



DARE

Defense Against Rape and Eve-teasing

**IT'S YOUR RIGHT
TO DARE.
IT'S YOUR RIGHT
TO BE SAFE.**

dareindia.in

DARE TO BE TOUGH.

Your safety is not an option, it's your right. And you will be as safe as you choose to be. As safe as you dare to be. Because your safety does not have to depend on chance or luck, but on how alert and prepared you are – at any and every moment.

You don't have to suffer in silence the next time you are ogled at, groped, stalked or attacked. Dare to take on your harasser, and teach him a lesson or two. Want to know how to do just that? Join D.A.R.E., the nation-wide movement for women's safety. Learn the best techniques for self-defense in any situation. And take charge of your own safety.



WHAT IT TAKES TO DARE.

The D.A.R.E. training programme does not make use of speed, power or strength to fight the offender. It is based on using the right technique at the right time in a given situation to the maximum advantage of the defender.

In a typical 2-hour D.A.R.E. session, a woman will be trained, through situation enactment, in:

- Verbal Confrontation skills
- Avoidance, Response, Survival and Escape tactics
- Self-defence techniques

The free-of-cost workshops are conducted in schools for girls in the 9th standard and above, and for women in colleges and offices. A workshop can effectively train a maximum of 200 participants. All that is required is an empty hall, and a projector with a screen.

PROMISE TO DARE.

You are worth your own safety, worth the freedom from fear. Take the pledge to defend yourself and remember, even fortune favours the bold, the brave and the prepared.

Become the change you want to see around you. Don't stop at learning the techniques of self-defense. Go one step further, and help other women do so.

Become a D.A.R.E. volunteer, and be a part of the movement that will forever change the way men see you...and the way you see the world.

CONTACT US

For more information about D.A.R.E.,
to attend a workshop, and to become
a D.A.R.E. volunteer,
call +91 94831 46640 or
e-mail: teamdareindia@gmail.com