



Press Release
Date: 04/25/2019
Time: 12:24PM
Original

AGENCY: CARVER COUNTY SHERIFF'S OFFICE
SHERIFF: JASON KAMERUD *lp805*
CLASSIFICATION : #NOTME classes
LOCATION: Cologne, Chaska and Watertown
TELEPHONE: 952-361-1212

Carver County Sheriff Jason Kamerud is pleased to offer upcoming #notme classes to area middle-school-aged youth in Carver County. The #notme classes are intended to teach adolescents how not to be victimized. The Sheriff's Office will be offering the class in the city of Cologne on May 4, 2019 and in Watertown on May 11, 2019. The Sheriff's Office and the Chaska Police Department will be co-sponsoring the class on May 7, 2019 in Chaska. The cost of the class is \$30, however, the following promo codes will reduce the cost to \$15:

5/4 in Cologne
1:00-2:30PM
Promo Code: **CCTY**
Class location: Cologne Academy 1221 Village Pkwy, Cologne, MN

5/7 in Chaska
6-8PM
Promo Code: **CCTY1**
Class Location: Chaska Fire Department, 285 Engler Blvd, Chaska, MN

5/11 in Watertown
9:30-11AM
Promo Code: **CCTY2**
Class Location: Watertown City Hall, 309 Lewis Ave. S, Watertown, MN

This is an excellent class stressing personal safety with curriculum focused on youth in grades 6-8. Please use the following link to see the available classes and to register:

<https://www.notmetraining.com/safer-daughters-safer-sons-training>

If you need assistance from police, fire or medical personnel call 9-1-1. Anyone with information related to an incident or crime is asked to contact the Carver County Sheriff's Office at 952-361-1212. After hours, call 952-361-1231. To remain anonymous, you may leave a message on the tip line: 952-361-1224. You may also use the tip form on the Sheriff's Office website at: <http://www.co.carver.mn.us/departments/county-sheriff/crime-prevention/crime-tips>

Level-Up Your Personal Safety Plan

Training Includes:

- ❖ Trust your Creep-meter
- ❖ Alcohol and drug risks
- ❖ Public safety & awareness
- ❖ Groomed assaults/stranger assaults
- ❖ How to get away
- ❖ Who & how to tell
- ❖ Social media safety
- ❖ How to stop unwanted advances
- ❖ Non-Consent consequences
- ❖ Escape moves and tactics
- ❖ Weapons safety
- ❖ FBI active shooter protocol



Grades 6-8

- ❖ 90 Minute Life-changing classes
- ❖ \$30/person

www.SuperHero-Kids.org

www.NotMeTraining.com

Prevention is Powerful

One in seven children will face a form of sexual abuse, in the U.S before they turn 18. The majority of these assaults do *not* get reported. The impact of an assault affects all aspects of a person's well-being. The damaging consequences to families, children and communities are immense.

Nearly 90 percent of assaults will be by a person whom the student knows. This is called a "groomed assault." Child grooming involves befriending and establishing a connection with the child to lower their inhibitions.

We have created empowering, interactive and effective training programs, which prepare students to **recognize, stop and prevent** the recurrence of assaults - both sexual & physical.