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 who 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 THE 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.

www.paaautism.org/BeSafe

These resources were developed in collaboration with Angela Moreland, PhD and Grace Hubel, PhD, National Crime Victims Research and Treatment Center, Medical University of South Carolina. ASERT is funded by the PA Department of Human Services, Office of Developmental Programs, Bureau of Autism Services.