



## Speak Up/Stay Safe: Community Health and Safety Training for People with Disabilities

The community is a wonderful place! It is made up of new and interesting people, neighborhoods, jobs, homes, places to have fun and learn, and many ways to experience a good life. As people with disabilities become more included in their communities, they have access to greater resources and opportunities. Increased opportunities can also bring additional risks and challenges. This training helps inform and support people in learning how to be safe and healthy and provides step-by-step instruction on how to use the new Community Life Guide on the web!

This training is for people with disabilities and is led by a facilitator and other people with disabilities. It is a dynamic and interactive session that encourages self-awareness and facilitated discussion. Each participant is asked to bring a support person or ally to assist throughout the session. Drinks, snacks, and lunch are provided. \*Topics include:

- Healthy relationships and boundaries
- Sexuality and dating
- Abuse, bullying, and harassment
- Human trafficking
- Alcohol, drugs, and weapons
- Online safety

To see training dates and registration, press Ctrl  
and click [here](#)

\*This material was developed by people with disabilities, advocates, family members, allies, direct support professionals, and lawyers. Some of the material is blunt, graphic, and honest. Participants will discuss technical and slang terms, as well as content that might be sensitive. A mental health support professional will be at each peer-to-peer session to provide support, if needed. **People who are uninformed, silent, or powerless are more likely to be abused. The more people know, the more they are empowered to be safe and healthy.** If you have any additional questions, please contact Olivia Caldeira ([oliviacaldeira@gmail.com](mailto:oliviacaldeira@gmail.com)) or Sue Hetrick ([hetrick.cde@gmail.com](mailto:hetrick.cde@gmail.com)) at The Center for Disability Empowerment (614) 575-8055.

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