

If bad things have happened to me, I might be asked to talk with a therapist.

I think you should go talk to someone.



Sometimes the therapist will ask me about how I was feeling.

How did that make you feel?



Sometimes the therapist will ask me about what else was happening around me.

What else was happening at this time?



The therapist might ask me to practice being calm while talking about the bad things.

Take some deep breaths and then continue once you're calm.



The therapist might ask about other stuff in my life.

Well, I like to go to the movies and read books.

What do you like to do?



At the end, the therapist might ask me to make a story about my life.

I can try.

Can you draw a story about your life?



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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