

Numbers to save:

DPS Emergency:

(213) 740-4321 UPC

(323) 442-1000 HSC

DPS Non-Emergency:

(213) 740-6000 UPC

(323) 442-1200 HSC

Rape Crisis Hotline:

1-800-656-HOPE

LiveSafe Mobile Safety App:



Learn How To



Become more aware of aggressive behavior & recognize how aggressive behavior could impact your life.



Take steps to avoid aggressive behavior & be a part of reducing aggression and violence.



Practice hands-on self-defense skills to resist and escape aggressive behavior directed toward you.

Each class is divided into three, four-hour sessions. All sessions must be completed **CONSECUTIVELY** in order to earn full course credit and certification.

This class is designed to equip you with the skills to protect yourself from different forms of assaults by teaching you straightforward, efficient, and validated self-defense techniques. Please note that RAD is distinct from a martial arts program.