Introducing S.A.F.E. Stop Abuse For Everyone:

A Personal Safety Curriculum for Adults with Disabilities and Support Providers
To help educate people with disabilities around abuse, the Pennsylvania Coalition Against Rape, in partnership with Temple Institute on Disabilities, has created a curriculum for people with disabilities and their care providers on how to prevent, identify and seek help in abusive situations.
Organize Advisory Council
Summer 2007

Create Resource List of Existing Curriculum
Fall 2007

First Advisory Council Meeting
Winter 2007

Conduct 6 Focus Groups
Winter/Spring 2008

Year One
Advisory Council

- Self Advocates
- Care Providers
- Disability Rights Network of Pennsylvania
- UCP of Central Pennsylvania
- Center for Independent Living of Central PA, Inc.,
- Woman Organized Against Rape, Philadelphia
- Sexual Assault Resource Center of Lebanon County
Advisory Council

- Women of Color Network
- The Arc of Pennsylvania
- Greater Harrisburg YWCA
- Pennsylvania Commission on Crime And Delinquency
- Pennsylvania Coalition Against Domestic Violence
- Bureau of Supports for People with Disabilities
- Tri-County Blind Association
Focus Group Report of Findings

- Importance of Training
- Previous Trainings
- Time of Day
- Length of Training and Breaks
- Fellow Training Participants
Year Two

- Develop Curriculum: Summer – Fall 2008
- Advisory Council: December 2008
- 5 Pilot Sessions: 2008
The curriculum consists of five user-friendly modules:

— Financial
— Neglect
— Physical/Verbal
— Sexual
— For Care Providers (with a review of all types of abuse)
Principles in each curriculum topic:

– Definitions
– Examples and Case Studies
– Reinforce Safety and Rights
– Healthy
– Empowerment-Based
– Positive approach to topic areas
– No/Go/Tell
Year Three

9 Pilot Training Sessions (total of 14) Summer/Fall 2009

Advisory Council December 2009

Edit Curriculum and add TTT notes Winter/Summer 2010
Pilot Review

- 14 pilot sessions across PA
- Covered all modules at least twice
- 6 locations around the state
- Total participants = 115
- People with (varying) disabilities = 51
- Received feedback from participants to inform edits
Year Four

- Advisory Council Meeting
  - Fall 2010

- Print Curriculum
  - Spring 2011

- Plan/Promote TTT
  - Winter/Spring 2011

- Host 4 TTT across PA
  - Spring/Summer 2011
Training of Trainers

• Hotel accommodations
• No fee to attend
• Signed MOU (agency and employee)
• Locations:
  – Scranton
  – Philadelphia
  – Pittsburgh
  – Harrisburg
Year Five

- Technical Assistance to Trainers 2011-2012
- Advisory Council Meeting 2011
- Promote Curriculum 2011/2012
Presentation of a Module
SAFE: Stop Abuse for Everyone

A personal safety training guide for adults with disabilities and care providers

Module 4: Sexual Abuse
Fun Questions
Your Rights

• Right to Be Safe
• Right to Speak Out
• Right to Get Help
Knowledge Is Power
What is Safety?

• Safety is not being in danger.
• Safety is being free from harm or risk of harm.
• Safety is about keeping safe at home, at work and in the community.
What is Safety?

• At home
• At work
• In the community
Parts of Safety

- Money & Stuff
- Support/Care
- Physical & Verbal
- Sexual Safety
Safe

Money & Stuff
Support/Care
Physical & Verbal
Sexual Safety
Not Safe

- Money & Stuff
- Support/Care
- Physical & Verbal
- Sexual Safety
Your Rights

• Right to Be Safe
• Right to Speak Out
• Right to Get Help
Parts of Safety

- Money & Stuff
- Support/Care
- Physical & Verbal
- Sexual Safety
What parts of your body do you feel comfortable showing?
Female Body
Male Body
What is sexual activity?
Consent

To agree to something
Consent

Why is consent important in sexual activity?
What is Sexual Abuse?
Sexual Abuse
Who Might Sexually Abuse You?
Who Might Sexually Abuse You?

- Friend
- Teacher
- Co-worker
- Doctor
- Nurse
- Neighbor
- Clergy or Pastor

- Family member
- Partner
- Stranger
- Care provider/supplement person
- Personal attendant
This Is How Sexual Abuse Begins...
Example #1

Tom is a van driver. One day, Tom asked Anna if she would like to sit in the front passenger seat for the ride home from work. Anna said yes. When the van got to Anna’s house Tom leaned over to open the door for her and when he did his arm rubbed against Anna’s breast. The next day when Tom reached over to open the van door he tried to put his hand down Anna’s slacks. She was scared and tried to get out of the van. Tom laughed and told Anna not to tell anyone because she would get in trouble for riding in the front of the van.
Example #2

Joe and his housemate both use wheelchairs and require assistance with daily living activities, such as bathing, toileting, and dressing. They also need support transferring to and from their wheelchair. One of the female assistants always offers to help Joe with his bathing and toileting, but not his housemate. She makes comments about Joe’s penis and tells him she knows a game that will make his penis get bigger.
Emily and Lindsey work together and are in a romantic relationship. Lindsey likes to hug and kiss Emily, especially when they are in public places, like the grocery store, the movies, or a restaurant. Emily doesn’t like this.
Why is it Hard to Tell?
How to Tell...

• Stay calm
• Don’t laugh or smile
• Be confident
• Tell the facts
• Use a loud voice and speak up
• Look the person in the eye or face
How to Tell…

• Tell what happened
• Tell someone you trust
• Keep telling until someone does something
• Have someone you trust with you when you tell
Trust

• Who do you trust in your life?

• Why do you trust them?
Who Can You Tell?

- Friend
- Teacher
- Co-worker
- Doctor
- Nurse
- Police
- Clergy or pastor
- Family member
- Partner
- Care provider/support
- Personal Assistant
- Other
If You Need Help
Parts of Safety

- Money & Stuff
- Support/Care
- Physical & Verbal
- Sexual Safety
Your Rights

- Right to Be Safe
- Right to Speak Out
- Right to Get Help
Knowledge Is Power