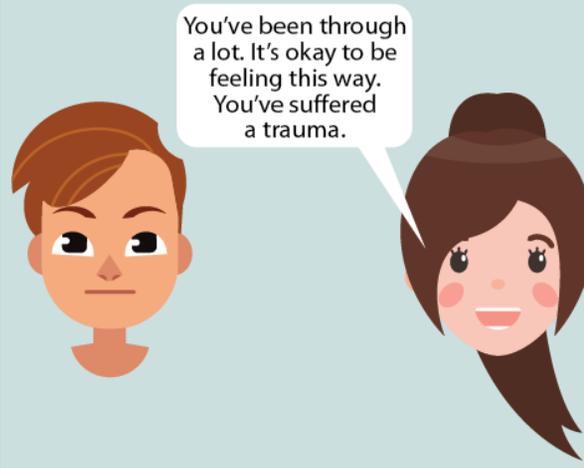


WHAT IS TRAUMA?

If something really bad happens to me, I might have a lot of bad feelings.



When something bad happens, and I feel bad about it, this is called trauma.



When something bad happens, I might feel scared.



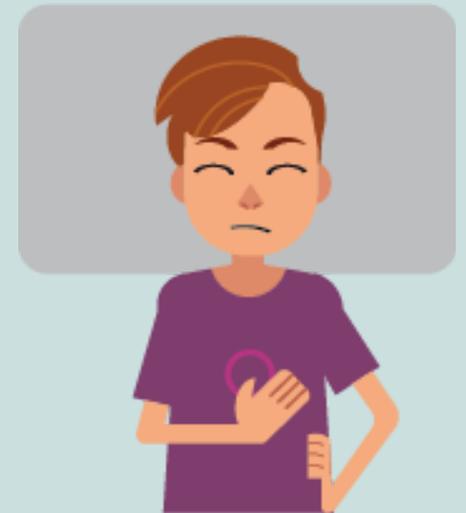
When something bad happens, I might feel angry



When something bad happens, I might feel worried.



When something bad happens, I might feel tired all the time.



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.

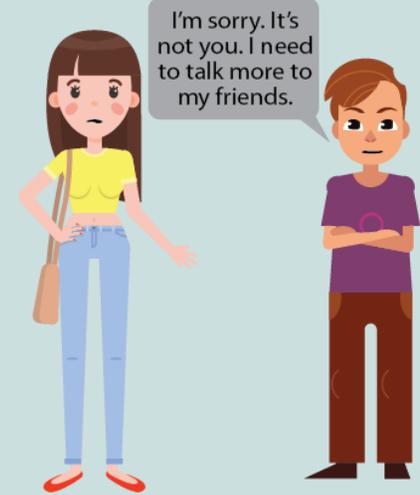
Sometimes, I might want to be alone.



When something bad happens, it might be hard for me to think.



If something bad happens, I should practice ways of telling people how I feel.



If something bad happens, I can practice ways of feeling better.



Trauma can take a long time to get better.



I should remember that the trauma is not my fault.

