

If something bad has happened to me, I might be asked to talk with a therapist.



When I see the therapist, I should try my best to say how I am feeling.



Sometimes the therapist will ask me to talk about what I'm thinking.



The therapist will try to help me think about stuff in a new way.



The therapist might ask me to do things that are a little scary.



To help me do this, the therapist will also teach me ways to feel calm and safe.



This campaign promotes the idea of body autonomy for individuals with disabilities. ASERT has partnered with researchers at the National Crime Victims Research and Treatment Center at the Medical University of South Carolina to develop resources for the Be Safe campaign.

*The Autism Services, Education, Resources and Training (ASERT) Collaborative is a statewide initiative funded by the Bureau of Autism Services, PA Department of Human Services.*