



SAFETY TACTICS & AWARENESS RESPONSE

The Seminole County Sheriff's Office is pleased to offer the Safety Tactics and Awareness Response program, a unique safety and empowerment initiative, designed in-house, to educate Seminole County women specifically on how they can protect themselves in various situations. The program is divided into two sessions.

Part 1:

- 1 hour in length
- Teaches mindset, risk reduction, and basic self-defense techniques
- Minimal physical activity required

Part 2:

- 1.5 hours in length
- Further hands-on self-defense technique instruction
- Hosted in-house at our Professional Development Center
- Instructed by FDLE-certified Defensive Tactics Instructors
- Requires ample physical activity

Both of these classes are currently only open to women. Participants under the age of 18 must be accompanied by an adult. There is no charge to attend. For more information and a schedule of upcoming classes, check our website at www.seminolesheriff.org. Under Services, click on Women's Self Defense Program – STAR.



If you have any questions, please email us at:
crimeprevention@seminolesheriff.org



*We welcome your feedback.
Here's a few testimonials from
former class members:*

"This is a wonderful class that gives students a true sense of empowerment."

"The class provides a great service to the community."

"I enjoyed learning in an environment that was judgment free and left feeling stronger."

"Instructors give real world examples of potentially dangerous situations."

"Situational awareness is so important and common sense reminders are something I'll really remember."

"STAR class is comfortable and enjoyable. The staff are exceptional and very professional."

"Extremely informative, fun, and the knowledge and techniques are retainable."

"This class has left a lasting impression on me, and I think every woman should consider taking this class."



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