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## 345-2024

Communication

### Request of Julie Partain to address Council regarding a thriving Rose City Self Defense

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A brief description of Communication: A Thriving Rose City Self Defense-  
Reject Proposed Cuts-Add Staffing To RCSD Budget

### Agenda Items

345 Communications in [May 8, 2024 Council Agenda](https://www.portland.gov/council/agenda/2024/5/8)  
(<https://www.portland.gov/council/agenda/2024/5/8>)

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### Requested Agenda Type

Communications

### Date and Time Information

Requested Council Date

May 8, 2024

May 8, 2024

Mayor Wheeler and Commissioners Gonzalez, Mapps, Rubio, and Ryan

Re: Support for Rose City Self Defense

Dear Mayor Wheeler and Commissioners Gonzalez, Mapps, Rubio, and Ryan,

My name is Jules Partain, and I am a volunteer with the city's Rose City Self Defense Program. Thank you for meeting with the RCSD volunteers in person, and for the opportunity to speak with you this morning. I have been a volunteer instructor with the program for 18 years. In my time as a volunteer with RCSD I have had the pleasure to watch literally thousands of students find their voices, gain, and in some cases regain, their confidence in themselves as they learn physical and verbal skills to de-escalate situations and defend themselves.

This program has existed in Portland for 45 years. During the Covid 19 pandemic we revamped the RCSD curriculum to bring it more in tune with the needs of today's community. Topics such as "The difference between intuition and bias," "Navigating consent," and "Situational Awareness" are now included alongside our physical skills. We believe this better equips our students not only to find empowerment within themselves, but also to be more well-rounded members of our Portland community. This program supports healing in survivors of domestic and sexual violence, and it also helps to prevent violence, and serves to improve our community.

Thank you, Mayor Wheeler and Commissioners, for your continued funding support of RCSD in the 24-25 budget, and for your support of our volunteers and paid staff. We appreciate it and look forward to continuing to volunteer with this program for years to come.

Sincerely,

Julie "Jules" Partain