

RETURN TO ROOTS FOUNDATION - RAPE PREVENTION WORKSHOP

Current statistics show that South Africa has the highest number of rapes in the world with over 1 million women were raped last year with only 400 convictions.

One in three women in South Africa stand to be raped in their lifetime..... If this thought bothers you, DONT ignore this warning and read on....

This course is unique as it is not based on a martial art and the regular self defense methods but rather through "tried and tested" methods developed by Aubrey Pieterse - (TBS Services) over a twelve-year period with highly skilled trainers who have a trauma counselling background. The input from numerous rape victims and other such atrocities has helped perfect the different methods that are part of this training. The course will provide you with the confidence to face your daily routine without being constantly fearful of the surrounding crime and are available for corporates on a national basis, as well as for individuals. This workshop is for women, whilst we offer anger management workshops for men, in order to address the rape issue, which affects us all.

By attending the workshop, you will immediately empower YOURSELF (training and development) plus a *percentage of the fee* is donated to the Return to Roots Foundation which enhances the corporate social investment sector of your company.

PRACTICAL TRAINING COURSE

Due to the varying needs of the ladies being addressed, we concentrate on rape prevention while comprehensively covering all forms of violence used against women. **Return to Roots Foundation won an international award during 2004 in Canada, for the success of this module and for the contribution to women's safety.**

The course covers: -

1. An intensive awareness program to assist you to pre-empt an attack and avoid it
2. Preventive measures to avoid a rape
3. How to best deal with the attack should you fall victim to the crime.
4. Date rape
5. Gang rape
6. Rape at gun point
7. We deal with attacks that would take one by surprise
8. In the event of a hijack, what to do if the hijacker forces you to drive to a different location for rape purposes

LOGISTICS

The duration of each course is three hours.

The course will be run at any venue chosen by the company, alternatively our own venue in Randburg. Each course may have a maximum of forty participants (as to enable each person to have individual practical training).

Each participant will receive a training manual that at a later stage can be used for revision.