

# Escape Techniques Featured at Personal Safety Presentation at NASW

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These four individuals recently led a presentation on escape techniques at the Oklahoma chapter meeting of the National Association of Social Workers in Norman. These techniques are taught in the personal safety classes at Southwestern Oklahoma State University in Weatherford. The presentation at NASW was entitled "Ways to Escape Violence, Receive Training and Build Our Knowledge Base." Presenters were (from left) Sarah Schulz, assistant professor in the SWOSU social work program; students Sarah Collvins and Taryn Halferty; and Dr. Robert Sam Lackey, principal instructor of the personal safety training courses at SWOSU. Lackey said the ability to escape being struck or even cornered are vital skills for all people to learn. For more information on continuing education and college credit courses, contact Lackey at 580.774.4602 or [robert.lackey@swosu.edu](mailto:robert.lackey@swosu.edu) or [sarah.schulz@swosu.edu](mailto:sarah.schulz@swosu.edu).