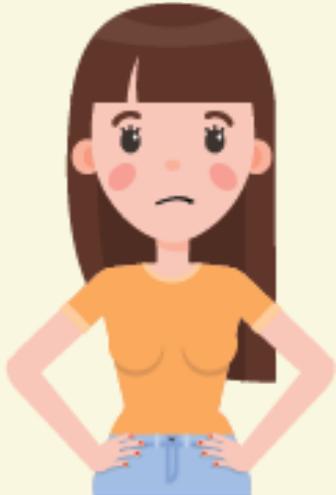


FLASHBACKS AND INTRUSIVE THOUGHTS

If something bad happened, I might spend a lot of time thinking about it.



I might remember things even when I try to forget.



Sometimes I might feel like it is happening all over again.



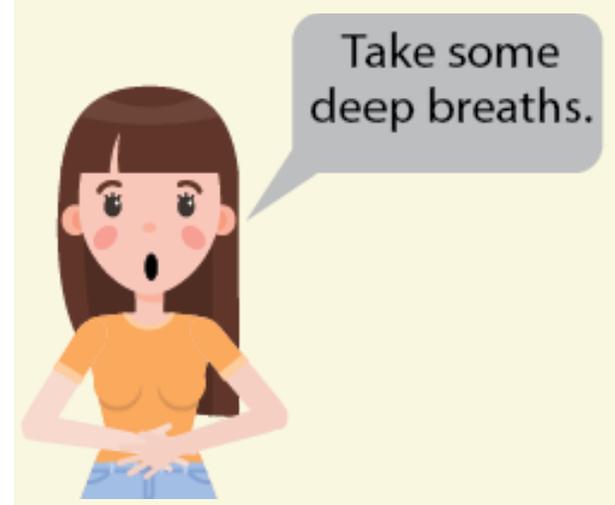
It is very scary when these things happen.



I should try to practice telling myself that I am safe now.



I should also try to practice ways to stay calm.



This campaign promotes the idea of body autonomy for individuals with disabilities. ASERT has partnered with researchers at the National Crime Victims Research and Treatment Center at the Medical University of South Carolina to develop resources for the Be Safe campaign.

The Autism Services, Education, Resources and Training (ASERT) Collaborative is a statewide initiative funded by the Bureau of Autism Services, PA Department of Human Services.