



TEACHING SELF-DETERMINATION AND RELATIONSHIP BUILDING SKILLS

To prevent sexual abuse, it's important to teach about self-determination and relationship building skills so individuals know what a healthy relationship means and are able to identify if a relationship has unhealthy risk factors.

TEACH THAT EVERYONE DESERVES TO BE WELL TREATED:

People can say no when they don't want something to happen

Make sure everyone has a trusted person they can talk to

ENCOURAGE DECISION MAKING:

Practice making choices in different settings so they are able to leave a situation that feels uncomfortable or crosses sexual boundaries

Practice clear communication so they are comfortable communicating if they don't approve of an activity or action

TEACH PROBLEM SOLVING SKILLS FOR RELATIONSHIP BUILDING:

Teach social skills to address problems like conflict resolution and saying "no"

Practice identifying alternative solutions to problems



TEACH ABOUT DIFFERENT TYPES OF RELATIONSHIPS:

Give examples of similar and different relationships and what makes them healthy

Teach about relationships with different people – strangers, acquaintances, service providers, family members, etc.

GOAL SETTING:

Help write down goals, develop objectives, and track progress.

Target goals for building relationships, self-esteem, and life goals.



PROMOTE SELF-ADVOCACY:

Teach listening skills and assertiveness

Provide education on rights and community resources that build self-esteem and autonomy

PROMOTE SELF-AWARENESS AND SELF-UNDERSTANDING:

Identify ways to meet physical and psychological needs

Understand and accept individual differences Identify strategies for dealing with stress and frustration

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