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Alaskans Learn Methods to Empower Others To Avoid Becoming A Victim



(ANCHORAGE, Alaska) – Rural law enforcement and victim advocates are going through training this week to teach people in their communities ways to stop the epidemic of domestic violence and sexual assault in Alaska. Village Public Safety Officers, Alaska State Troopers, Kotzebue Police, Bristol Bay area victim advocates and training coordinators with the Northwest Arctic Borough School District and Kawerak, Inc. will soon be able to teach the empowerment program, [My Body ... My Life](#), in schools and communities throughout Alaska. The My Body ... My Life program is designed to teach anyone over the age of 13 not

only self-defense techniques, but a multitude of psychological and physical practices to avoid being placed in a dangerous situation. The [Relationship Education and Awareness for Life \(REAL\) Men](#) section of the program is developed for males over the age of 13 to facilitate social change and acceptance among men.

The week-long training is sponsored by the Drug Abuse Resistance Education (D.A.R.E.) Alaska and taught by program founder Bob Moore, a police sergeant from Norman, Okla. The program was previously taught to a class of 50 students in the Bristol Bay Borough School District in February. However, during this week's trip, Moore is training participants to take these techniques home and teach them in their communities. Those attending the training will be the first instructors outside Oklahoma certified in teaching the REAL Men course.

"This is taking the next step from awareness to teaching men and women, girls and boys ages 13 and up the verbal and physical cues of sexual assault," said Naomi Sweetman, the program coordinator for the D.A.R.E. statewide. "We're working on protection factors such as using your boundaries and environment to prevent it from getting to level of a sexual assault."

What: My Body ... My Life Instructor Training

When: 8 a.m. until 5 p.m., April 21-25

Where: APD Training at 3760 West Dimond Boulevard in Anchorage

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Photo cutline: Gambell Village Public Safety Officer Deborah Apatiki practices her chop to the neck while wearing goggles that simulate the effects of being under the influence of drugs during the My Body... My Life instructor training at the Anchorage Police Department Training Center on Tuesday.

Contact Beth Ipsen (907)269-5654 for more information and to schedule observance of training.