



Speak Up ~ Stay Safe: Community Health and Safety Training

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. These trainings help inform and support people in learning how to be safe and healthy.

TWO TYPES OF TRAININGS OFFERED:

1. The first training is for parents/professionals/caregivers. It explains the purpose and content of the training session for people with disabilities, offers examples of some of the highlights of the material, and discusses how to continue supporting people in the future. Drinks and snacks are provided.
2. The second training is for people with disabilities. It is a more thorough and interactive 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

*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 session for people with disabilities 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 (caldeira.cde@gmail.com) or Sue Hetrick (hetrick.cde@gmail.com) at The Center for Disability Empowerment (614) 575-8055.



The Center for Disability Empowerment

Providing Resources and Advocacy for Community Living in Central Ohio