How to Help Individuals with Disabilities be Safe in the Community

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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!