

We dream of a world where everyone is Abuse Free.

### Abuse Prevention (AP)

#### Peers learn:

- How to identify abuse.
- Feelings people may experience who have been abused.
- Actions they can take to stop the abuse.

This presentation gives people "Safety Rules" to assist them in avoiding and preventing abuse, and teaches them how to report their own abuse.



### Safety Rules

#### I will:

1. Trust my gut feelings
2. Say "NO" to abuse
3. Not keep hurtful secrets
4. Remember that my body belongs to only me
5. Walk tall and proud
6. Push away bad words and hold only good words close to my heart



#### Consumer Abuse Awareness Team (CAAT)

#### Professionals learn:

- How many people with disabilities are being abused.
- How to prevent and stop abuse
- How to assist and empower someone who has been abused.

One C.E.U. for this presentation is offered free of charge to vendors of Far Northern Regional Center

80% of Women and 54% of men with disabilities have been sexually assaulted.

#### Help Stop ABUSE!

Presenters understand abuse, because they all have their own stories to share.

Training presentations are funded by *Far Northern Regional Center* through *We Care a Lot Foundation*.

There is **NO CHARGE** for either presentation!

We Care A Lot Foundation  
2155 Larkspur Lane suite B  
Redding CA 96002



For more information please contact:

**We Care a Lot Foundation**

2155 Larkspur Lane, Suite B  
Redding, CA 96002  
Phone (530) 223-7771  
[www.wecarealot.org](http://www.wecarealot.org)

Everyone has a right  
to be  
**ABUSE FREE**