



## SELF ADVOCACY AND SELF DISCLOSURE



### INDIVIDUAL

#### 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.paautism.org/BeSafe](http://www.paautism.org/BeSafe)