

The Living Well Project's Safe and Free meetings are designed to help youth and adults with Intellectual and Developmental Disabilities (I/DD) learn about important topics and skills for self-advocacy, safety and independent living. This meeting series is co-facilitated by a People First self-advocate leader and an service provider agency staff. Meetings are 1 hour to 1.5 hours long. There are twelve meetings in the series.



## MEETING 1: Know Yourself

The group talks about their likes and dislikes and figure out their personal strengths.

### Activities:

- Icebreaker: Why should I hire you?
- Who I Am
- My Strengths
- Why should I hire you?

## MEETING 2: Being a Part of Your Community

The group talks about why being part of the community is important, identify one new thing they would like to try to do and practice acting self-confident and believing in themselves.

### Activities:

- Belonging in the Community
- Community Experience Bingo
- Try Something New
- Can you really? Yes I can!
- The Self-Determination Channel



## MEETING 3: Problem Solving

The group talks about problem solving skills and how to know their feelings.

### Activities:

- Relaxation Exercise
- How Do You Feel?
- Problem Solving Steps



## MEETING 4: Your Personal Rights

The group talks about rights and choose rights that are important to them. They will also talk about the steps to take if their rights are restricted or violated.

### Activities:

- What are Rights? ALL People Have Rights
- Bill of Rights Video
- Knowing Your Rights
- What to do if your rights have been violated

## MEETING 5: Voting

The group talks about who can vote, how to vote, and how to overcome barriers to voting.

### Activities:

- Who Can Vote
- Know Your Voting Rights
- Overcoming Barriers to Voting
- My Voting Plan

## MEETING 6: Communication

The group talks about ways to be a good communicator, how to be assertive by using “I” messages, and the three types of communication: passive, aggressive and assertive.

### Activities:

- Why Communication and Speaking Up for Yourself is Important
- Using “I” Messages
- Three Kinds of Communication – Aggressive, Assertive, Passive



## MEETING 7: Safety at Home

The group talks about how to use “No Go and Tell,” how to keep their home a safe place and how to be safe on the internet.

### Activities:

- Communication is More than Words
- Safety at Home
- No Go and Tell
- Internet Safety

## MEETING 8: Safety in the Community

The group talks about how and when to use 911, safe and unsafe places and people, and how to keep personal items safe in the community.

### Activities:

- Using 911
- Keeping Your Belongings Safe
- Safe and Unsafe Places



## MEETING 9: Abuse Awareness

The group talks about what abuse is, ways to protect themselves from abuse and how to report abuse.

### Activities:

- Some New Group Rules (sensitive topic warning)
- Ways to Prevent Abuse
- How to Report Abuse
- What is abuse?



## MEETING 10: Relationships Part 1

The group talks about relationship rules and responsibilities, the different types of relationships and healthy vs unhealthy relationships.

### Activities:

- Relationship Rules
- Healthy/Unhealthy Relationships
- Types of Relationships
- Wrap Up Meeting and Survey

## MEETING 11: Relationships Part 2

The group talks about boundaries (what they are and why they are important) and consent (what it is and why it is important).

### Activities:

- Understanding Boundaries
- Understanding Consent

## MEETING 12: Reflection and Wrap Up

The group talks about what they learned over the series and sets goals for using their new knowledge and skills.

### Activities:

- “What Does Self Advocacy Mean to You?” Video
- Reflecting on What We Learned
- Making SMART Goals