Teaching Community Safety Skills

PREVENTION (CAREGIVERS - SCHOOL AGE)

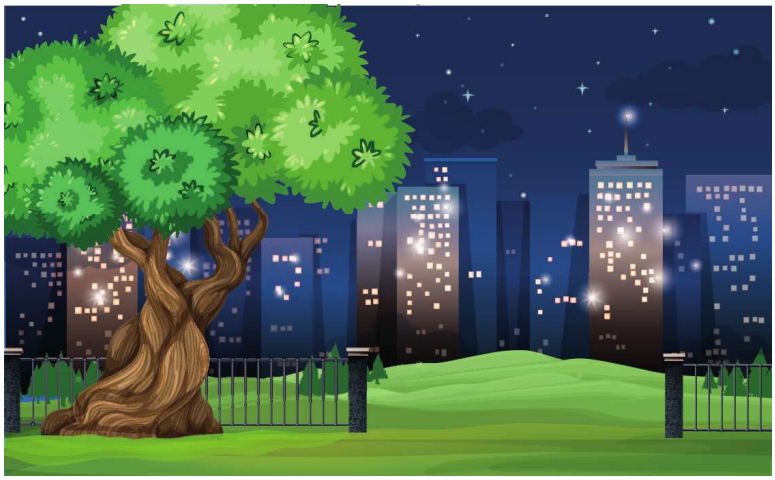
To prevent sexual abuse, it's important to teach community safety skills so individuals are able to recognize what safe and unsafe environments look like.

Prepare for Situations That May Arise in Public

- What to do if approached by someone they don't know.
- Avoid unsafe places: dark places, places without people around, places without cell phone reception, etc.
- What to do if someone grabs them: scream, hit the alarm on the cell phone, etc.
- Teach what to do if they get lost: memorize 1-2 important phone numbers, approach someone in a uniform, call 911.

Make Outings a Learning Opportunity

Help them learn to be comfortable traveling in the community, and how to seek out information from trusted people (caregivers, people in uniform).



Fundamental Rules

- Only walk in known, well-lit locations or carry a flashlight and cell phone.
- Always carry ID and/or an autism information handout.
- Never leave home without a charged cell phone or an index card with phone numbers.
- Always let family or friends know where they are and when they'll return.
- Use public bathrooms in a safe way: Alone in a stall.

Teach What to do if Uncomfortable in a Situation

- Make sure they have access to money.
- Get to know law enforcement personnel and practice interacting with them.
- Help make a safety plan, which includes a trusted person to call if uncomfortable. For information on safety planning, you can use the Family Safety Planning to Prevent Sexual Abuse resource: ***https://www.chicagocac.org/wp-content/uploads/2015/04/ChicagoCAC-Family-Safety-Planning.pdf***

Be Safe Ask. Listen. Respect.

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