



Regional Center Programs for Persons with  
Intellectual/Developmental Disabilities

# GROUP TRAININGS

GET SAFE EMPOWERS PEOPLE TO STOP WISHING AND START DOING  
BY "CHANGING THEIR MINDSETS TO CHANGE THEIR OUTCOMES."

## Personal Safety & Self-Defense: Stronger, Safer Self-Advocates

- Harassment prevention
- Situational & environmental awareness
- Exercise self-advocacy rights
- Social media / online coercions
- Setting boundaries in relationships
- Community, workplace, & campus safety



## Safety Training & Risk Reduction (STARR)

- Workplace safety
- Reporting abuse & assault
- Law enforcement interaction
- Post-traumatic incident recovery
- Family/caregiver/service coord. roles

## Building Relationships & Healthy Sexuality

- Types of relationships
- Healthcare, checkups and rights
- Healthy, positive sexual attitudes
- 'Privacy, Partners, Permission, & Protection'
- Offered in 2-hour or 22-module course options



## Group Trainings for Family & Caregivers

To parallel the programs above, GET SAFE offers Family & Caregiver courses covering related topics, including:

- Situational & environmental awareness
- Responding to/reporting abuse
- School, dating, workplace, and online/media safety
- Disability awareness & law enforcement interaction



Prepare. Respond. Empower.



# WHEN WE CAN POSITIVELY CHANGE OUR MINDSETS, WE CAN POSITIVELY CHANGE OUR OUTCOMES TO CREATE A STRONGER, SAFER COMMUNITY.

## ABOUT US

For over 35 years, GET SAFE™ has positively impacted the lives of more than 500,000 people of all ages and abilities.

By providing the violence prevention education and self-defense training, Get Safe is dedicated to empowering individuals and to building safer, more inclusive communities.

## THE NEED

2.5x

The rate of violent victimization against persons with I/DD was 2.5 times higher than for persons without disabilities.

40% of violence against persons with I/DD is committed by a person whom the victim knew well.

40%

12.7%

The rate of serious violent crime (rape or sexual assault) for persons with I/DD was more than 3-times the rate (4%) for those without I/DD's.

\*Reference: <https://www.bjs.gov/content/pub/pdf/capd0914st.pdf>

## WHO WE HELP

- Persons with Intellectual/Dev. Disabilities
- Survivors of Sexual/Physical Assault
- Survivors of Human Trafficking
- Survivors of Domestic Violence
- At-Risk Youth / Bullying Prevention
- Law Enforcement & First-Responders
- Families, Caregivers, and General Public



"GET SAFE not only changes lives, but helps save them."

-Mary, Special Education Teacher

"It's been three years since GET SAFE's training, and my daughter still quotes the safety lessons she learned!"

-Jacqueline, Parent of Child with I/DD

## Contact Us

(714) 834-0050

[www.GETSAFEUSA.com](http://www.GETSAFEUSA.com)

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\*All group trainings are taught in 90-120 min blocks

\*All classes can be tailored for: CO-ED, All Males/Females, Adults, Teens, and/or Specific Behavioral Needs