



Promoting self-worth and empowerment is an important element in preventing sexual violence. The better we feel about ourselves, the more we strive for healthy, safe relationships. We are also more confident in speaking up when someone has violated our boundaries!

**Scan here to download the free Home Sexuality Education Curriculum**



# SVPP

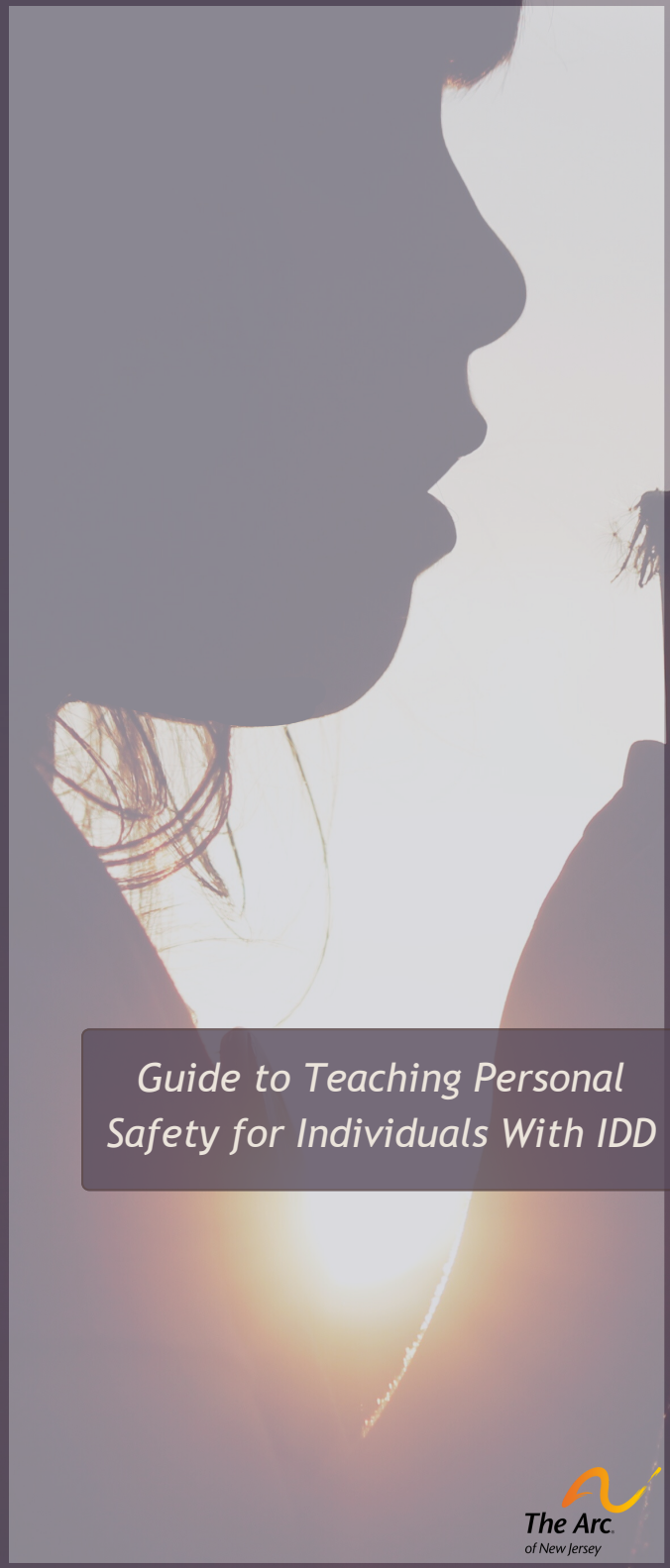
Sexual Violence Prevention Project

**To receive educational materials, including the home sexuality education curriculum, posters, and/or more information about sexual violence and IDD from The Arc of NJ, log onto:**

**TheArcSVPP.org**



The Arc of New Jersey is the state's leading advocacy and service organization for children and adults with intellectual and developmental disabilities and their families.



*Guide to Teaching Personal Safety for Individuals With IDD*





## Ways to help protect your loved ones with IDD

### Why teach people with IDD about personal safety?

People with intellectual and developmental disabilities (IDD) are seven times more likely to be a victim of sexual violence than a person without disabilities. This occurs for many reasons but a significant factor is that they have not been educated about:

- Self-advocacy
- Consent and non-consent
- Boundaries
- Public and private
- Decision-making
- Communication
- Internet safety
- Personal rights

### Guidelines for Consent

- Both people must want to do it
- Both people must make it clear that they are saying "yes!" (Silence or shrugging is not "yes!")
- Both people must understand what they are doing... every step of the way
- Both people must be awake/aware
- Anyone can take away their consent at any time.

**Talk** to your loved ones with IDD about consent:

- It is only consent if it is given clearly and freely, without pressure
- Consent can be withdrawn at any time
- Both parties must give consent
- Coercion is not getting consent

**Reinforce** consent and non-consent with your loved ones:

- Role play different ways of communicating "yes" and "no"
- Incorporate consent into non-sexual activities, such as privacy
- Discuss creating personal boundaries, their "safe bubble"
- Help them identify feelings; it will inform consent and non-consent

**Keep** lines of communication open:

- Talk openly and honestly about sex
- Remain non-judgmental when listening
- Be a safe place for them
- Alert the police or call a rape crisis hotline in the event of an assault