Self-Determination

Module 7: Staying Safe in Your Community

The first principle of Self-Determination is

FREEDOM

With freedom comes responsibility!

Staying Safe

With Freedom comes responsibility!!
Responsibility to Protect yourself

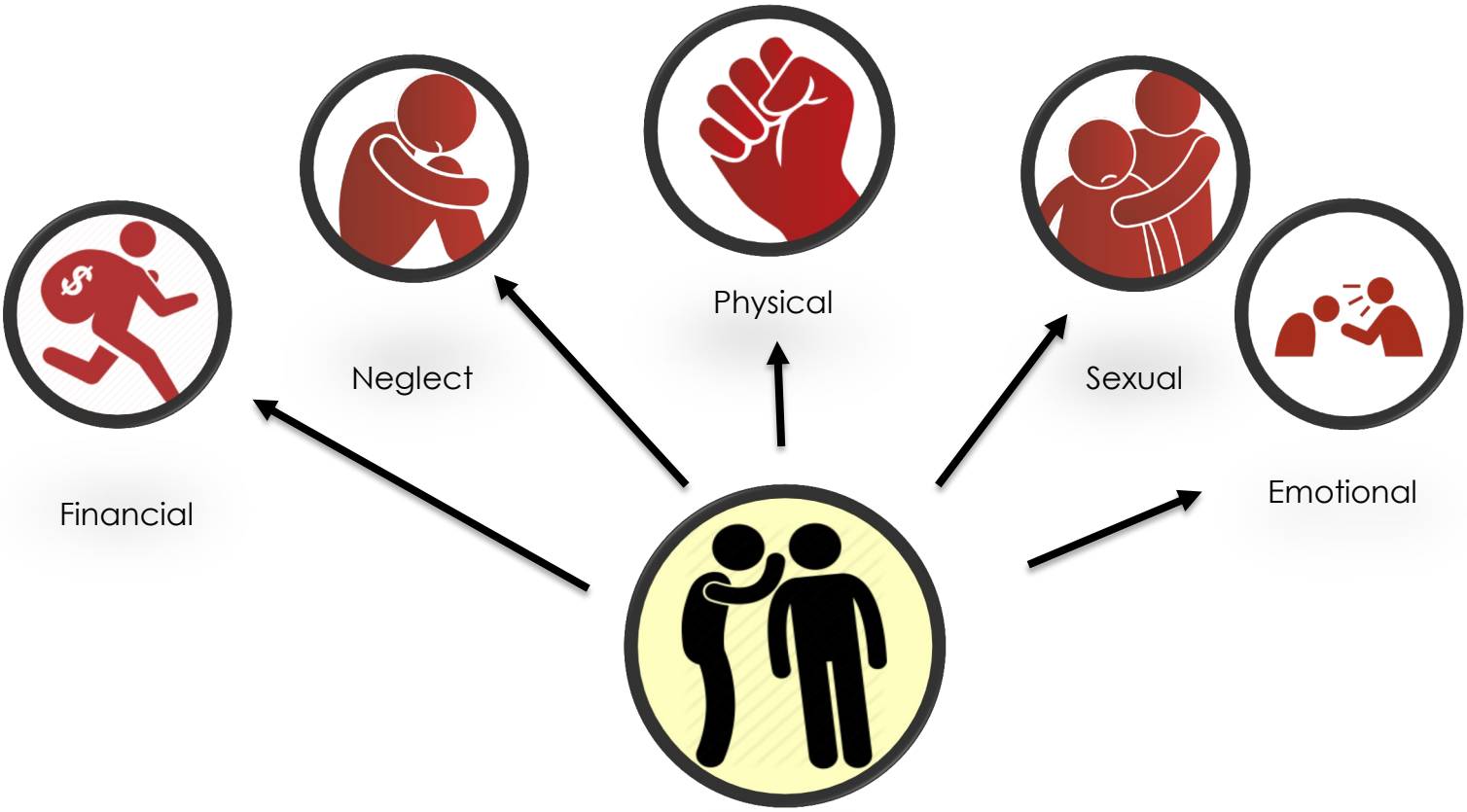
- **Abuse**
- **Neglect**
- **Physical wellness**

Manage Risk

- **Personal**
- **Financial**
- **Exploitation**

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**!

Ensure your Wellness

- Establish your health network
- Build a daily schedule that promotes wellness
- Healthy Relationships
- Provide supports necessary to make it effective

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.

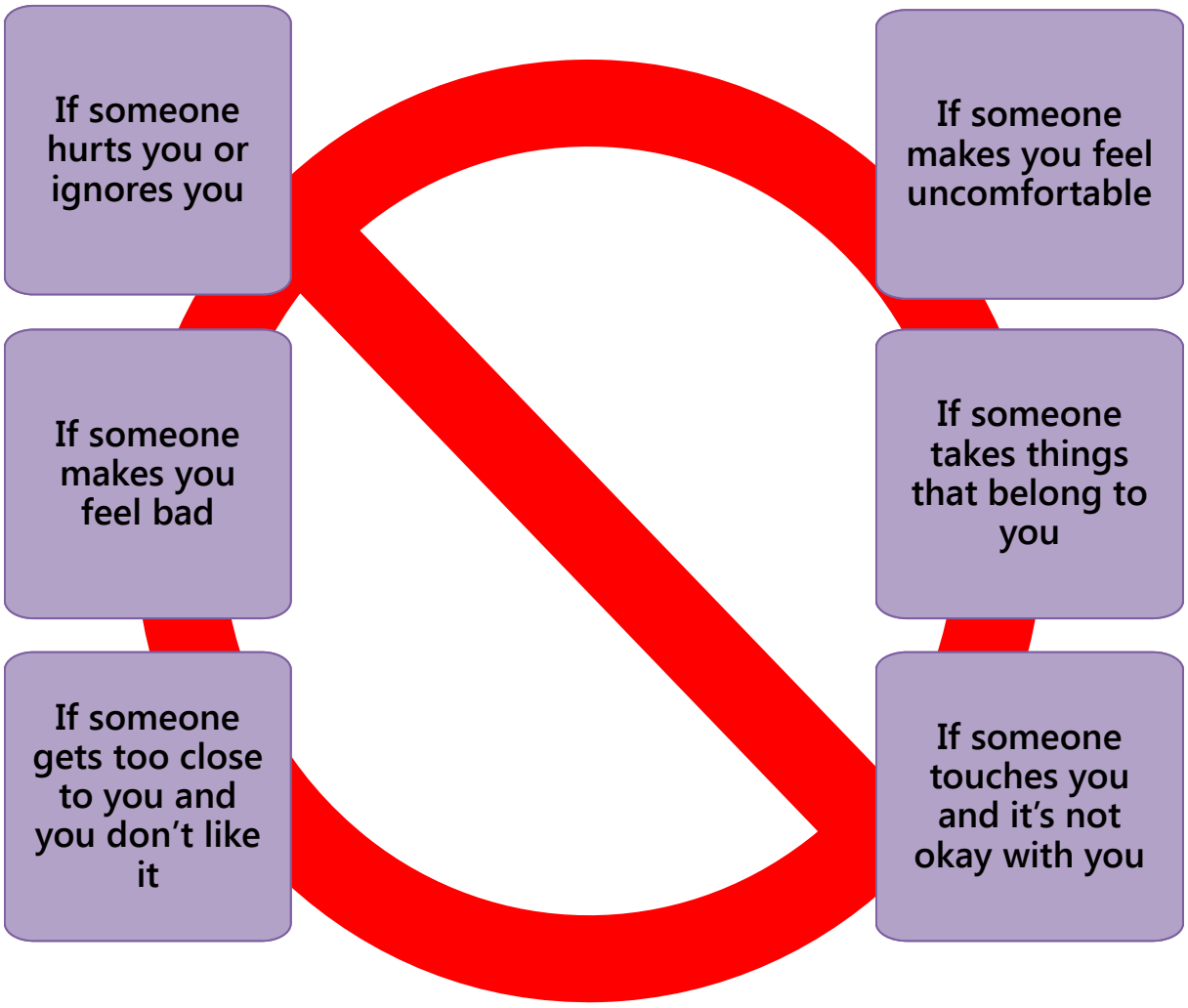
Recognizing Physical Abuse & Neglect

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

Healthy Relationships

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

DON'T IGNORE IT



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

CALIFORNIA DEPARTMENT OF DEVELOPMENTAL SERVICES

DDS SafetyNet

For Health, Safety, and a Better Life

Fall 2017

Tip Sheet: How to Defend Yourself — Fighting Back!

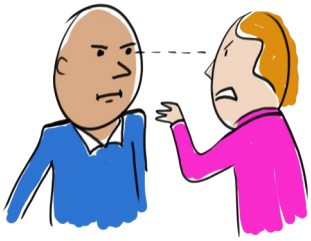
Danger signs that you might be harmed or hurt

- Someone grabs, holds, pushes, slaps or hits you.
- Someone touches or kisses 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 by physically 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.

Tip Sheet: How to Defend Yourself — Fighting Back! — continued

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.

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.**

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

My Notes & Next Steps