



NEWS RELEASE

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Diné College Leading The Pack In R.A.D. Training *Weaver: A 'Culture of Respect' Being Built*

SHIPROCK, N.M. — Standing in a room or an open area amid a would-be-attacker, most women know it's a survival situation that amounts to resistance or compliance.

That circumstance was part of a basic physical defense training (Rape Aggression Defense) at the Shiprock campus of Diné College. The training sessions took place July 24 and 25 — female employees of the college went through mock verbal and physical confrontations and awareness scenarios.

"Overall, knowing that every nine seconds in the United States a woman is assaulted or beaten, I feel that every female everywhere should have some kind of self-defense training," Anjeanette Lang, an executive assistant in the human resources department at Diné College, training class participant and co-organizer of the training, said. "Other surrounding colleges and universities don't offer this type of training. Therefore, (Diné College) is fortunate to have this training for its students, staff and faculty. If more individuals get informed, I certainly believe that it will be popular and others will want to participate."

Lang said 17 college employees took part in the training, among them Priscilla Weaver, the site director at the Shiprock campus. The R.A.D. sessions are taught by Adrian Lewis and Cherokee Dee who are certified security workers at the Shiprock campus. The two led similar trainings in June at Tsaille on domestic violence, shoving and unwarranted aggression.

"I want to thank the (Shiprock) security officers for providing the R.A.D. basic physical defense training for our staff and community members,"

Weaver said. "We, at Diné College, are building a culture of respect for women by enhancing the options of self-defense."

Lang said she and others left the sessions understanding that the national assault rate against females is way too high. Most who have taken the trainings so far believe Diné College should keep itself out front with respect to the R.A.D. offerings. No other area college offers the employee R.A.D. trainings.

"What I took away from this training is being reminded that I am not that *one*," Roberta John, an executive assistant in the Outreach and Continuing Education Department at the Tsaile campus, said. "I also took away that I can be a strong independent woman and won't let anyone hurt me."

Lang said more R.A.D. training sessions are in the planning stages.