

RECOGNIZING NEGATIVE EMOTIONS

When I am sad, I might feel like crying.



When I am scared, I might want to hide.



When I am worried, I might think something bad will happen.



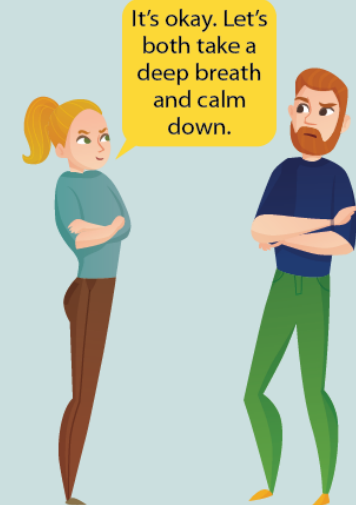
When I am angry, I might want to yell, hurt people, or break things.



I should practice telling people how I feel.



I should practice staying calm when I feel sad, scared or angry.



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.

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