

## INTERVENTION (INDIVIDUALS)

### STAYING SAFE

#### Remember that you are important

You are important. You deserve respect and help when you need it.

#### Know that your body belongs to you

You decide who touches you or does anything to your body.

#### Be assertive

Say no if you do not like something that someone is doing to your body.

#### Ask for help if you need it

Identify someone that you trust. If you need help with your safety or feel uncomfortable about anything with your body, tell that person.

#### Don't blame yourself

If someone hurts you, it is not your fault – you always deserve to be treated well and with respect.

#### Say YES to fun, friends, and connection

Be connected to your family, friends, neighbors, or community groups, like volunteering or church groups – check in with your friends and tell them how you are doing.

#### Know your rights

Learn about your rights and about services for people with autism.

#### Be a leader

Show other people that you respect yourself and be a role model to others.



### What to Do If You Are Being Abused:

**TELL:** Let supportive and trusted people in your life know what is happening and how you are feeling.

**REACH OUT:** Seek help from a service provider, someone in your school, work, or community, and ask for help about what to do next. See the resource “Linking to Services” for more information.

**MAKE A PLAN:** Identify whom you can contact and what you can do if you see the abuser again or if you are abused again in the future.

### How to Tell About Abuse:

**Identify a person** to tell if someone hurts you. This might be a parent, a family member, a friend, a therapist, someone at your school, or someone you work with.

**Keep telling** until someone does something to stop the abuse.