

### Identity Theft Prevention

**Presented By:** Stacey Nowak, Police Services  
**Date:** January 25 from 12 – 12:55 p.m.  
**Date:** November 7 from 5:30 – 6:20 p.m.



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

### The Basics of Pepper Spray Defense

**Presented By:** Stacey Nowak, Police Services  
**Date:** February 6, May 9, October 3, December 4  
**Time:** 5:30-8:30 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:** February 8, June 27, September 6  
**Time:** 12:30 - 1:25 p.m.



This course will be 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:** February 15, September 20  
**Time:** 12:30 - 1:25 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:** Stacey Nowak, Police Services  
**Date:** March 1 from 12 – 12:55 p.m.  
**Date:** November 29 from 5:30 – 6:20 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 net-

### Disaster Ready - Earthquake Preparation, Response and Recovery

**Presented By:** Lisa Curtis, Police Services  
**Date:** March 8, April 23 (12:30pm-1:25pm), October 18  
**Time:** 3:00 – 4:30 p.m.



This earthquake-specific course 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.

### radKIDS - Personal Empowerment Safety Education (Ages 5 -7 & 8 - 12)

**Presented By:** Sgt. Gudani & Cpl. Reyes  
**Date:** March 12 - 16 & December 17 -21 for Ages 8-12  
**Date:** July 9 -13 for Ages 5-7  
**Time:** 5:30 - 7:30 p.m.



**Cost:** \$10

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:** March 29, October 4  
**Time:** 12:30 - 1:25 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 wildfires in CA.

### Disaster Ready - Protecting Critical Documents & Valuables in Emergencies

**Presented By:** Lisa Curtis, Police Services  
**Date:** April 5, November 8  
**Time:** 12:30 - 1:25 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.

### RAD for Men - A Self-Defense Workshop

**Presented By:** Stacey Nowak, Police Services  
**Date:** April 9, 11, 16 & 18 (4-day workshop) **CANCELLED**  
**Date:** July 17, 19, 24 & 26 (4-day workshop)  
**Time:** 5:30-8:30 p.m.



RAD is a comprehensive course for men designed to raise awareness of the impact of aggressive behavior, encourage participants to take steps to avoid aggressive behavior, and to look at how individuals can be part of reducing violence.

### Workplace Violence / Surviving an Active Shooter Incident—Part I & Part II

**Presented By:** Anne P. Glavin, Chief of Police & Kristina de la Vega, AVP, Human Resources

**Date:** Part I—April 10, 2018  
Part II—April 17, 2018  
**Time:** 9:30 A.M. –11:00 A.M.



**Intended Audience:** CSUN Staff and Faculty **Only**

Part I of this two-part workshop is designed to familiarize staff with the range of university resources available and how to activate those resources when responding to a variety of behaviors that may cause concern. A case study format will be utilized to provide discussion about the key elements necessary when dealing with distressing, disruptive and threatening behaviors. Part II of the workshop will deal with the worst case scenario of an active shooter situation on campus. A dynamic video will be shown and discussion will follow to explain the survival mindset necessary in that situation as well as realistic strategies for dealing with it.



# PERSONAL SAFETY WORKSHOPS

## 2018 (Continued)

### Maintaining a Proactive Approach to Personal Safety

**Presented By:** Stacey Nowak, Police Services

**Date:** April 10 from 12 – 12:55 p.m.

**Date:** September 6 from 5:30 – 6:20 p.m.

This workshop is designed to enhance one's 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 - Making Emergency Preparedness Fun with the Family

**Presented By:** Lisa Curtis, Police Services

**Date:** June 14

**Time:** 10:30 - 12:00 p.m.

Summertime gives us an opportunity to take the chore out of emergency preparedness and make it fun for the whole family. Learn various techniques to practice your emergency preparedness skills and test your supplies through outdoor event planning, camping, hiking, and road trip activities. Want some tech-free time for your kids? Set up "power outage" survival night in the backyard and enjoy time together while taking inventory of what you have and items you can add to your next shopping list.



### Disaster Ready Kids!

**Presented By:** Lisa Curtis, Police Services

**Date:** April 26, November 29

**Time:** 12:30 - 1:25 p.m.

Preparing for emergencies should not fall on your shoulders alone. Young children and teens alike need to be part of the process — for their own safety and sense of empowerment. Participants will learn to work together to build an emergency kit, sit down as a family to talk about your communications plan, role-play what you would 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.



### Workplace Violence / Surviving an Active Shooter Incident—Part I & Part II

**Presented By:** Anne P. Glavin, Chief of Police & Kristina de la Vega, AVP, Human Resources

**Date:** Part I—October 24, 2018

Part II—October 31, 2018

**Time:** 9:30 – 11:00 a.m.

**Intended Audience:** CSUN Staff and Faculty **ONLY**

Part I of this two-part workshop is designed to familiarize staff with the range of university resources available and how to activate those resources when responding to a variety of behaviors that may cause concern within your department. A case study format will be utilized to provide discussion about the key elements necessary when dealing with distressing, disruptive and threatening behaviors. Part II of the workshop will deal with the worst case scenario of an active shooter situation on campus. A dynamic video will be shown and discussion will follow to explain the survival mindset necessary in that situation as well as realistic strategies for dealing with it.



### Disaster Ready - Emergency Preparedness for First Responders and Their Families

**Presented By:** Lisa Curtis, Police Services

**Date:** May 3, September 18

**Time:** 12:30 - 1:25 p.m.

First responders are essential to the success of emergency operations – whether they are saving lives, protecting property, or providing essential services. Families of first responders may have to survive without their responder's input on important decisions in the immediate aftermath of an emergency. Having a plan and knowing your family is prepared to cope in an emergency or disaster enables first responders to focus on the critical missions that support their community. An overview of emergency preparedness action steps will be discussed (communications, emergency kits, financial prep) in addition to identifying signs of critical incident stress and related response measures. Topics discussed applicable to military families with deployed service members as well.



### Managing During Critical Incidents on Campus: Leadership Issues for "Routine Emergencies" & Actual Crisis Events

**Presented By:** Anne P. Glavin, Chief of Police

**Date:** November 8, 2018

**Time:** 9:30 – 11:00 a.m.

**\*Intended Audience:** CSUN Staff and Faculty **Only\***

CSUN supervisors and MPPs will better understand the structure and organization of the University framework (who does what and when) in response to routine and critical incident emergencies on campus. Learn about providing advice to help staff remain calm and understand the emergency response process, information flow and actions to take (or not) in a given situation. Also discussed are expectations for management personnel and how to prepare for emergencies ahead of time on a departmental level.



### RAD for Women - A Self-Defense Workshop

**Presented By:** Stacey Nowak, Police Services

**Date:** June 12, 14, 19 & 21, 2018

(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.



For more information & to sign up go to:  
<http://www.csun.edu/police/events>

Faculty & Staff - register through the myNorthridge Portal  
Students & Community - register on our website

Or contact:

Stacey Nowak, Crime Prevention Coordinator  
(818) 677-4997 or [stacey.nowak@csun.edu](mailto:stacey.nowak@csun.edu)

For emergency management workshops:  
Lisa Curtis, Emergency Manager (818) 677-5973 or [lisa.curtis@csun.edu](mailto:lisa.curtis@csun.edu)