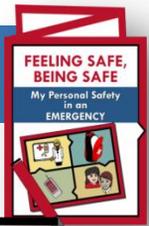


# Feeling Safe, Being Safe

**FREE**



**Did you know there is a free, easy to use emergency preparedness training program called Feeling Safe, Being Safe?**

**Are the people you support prepared for an emergency?  
You can help by hosting a training!**

Feeling Safe, Being Safe training and tools were developed to help people take charge of their own safety planning.

Anyone who is interested can get the tools to train others from the Department of Developmental Services (DDS) website:  
[www.dds.ca.gov](http://www.dds.ca.gov)

On the website you will find everything to host including:

- A series of videos to create an emergency plan
- Host discussion questions and exercises
- Email templates for planning and hosting your training
- Worksheets to complete with each video

We have included a few example materials in this email. Most materials are in English and Spanish.

You can also request free emergency preparedness packets for each person to make a safety plan. DDS will mail packets which include a DVD, worksheet, and magnet.

You can also train your staff to provide one-on-one assistance to the people you support.

**For more information contact:**

Office of Human Rights and Advocacy Services  
(916) 654-1888  
[ohras@dds.ca.gov](mailto:ohras@dds.ca.gov)

