

RECOGNIZING WHEN I'M UNCOMFORTABLE

Sometimes things happen that make me feel uncomfortable.



There can be a lot of things that make me feel uncomfortable.



Uncomfortable can mean my body feels weird or bad.



Uncomfortable can mean I feel sad, scared or angry.



Uncomfortable can mean I have a hard time thinking.



I should practice telling people when I feel uncomfortable.



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.