Safety (Pro)

Activities:

Police and first responder interaction:

- [ ] Read "Get Home Safely: 10 Rules of Survival" and watch the accompanying video: https://www.saltproject.org/progressive-christian-blog/2015/1/14/get-home-safely-10-rules-of-survival.
- [ ] Read "Half of People killed by Police Have a Disability: Report" (https://www.nbcnews.com/news/us-news/half-people-killed-police-suffer-mental-disability-report-n538371).
- [ ] Role play being stopped by the police while walking (assume someone called the police to report "strange behavior".) Repeat the role play on five occasions.
- [ ] Role play raising your hands if told "Hands up". Do this on five occasions.

- [ ] If you have a disability that affects your ability to communicate with first responders, print out a wallet card like that available at: http://www.aane.org/resources/wallet-card/. Complete the information and carry it in your wallet at all times. Always ASK a first responder if you can get the card out of your wallet before reaching for it.

Community navigation:

- [ ] Walk to a destination you have not been to before, using the street address to find your way. This will involve understanding whether the numbers are going up or down, and whether they are odd or even.
- [ ] Demonstrate moving to the right while riding a bike, scooter, or walking, if someone says "On your left".
- [ ] Using a schedule or map, plan a route via mass transit (e.g., a bus or subway) to a destination of your choice. Be able to say where you are getting on and where you are getting off (you may use alternate means of communication to explain this).
- [ ] Practice traveling on mass transit to a destination with a companion. Gradually fade the companion until you can reach the destination independently.

Personal safety:

- [ ] Read "Keep Safe: A guide to personal safety" (https://www.wellaware.org.uk/wp-content/uploads/2017/11/Keep-safe-booklet-easy-read-guide.pdf). This booklet was written in England. The emergency number in the US is 911, not 999. The other phone numbers on the last page are in England, and should not be called in the United States. OR if you are an autistic adult, read Appendix N at: https://researchautism.org/product/a-guide-to-safety/.
- [ ] Read "Five things to do before losing your wallet" (https://consumerist.com/2010/07/24/five-things-to-do-before-losing-your-wallet/).
- [ ] Read "Please don't photocopy your wallet" (http://blog.iliumsoft.com/2006/11/20/please-dont-photocopy-your-wallet/).
- [ ] Copy out your important information (your social security number, any ID numbers, and any credit or debit card numbers) and put it in a safe place at home.

Internet safety:

- [ ] Watch "Cyberbullying: there is a way out" (https://www.youtube.com/watch?v=dkG00Czb4ho).
- [ ] Take the internet safety tutorial at https://www.gcflearnfree.org/internetsafety/.

When you have successfully completed all activities, you officially have the Safety Pro skill recognition!