

How to access the Being Safe Class

If you or someone you know is interested in taking the being safe class, or you have questions about the class, please contact the Ross County Service and Support Administration at the numbers below. Our hours are from 8:30 AM to 4:30 PM, Monday through Friday. Ask to speak to your SSA or the MUI Contact and they can let you know when the next class will be held.



Pioneer Center Service and Support Administration:

Phone Number:

740-775-7044

Address:

20 South Paint Street,
Chillicothe, Ohio 45601

Being Safe and Personal Awareness Class

**PIONEER CENTER
SERVICE AND SUPPORT
ADMINISTRATION**

**Developed by
The Avert Project**



740-775-7044

Being Safe Class

The AVERT (Abuse & Violence Education & Recognition Training) project trains women and men with developmental disabilities to recognize and respond to abuse (including domestic violence and sexual assault). A nine-week curriculum, the **Being Safe** class, has been developed with one-hour long class per week. The class includes a participant workbook with unique graphics and a video

designed for use with the class. Some of the topics covered in this class are types of abuse, personal boundaries and responding to abuse.



This class was by the Lorain County Board of Developmental Disabilities. Technical support provided by the Lorain County Rape Crisis Services of the Nord Center.

Curriculum

1) Know your rights

- Session one starts with going over the rules of class and speaking to the individuals about not repeating things they hear in class that someone else might say.
- Helping them understand the reasons for keeping things confidential.
- Helping class participants identify who is a reliable safe person in their life.

2) Know your boundaries

- Helping the individuals know what personal boundaries are and how to deal with problems that arise when people are making them uncomfortable.
- Help individuals understand appropriate boundaries between friends, family and co-workers.

3) Know what is not safe Part I

- This section covers verbal and emotional abuse. Help consumers identify what the word abuse means.
- Identify words that express feelings.
- Help individuals understand the difference between verbal abuse and constructive criticism and frustration.
- Help determine when to call their safe person.

4) Know what is not safe Part II

- This section covers physical abuse and helps identify physical and abusive behaviors
- Have individuals demonstrate how to contact their safe person. (by phone, in person, etc.)

4) Know what is not safe Part III

- This section covers financial abuse and helps individuals demonstrate knowledge of financial abuse and ways to protect their personal finances.

5) Know what is safe Part IV

- This section covers sexual abuse & abusive behaviors.
- Identify sexual activity and the sexual parts of the body.
- Helps individuals understand what consent means.

6) Ask for help from my safe person

- This section covers when and why to contact your safe person and the appropriate time to request help.

7) Know how to keep myself safe

- This section will present different ways to keep themselves safe. Helps individuals identify necessary steps to help ensure personal safety.
- Identify how a safe person can provide Assistance.

8) Celebrating Ourselves

- Celebration of the knowledge they have gained and the right they have to be safe.
- Graduation Ceremony.

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