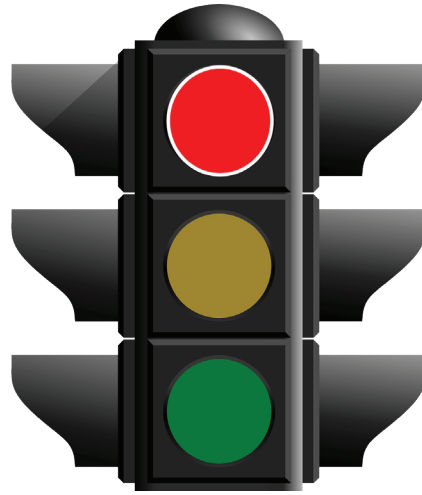


Staying Safe

A safety guide for secondary school students with an autistic spectrum disorder.





In order to stay safe, it is important for me to follow rules and laws. Rules and laws help us know right from wrong. I see and follow rules and laws everyday.



In order to stay safe, it is important for me to respect the people around me. This means that I can be polite and kind. It is important for me to listen to the people around me and be considerate.



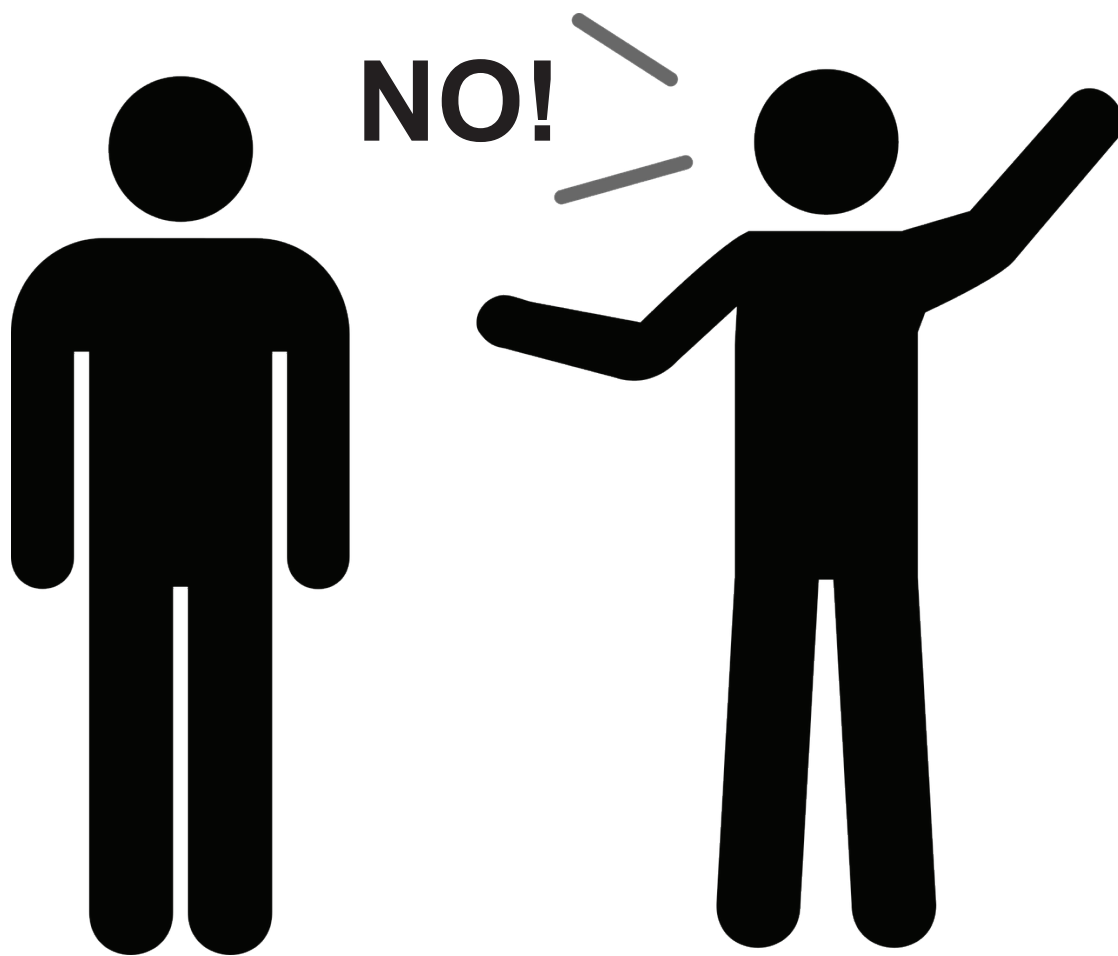
In order to stay safe, it is important for me to be aware of my surroundings. It is important to let a parent or teacher know where I am going and when I will be back. It is also important for me to know the safest way to get to my destination.



It is important to stay safe while I am using the internet or a phone application. I should keep all private information about me private. It is important for me to know that the internet is public. Anything I post on the internet becomes public.



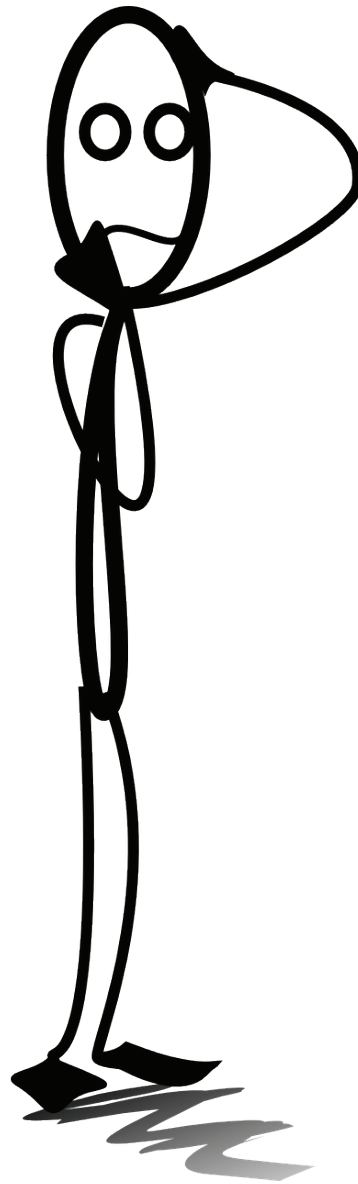
Drugs or alcohol can alter my judgement and perception. There are dangers that come with drug and alcohol use. I can speak to a parent or teacher if I have questions about drug or alcohol use.



I have the right to say "NO!" if someone touches me inappropriately or makes me feel uncomfortable. I can say "NO!" loudly and clearly. I can say it over and over again.



It is also important for me to stay safe while I am home alone. I should keep the doors locked and not let anybody that I do not know come inside my house. I should keep a light on inside the house at night.



If someone approaches me and makes me feel unsafe, it is important for me to stay calm. If I am alone, I can go to a more populated area. I must call the police right away if the person is harassing or scaring me.

For more educational materials as well as information about autism, go to: asdfirstresponders.ca



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