



MODULE 7

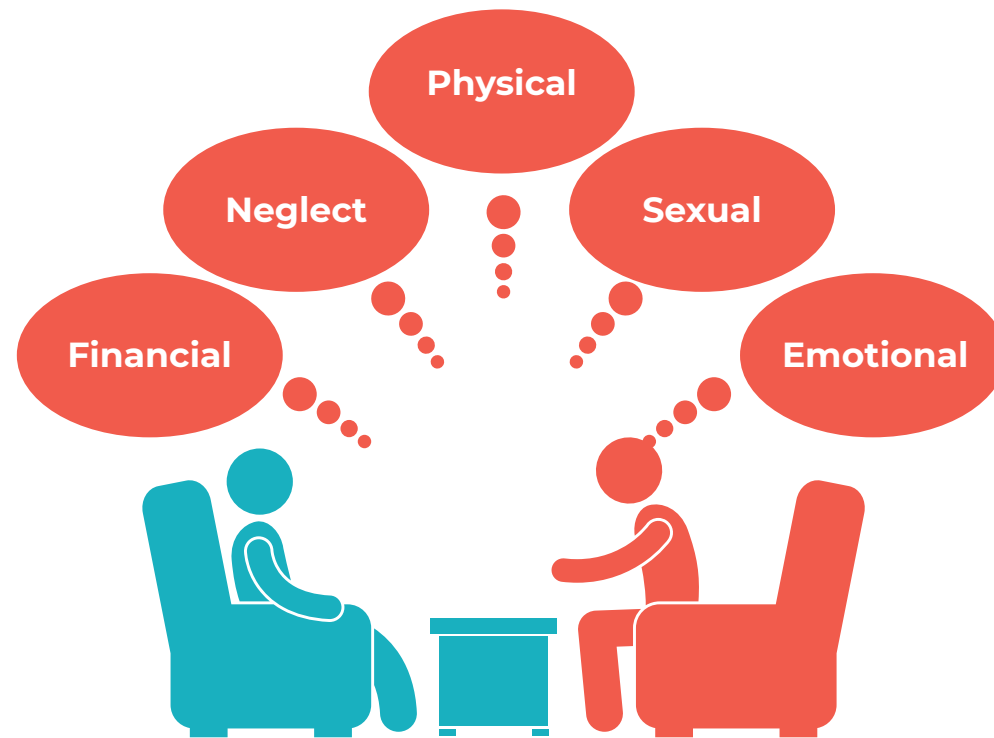
Staying Safe In Your Community



There Are Many Different Kinds Of Abuse

You and your team need to:

- Learn about abuse.
- Learn how to know abuse is happening.
- What to do if you think it is happening.



Tell someone you trust!



Staying Safe

Ensure your Wellness

- ✓ Know how to access your network of health care professionals
- ✓ Build a daily schedule that promotes wellness
- ✓ Establish healthy relationships
- ✓ Be sure you have the support you need when you need it



Notes:



Recognizing Financial Abuse

Here are some examples of Financial Abuse:

- Someone putting your money in their account and denying you access to it.
- Keeping you from seeing your bank accounts or records.
- Hiding or stealing your money, credit cards or check.
- Using your social security number to obtain loans, credit cards without your permission.
- Using your credit cards without your permission.
- Refusing to give you money for food, rent, medicine or clothing.

Notes:



Recognizing Physical Abuse & Neglect

Physical abuse and neglect might look like:

- Failure to provide basic physical needs: food, clothing, shelter, medical; or dental needs care
- Changed behavior, reluctance to share information openly
- Unexplained or unusual illnesses or injuries

Notes:



Healthy Relationships

- Provide a plan that includes social opportunities.
- If needed, get support and education on healthy relationships.
- Educate on abuse, consent, choice, and asking for help.



Notes:



Don't Ignore It

If someone hurts you or ignores you

If someone forces you to do something you don't want to do

If someone gets too close to you and you don't like it

If someone makes you feel uncomfortable

If someone takes things that belong to you

If someone touches you and it's not okay with you

It is NOT ok!





Reporting Abuse

Tell someone you TRUST:

- Family
- Friends
- People from your school
- People at work
- Your service coordinator
- Medical professionals



They will HELP:

- Make sure you are safe
- Report to the appropriate people:
 - ✓ Adult protective services
 - ✓ Child protective services
 - ✓ Local law enforcement
 - ✓ Your regional center





DDS SafetyNet Tip Sheet

How to Defend Yourself: Fighting Back!

Danger signs that you might be harmed or hurt:

- Someone grabs, holds, pushes, slaps or hits you.
- Someone touches or kissed you without you saying it's okay.
- Someone yells, puts you down, or says hurtful things to you.

Things that help:

- Make eye contact — Look the attacker directly in the eye to say you are not afraid!
- Breathe — Take a deep breath and calm yourself.
- Focus — Focus on what to do to get to safety.
- Get help — Call 911, report it to the police, talk to your supporters, and/or get help from an abuse prevention center. Keep seeking help until you are safe.

Defend yourself

Protect yourself when someone tries to hurt you. Here are some ways to defend yourself:

- Surprise your attacker — Don't be a quiet, passive victim. Surprise your attacker by making noise, saying "NO," and/or walking or running away.
- Give 100% effort — When you defend yourself, do one thing at a time and do it with 100% of everything you have whether you yell or run away.
- If all else fails, wait — Let the situation progress, plan, and wait for a chance to get to safety.
- As a last resort, defend yourself physically by fighting back — Use your body "defenders" — your elbow, your heel, your fist, your voice, and your head. A wheelchair or a cane can also be used as a defender.



DDS SafetyNet Tip Sheet

How to Defend Yourself: Fighting Back!

To get away quickly:

1. Aim for a place on the attacker's body that will hurt a lot.
2. Look for a place on the body you can reach.
3. Distract the attacker so you can get to safety.

When you defend yourself, do what you have to do to get to safety!

Some examples are included below:



Hit the attacker in between the ribs with your elbow.



Use your heel to stomp on top of the attacker's foot.



Use your fist to hit the attacker in the nose.



Use your knee to hit the attacker in the groin.



Use your heel to kick the attacker in the shin.



Use your wheelchair to hit the attacker's legs.



My Notes & Next Steps

Support Authority
Freedom Responsibility
CONFIRMATION
