**PERSONAL SAFETY & EMERGENCY PREPAREDNESS**

**WORKSHOPS - SPRING 2019**

### Identity Theft Prevention
**Presented By:** Lt. Rene Lino, Police Services  
**Date:** March 27  
**Time:** 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 and defend yourself against victimization.

### The Basics of Pepper Spray Defense
**Presented By:** Cpl. Randy Abney, Police Services  
**Date:** February 27  
**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:** February 28  
**Time:** 12:00 - 12:50 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:** February 21  
**Time:** 12:00 - 12:50 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:** March 5  
**Time:** 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 networking.

### Disaster Ready - Earthquake Preparation, Response and Recovery
**Presented By:** Lisa Curtis, Police Services  
**Date:** February 14  
**Time:** 12:00 – 12:50 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.

### Cyber Safety
**Presented By:** Police Services  
**Date:** April 16, 18, 23 & 25 (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.

### RAD for Men - A Self-Defense Workshop
**Presented By:** Police Services  
**Date:** July 15, 17, 22 & 24 (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.

### Disaster Ready Kids!
**Presented By:** Lisa Curtis, Police Services  
**Date:** April 11  
**Time:** 12:00 - 12:50 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.

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

Students, Faculty, Staff, Community, Alumni - register on DPS website