




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

**A Personal Safety Curriculum for Adults with
Disabilities and Support Providers**

Funded by the Pennsylvania Developmental Disabilities Council

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.

Year One



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

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/Suummer2010

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



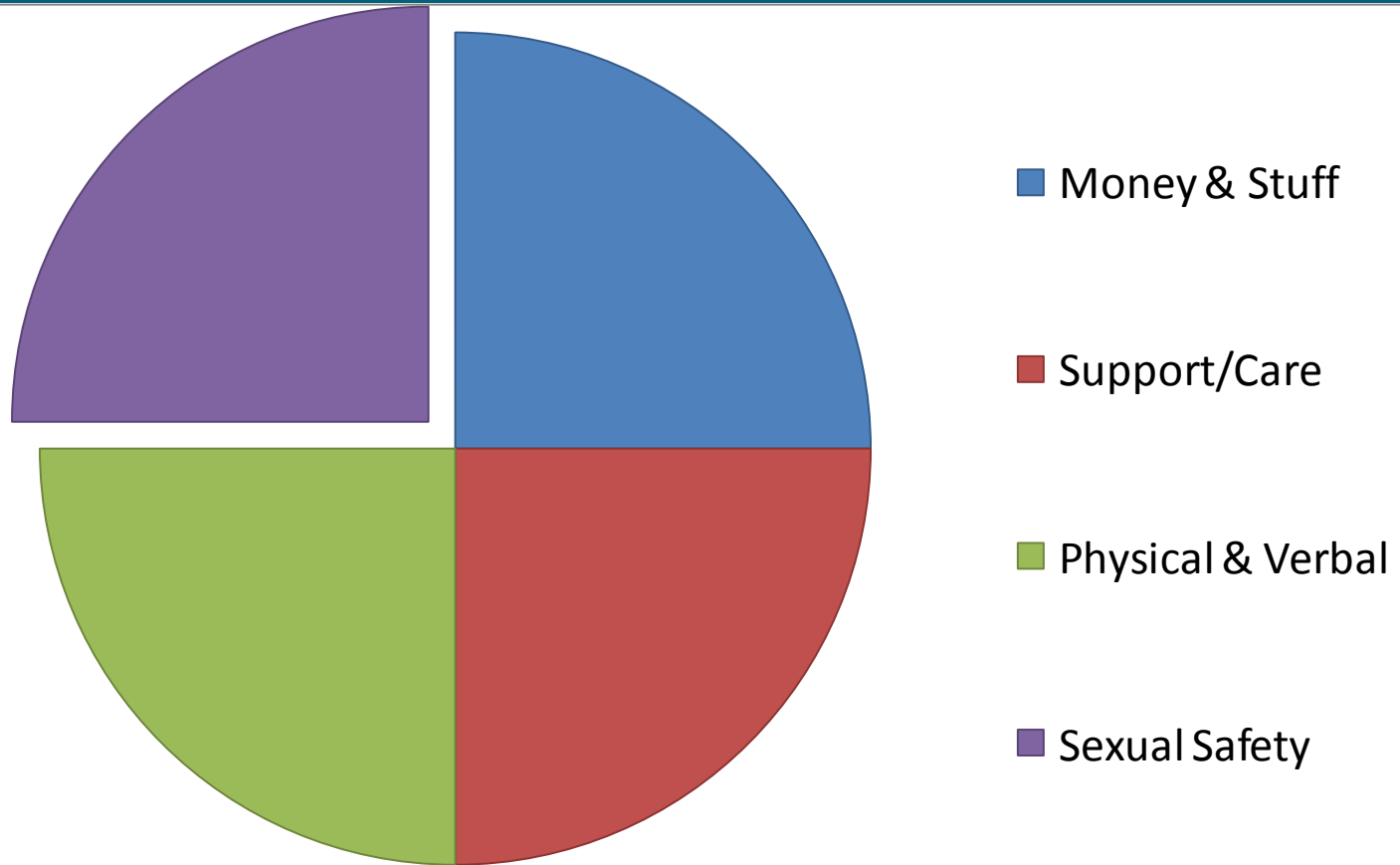
What is Safety?

- 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



Safe



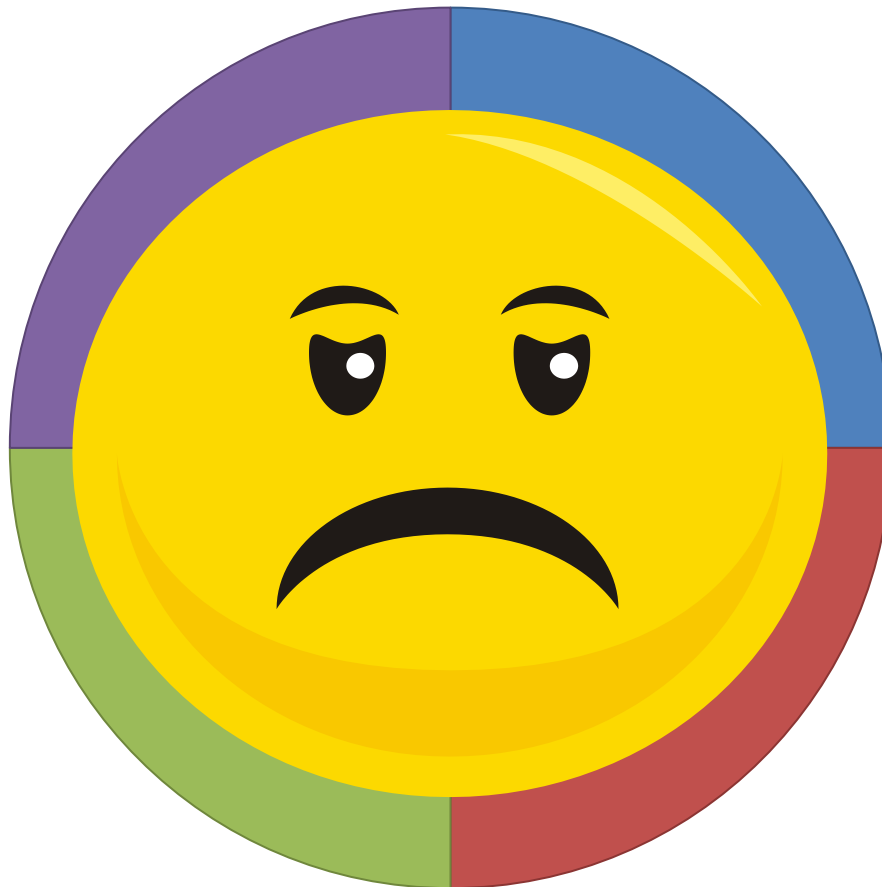
■ Money & Stuff

■ Support/Care

■ Physical & Verbal

■ Sexual Safety

Not Safe



■ Money & Stuff

■ Support/Care

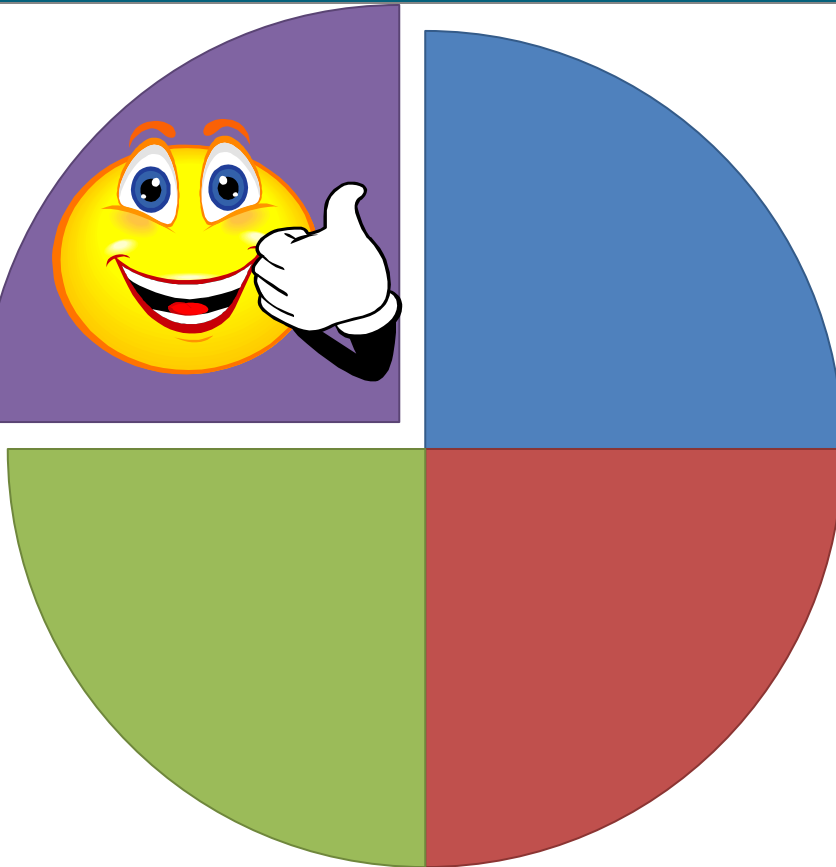
■ Physical & Verbal

■ Sexual Safety

Your Rights

- **Right to Be Safe**
- **Right to Speak Out**
- **Right to Get Help**

Parts of Safety



■ Money & Stuff

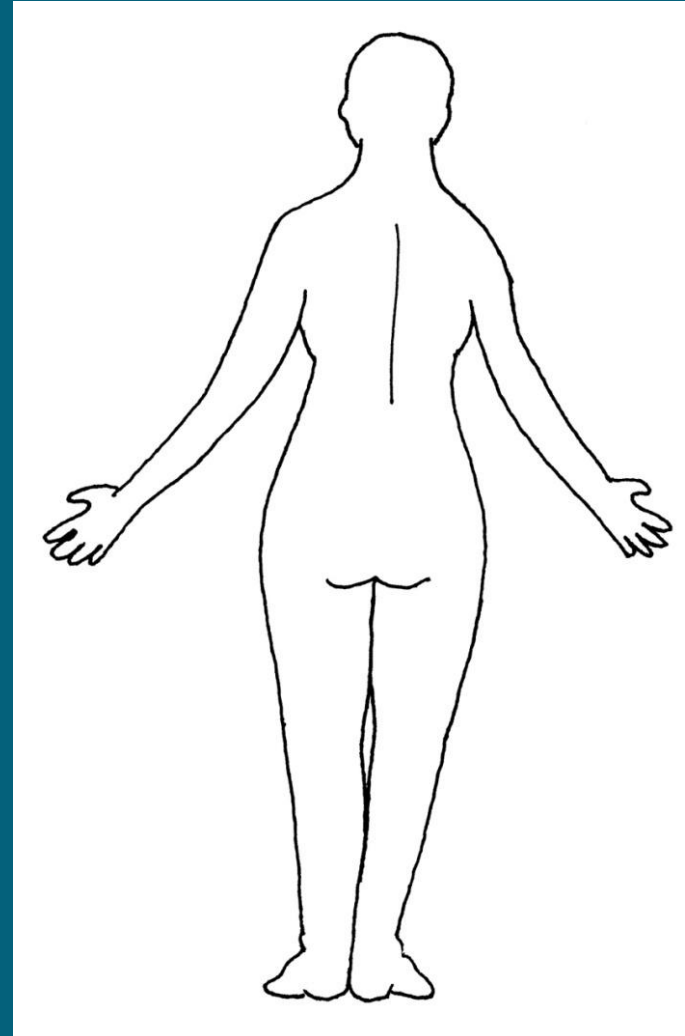
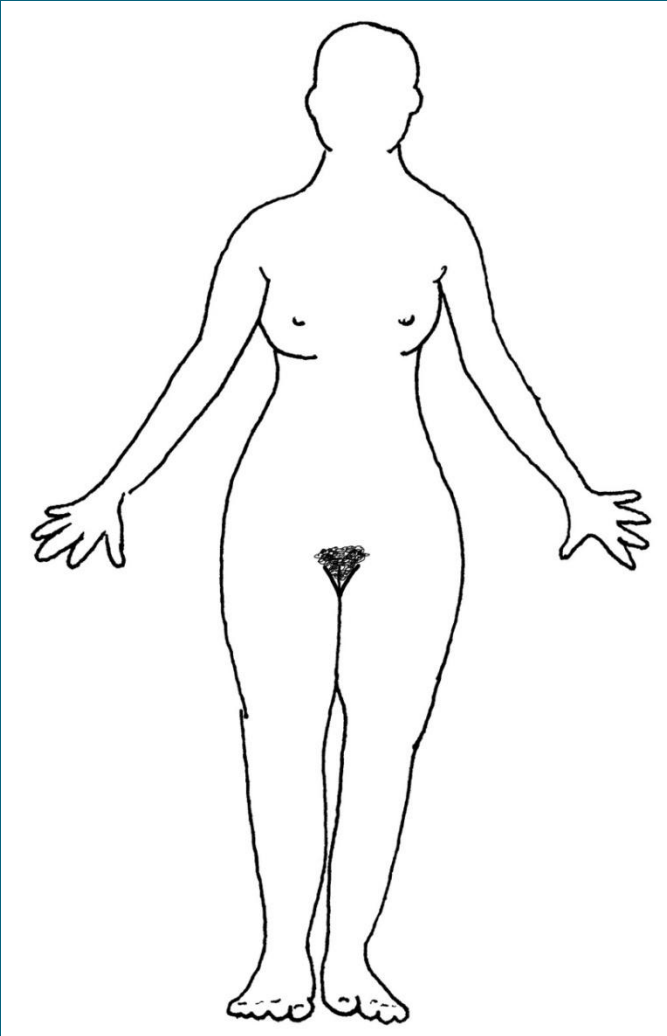
■ Support/Care

■ Physical & Verbal

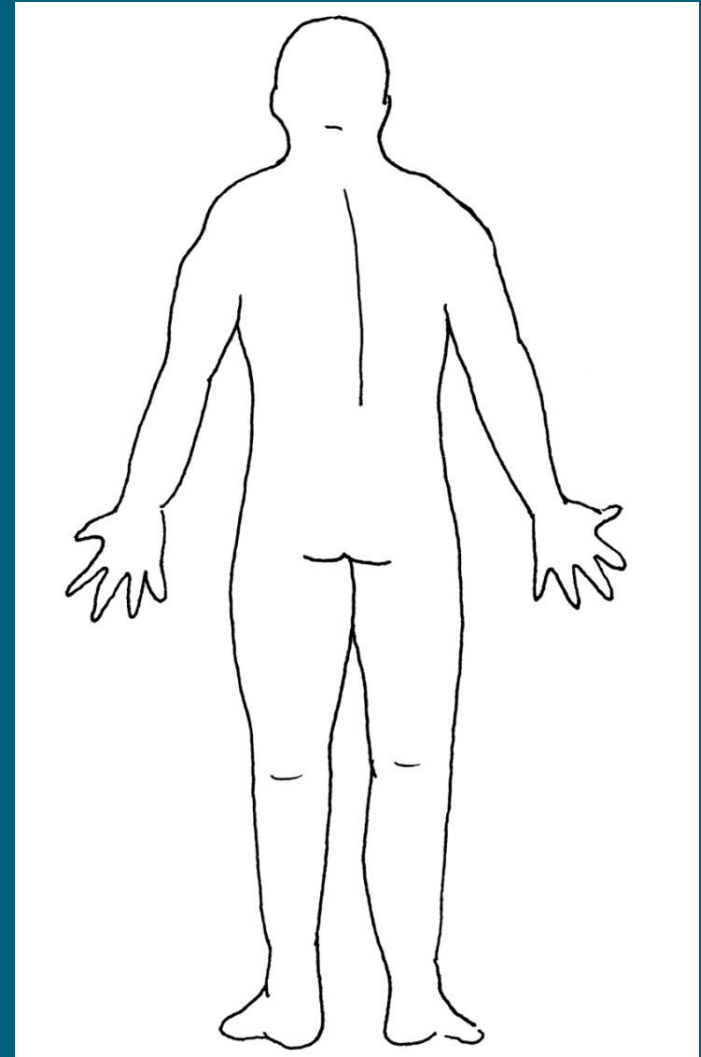
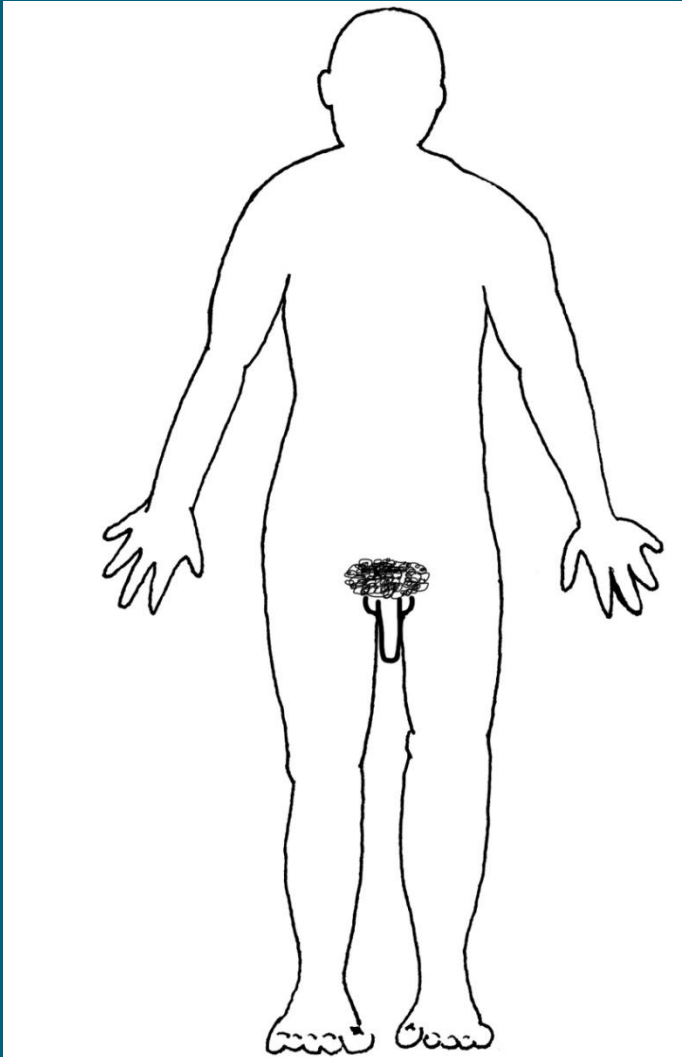
■ Sexual Safety

**What parts of your
body do you feel
comfortable
showing?**

Female Body



Male Body



**What is sexual
activity?**

Consent

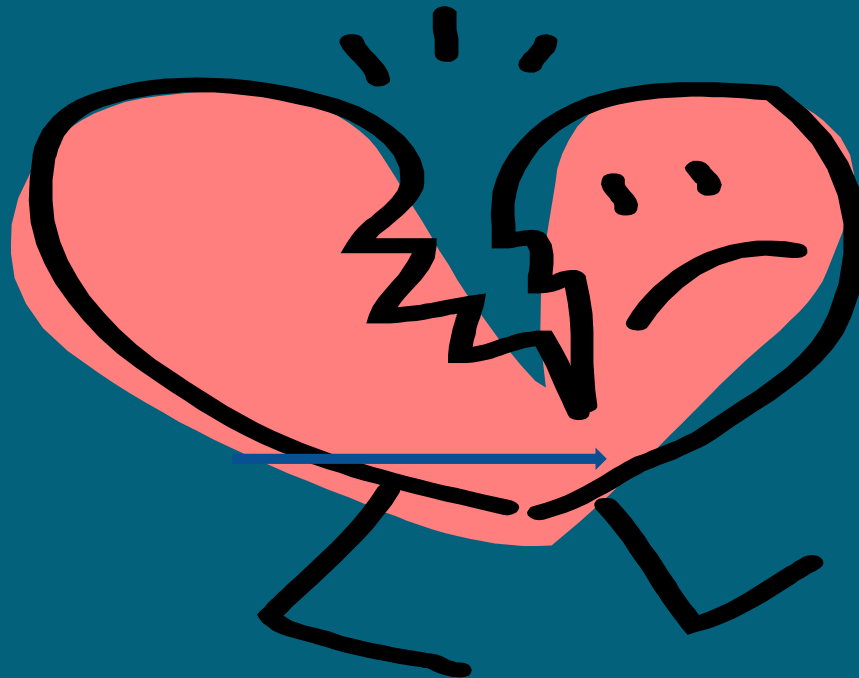
To agree to something

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/
support 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.

Example #3

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

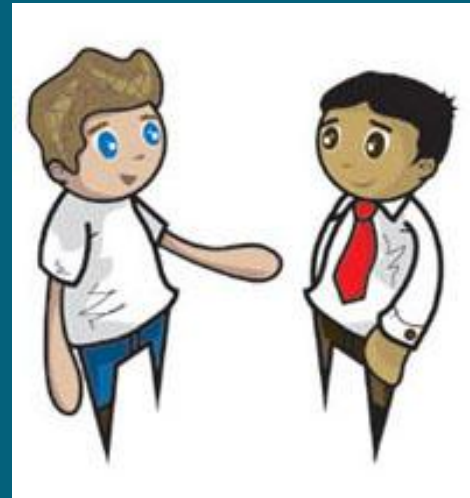
Trust

- **Who do you trust in your life?**
 - **Why do you trust them?**

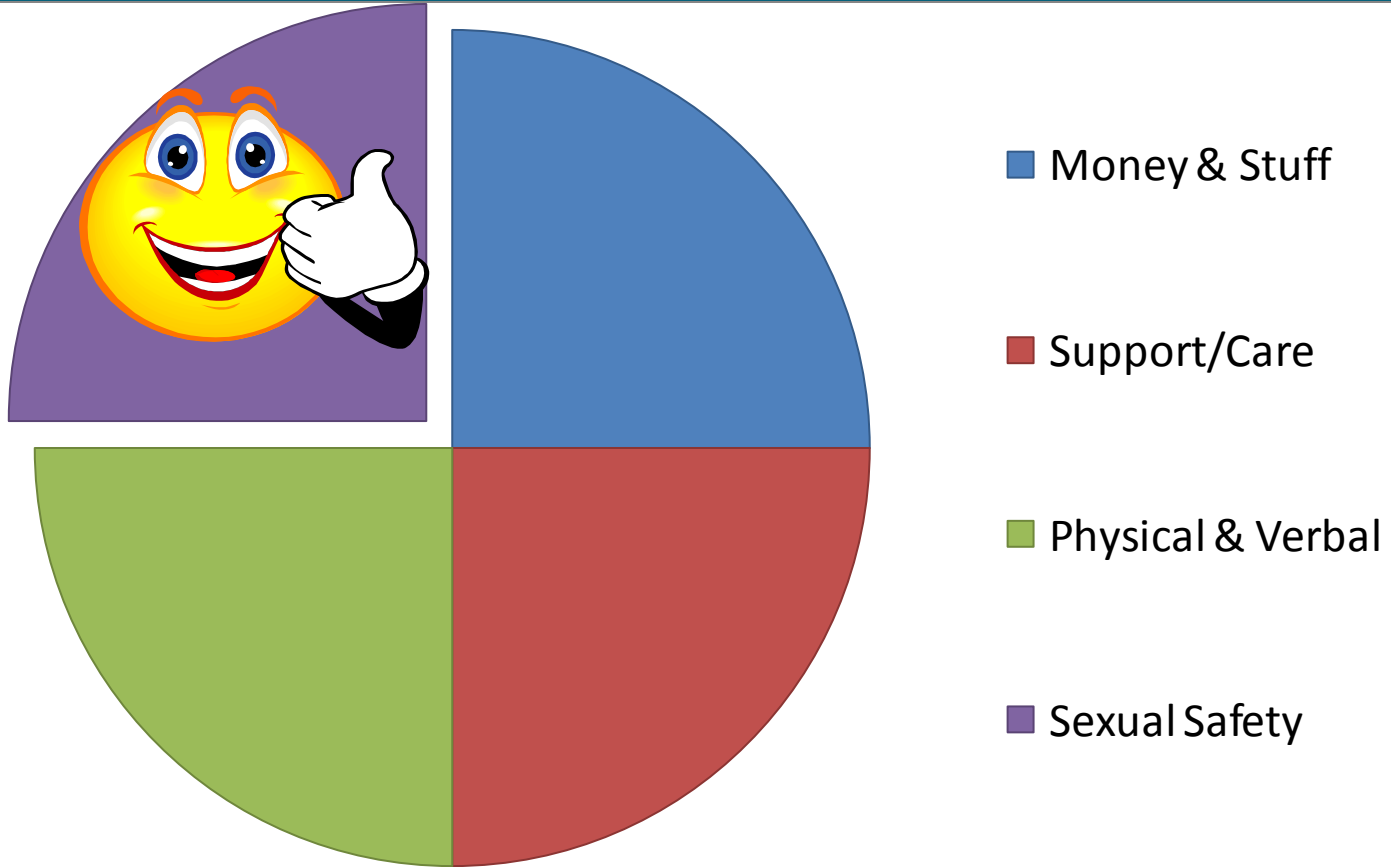
Who Can You Tell?

- 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



Your Rights

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Knowledge Is Power

