



SAFE LIFE

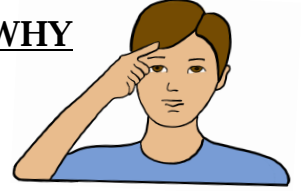
PERSONAL SAFETY / ABUSE PREVENTION

SKILLS TO TEACH

(for individuals with developmental disabilities, Autism, and everyone else!)

---> ALWAYS REMEMBER TO:

- Tell learners what you are going to teach them and WHY (rationale and information)



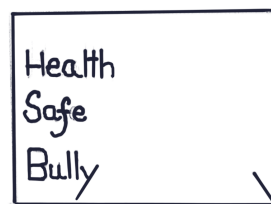
---> ALSO REMEMBER TO:

- Treat all learners with respect
- Have age-appropriate expectations for all learners
- Give all learners age-appropriate responsibilities
- Give all learners opportunities to make choices/decisions and then respect what they choose/decide
- Let all learners make mistakes and let them learn from their mistakes



TEACH AGE APPROPRIATE LANGUAGE AND CONCEPTS, including, but not limited to...

- Feelings (happy, embarrassed, nervous, mad, upset, frustrated, sad, afraid, safe)
- Safe Person
- Common body parts
- Private body parts
- Health (nutrition, exercise, clean, germs, disease, STDs)
- Abuse (physical abuse, emotional abuse, sexual abuse, neglect, Internet related)
- Being safe
- Accurate information (truth)
- Inaccurate information (lie)
- Personal information
- Report
- Appropriate
- Inappropriate
- Public
- Private
- Sex
- Threat
- Trick
- Force
- Sexting
- Cyberbullying



TEACH SKILLS AND PROVIDE TOOLS FOR LEARNERS TO:

- Identifying feelings
- Identifying all body parts (common and private)
- Identify abuse (physical, emotional, sexual, neglect, Internet related)
- Communicate comfortably with safe persons
- Say NO!
- Protect themselves (Self defense skills)
- Use the phone safely and appropriately
- Use the computer safely and appropriately
- Use Internet and social media tools safely and appropriately
- Maintain good health and hygiene
- Be responsible for personal safety items (cell phone, wallet, id card, emergency \$, phone card, etc.)
- Solve problems
- Report problems
- Know the law & consequence for breaking laws
- Know the consequence of substance abuse
- Take responsibility for mistakes
- Recognize good/bad choices
- Develop appropriate friendships
- Socialize appropriately with friends
- Stand up to peer pressure
- Ask questions and report questionable situations



FACILITATE OPPORTUNITIES FOR LEARNERS TO:

- Develop healthy age-appropriate relationships throughout their lifetime
- Report problems
- Socialize with friends
- Practice all safety skills throughout their lifetime

