

If something bad has happened to me, I might be asked to talk with a therapist.



Sometimes the therapist might have me watch something go back and forth.



Sometimes the therapist might have me listen to sounds.



While things go back and forth, the therapist will ask me to think about the bad things that happened.



Other times, the therapist will ask me to think about good things.



When I am with the therapist, I should remember that I am in a safe place.



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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