



Group Trainings with



GET SAFE is now offering group trainings, *virtually* via Zoom. All 60-90 minute trainings below are available to persons with developmental disabilities and their support staff. Due to COVID-19 restrictions and social distancing guidelines, we are adapting our curriculums to the current needs of the people we serve while still delivering our hallmark fun and interactive style.

Stronger, Safer Persons with Disabilities

The GET SAFE Stronger, Safer Persons with Disabilities is a fully-customizable program provides persons with disabilities critical safety, prevention and preparedness education in a group setting using realistic scenarios, interactive activities, props, simple and appropriate language and examples, repetition of key ideas and humor.

Based on a group's needs, topics can include:



- Self-Advocacy Skills
- Three Natural Weapons
- Self-Defense vs. Fighting
- Home, Transportation and School Safety
- Interacting with Law Enforcement
- Emergencies, Reporting Crime and calling 9-1-1
- Healthy Relationships
- "OK" vs. "Not OK" Touching
- Tricks & Lures
- Bullying Prevention & Intervention
- Phone/Internet Safety

Now addressing
COVID-19 related safety
topics

STARR (Safety Training and Risk Reduction)

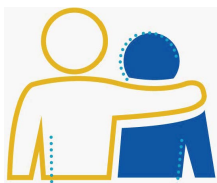
Get Safe is offering prevention education to participants of all ages and abilities in order to create safer and more effective interactions with law enforcement and other community members. Based on a group's needs, topics can include:

- Recognize law enforcement and first responders
- How and when to use emergency services
- What to do in a crisis or active shooter situation
- Recognizing and reporting abuse, assault and sexual assault
- How to recover in the aftermath of a traumatic incident
- What to expect if/when you encounter law enforcement
- Self-advocacy techniques and tips
- Roles of family, caregivers, service coordinators & the community
- Universal use of Get Safe identification cards, disclosure that you may be a Regional Center client, compliance and conveying inability to understand



Healthy Relationships & Dating

This training program is designed to provide persons with developmental disabilities with the skills needed to create healthy relationships and safe sexual attitudes. GET SAFE's aim is twofold: to increase clients' assertiveness, allowing them to know they have a voice and a choice, as well as their respect and recognition of a person's right to set boundaries and make choices about his/her relationship. The curriculum emphasizes a clear and continuously reinforced message about appropriate sexual/relationship behaviors and risk reduction. Instruction is customized to include a selection of topics* from the following three sections: (continued on page 2)



Sexual Development & Reproduction

- Physical & emotional changes associated with puberty
- Fertilization & conception
- Physical & emotional changes associated with sexual reproduction
- Sexually transmitted diseases & HIV transmission
- Community resources for STD/HIV testing & care
- Kinds of contraceptives/birth control & how they work
- How to decide on what contraceptive to use or not use
- Obtaining contraceptives & other

Relationship Development & Dating

- Kinds of relationships
- Understanding relationship development as a process
- Qualities associated with healthy vs. unhealthy relationships
- Appropriate social-sexual behaviors related to dating
- Using personal judgment related to displays of affection
- The importance of mutual consent
- Dealing with peer & other social pressures
- How to politely reject/accept rejection associated with dating

Sexual Behaviors & Activities

- How behaviors affects self-esteem
- How behaviors affects how others view you
- Examples of assertive, aggressive, & passive behaviors
- Preventing manipulation & potential abuse through assertive behaviors
- Differentiating between public vs. private settings & behaviors
- The law relating to sexual behaviors & relationships
- Identifying physically & sexually unsafe situations

Interested in scheduling a *virtual* GET SAFE training?

If you are interested in scheduling a training for your class or group of clients, please follow these easy steps:

- 1) Determine the training(s) you would like to schedule
- 2) Contact GET SAFE coordinator, Michelle Vimolphandhu: michelle@getsafeusa.com
- 3) Provide the following information-
 - a) Dates & Times available or preferred
 - b) Number of participants
 - c) Zoom link and/or Meeting ID
 - d) A list of the students'/clients' full names and date of births



Latest Testimonials for virtual GET SAFE trainings:

"Dave has been teaching my classes Get Safe strategies for several years now, and as always Dave's presentation was phenomenal! He kept the students actively engaged for the whole hour. The students are both entertained and engaged in learning when Dave teaches, which helps them remember important safety information. Students were able to answer all the safety questions that he covered in previous sessions." - Teacher from La Sierra High School

"Dave was incredibly engaging and informative. Our students loved the presentation and were engaged the entire time. There were many wonderful takeaways regarding safety in the community, COVID-19 safety, and safety with technology. Learning about safety has never been so fun! I highly recommend GET SAFE."

- Teacher from Capistrano Unified School District

"Dave, from Get Safe, just completed an amazing virtual training for our young adult students and our staff. His personality, presentation skills, and content knowledge all translated very effectively through our online group format. If teachers out there are looking for quality content for their students I would highly recommend scheduling a training soon." - Teacher from Capistrano Unified School District