



Personal Safety

Many adults with developmental disabilities are seeking more independence. In order to achieve this goal, you require the knowledge and skills necessary to keep yourself safe. This course will help you develop the confidence to keep yourself safe in your everyday life.

In this course, you will learn how to stay safe at home, in the community and around other people. Through role-play and demonstrations, you will learn how to avoid unsafe situations and how to respond when in danger.

When you finish this course, you will:

- Explain how to stay safe in the community
- Demonstrate how to stay safe at home
- Judge if someone is taking advantage of you
- Create an emergency plan for at home and in the community
- Identify people who can help you

More Than Just a Class

- ❖ Meet new people and build a social network
- ❖ Take part in interactive learning activities
- ❖ Experience campus life at Mount Royal University

Safety First image from: chizld.com



FOR MORE INFORMATION CONTACT:

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