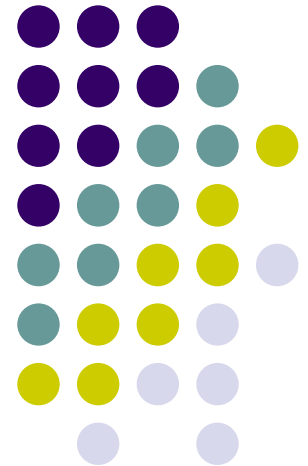
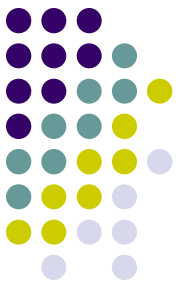


# How to Help Individuals with Disabilities be Safe in the Community

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Dr. Courtney Moffatt

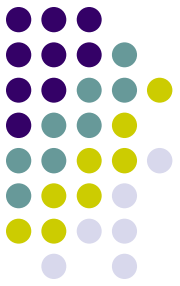




# Who to Trust?

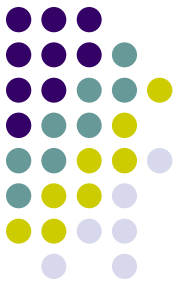
- We all have many different kinds of people in our lives.
- How we act with them is dependent on our relationship with them.
- Discuss each type of relationship with your child

# List and discuss people you know in each area:



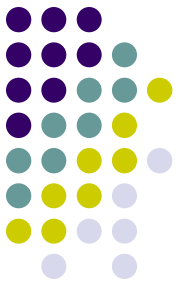
- Family
- Friends
- Personal helpers
- Community helpers
- Strangers

# Fill in the People in my Life handout with your child



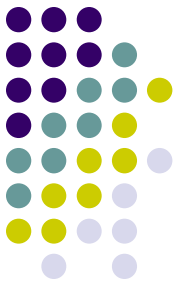
- For a younger child have them paste their picture in the middle of the handout.
- Write in the names of your family members.
- Put a star by the family members who live with you.
- Explain how family members care about you and want to help you.

# Write the names of friends in the next section



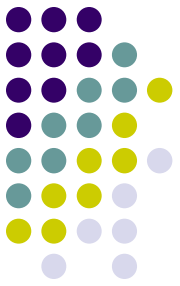
- Friends are people who have a common interest or bond.
- You interact differently with friends than with family or support helpers
- Explain the differences in behavior and the importance of parents knowing these people to help children judge safe relationships.

# Write in the names of Personal Support Helpers

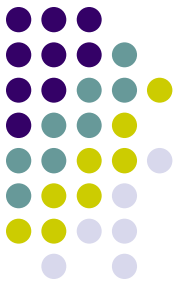


- Explain these are people who are paid to be with you
- They might be paid to teach you something and you need to ask a parent if you can trust them with a problem, depending on how well they are known.
- Examples: some one who helps you or your family with personal care like a babysitter or afterschool program supervisor.

# Write in the names of Community Helpers



- Explain how they often have a uniform, ID card or name tag on.
- They are there to provide a service for you.
- For example:
  - Bus driver
  - Police officer
  - Teacher



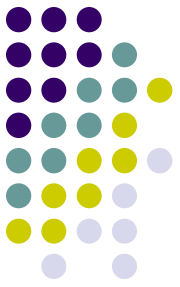
# Discuss strangers

- If you don't know a person's name he or she is probably a stranger
- You need to be sure you know who is safe and who is not safe and it is not just whether a person is a stranger or not.
- If someone you know is hurting you or asking you to do something you do not want to do you might need the help of a stranger.



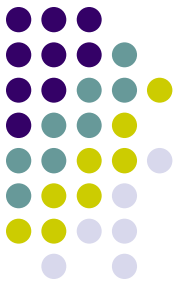
# Look at

## My personal Safety Zone



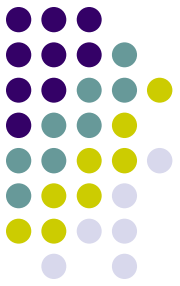
- Show your child how he or she is the most important person in their life.
- People around you need to respect your personal safety zone- the space around you.
- If you don't know someone and they are trying to get you to do something you might need to ask someone closer in the circle to give you advice.

# Sometimes people try to hurt or trick you.



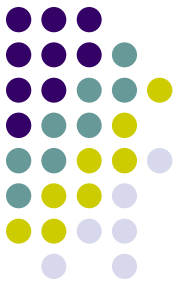
- They might:
  - Try to get you to do favors for them that are not good for you.
  - They might try to get you to give them or lend them money.
  - They might try to get too close to you.

# Review In Public



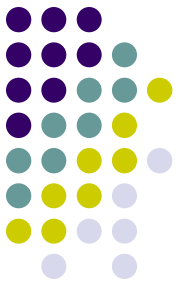
- Give specific examples such as: When someone unfamiliar offers me a ride “Say No!”
- The answer to each question is “Say No!” except the last one where the child should call 911.
- List things unknown people might do to your child that are bad and give them answers as to what they should do instead.
- Review periodically

# When someone makes you feel unsafe what do you do?



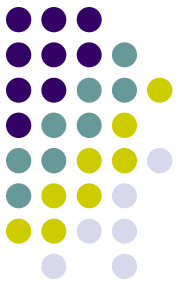
- Count Down to Safety:
  - Say No
  - Push away
  - Get away
  - Tell someone you trust

# Everyone has the right to feel safe and you need to protect yourself

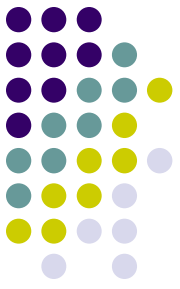


- Talk about unsafe situations you know your child might have been in, or could be in.
- Our bodies give us warnings or cue that we are in a dangerous or bad situation.
- Whenever you feel uncomfortable you need to get away.
- Discuss situations where your child has felt unsafe.

# Practice actually doing this with your child



- Practice this 4-5 times at least
- Ask the child to do this for you again the next day
- The next week
- periodically
- Ask if they tried it when they tell you about unsafe times in their life.

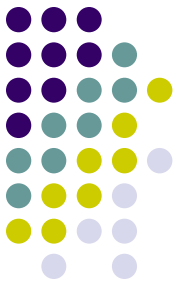


## Remind them to:

- Tell someone they trust right away whenever something seems unfamiliar or strange.
- Be sure they understand what trust is.
- Review examples of who your child can trust and talk to.

( Do the trust bucket.)

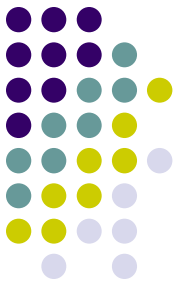
# When Someone Makes you Feel Uncomfortable



- Review some things that might make your child uncomfortable.
- Look at the handout: When Someone Makes you Feel Uncomfortable.
- Write in specific names or put up pictures of good people who they can trust.

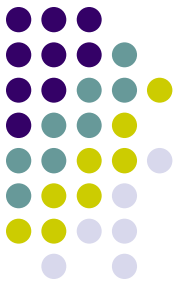


# Teach your child home safety rules.



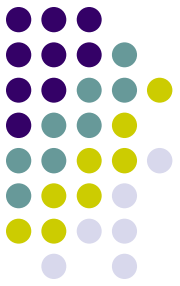
- Look at My Safety Plan at Home.
- Develop guidelines for your child.
- Help them practice what they need to do to be safe.
- Review these often.

# Don't get Tricked or Cheated



- Lying means to not tell the truth.
- A person who tells you a lie should not be trusted.
- Some people lie to hurt other people or get things that are not theirs.
- Teach your child to be on guard for these people.

# Learn To Be Guarded



- In the handout you can see the woman looks cautious, guarded, distrustful and suspicious.
- When you feel this way ask yourself is this real or fake.
- Real means true, fake means not true not real or false.
- If you have a question about something look for clues or ask about it.

# If you have a question or are not sure say NO!



- Be guarded any time someone talks about sex or money.
- Be careful if someone offers you something for free.
- Don't answer the door without knowing who it is.
- **Say no, get away, or call 911 if you are threatened!**