

My Safety, My Rights Project - How to Use

My Safety, My Rights is an advocacy project created by Michelle Middlemiss. The project trains on autism to increase safety in the community.

“My Safety, My Rights” (MSMR) will assist to create a positive and safe encounter for people with autism. MSMR is a resource available to local police, firefighters, and first responders. It is also for people with autism who want to be safe in their community.

TO USE:

1. A survey is given out to local police or firefighters or first responders. The survey asks what a person knows about autism. It also asks how comfortable a person is talking to an individual with autism. It also asks if the person would be interested in autism training.
2. A different survey is given out to community people with autism. It asks questions on how safe and understood the person feels in the community. It also asks how comfortable the person feels around a police officer, firefighter, or first responder if no one is around to tell them that the person is autistic.
3. From the results of the surveys, an autism training can be scheduled for a police, fire, or first responder department. The training explains autism accurately. It also explains methods to communicate with a person with autism. At the end of the training, all people are given a wallet-size card. This card has tips and reminders if a police officer, firefighter, or first responder meets a person with autism.
4. A person with autism will sign up at their local police station for MSMR. They will be asked to give their name, emergency contact, and how someone should speak to them if they meet. The person will then be given a tag to wear. The tag is small and says MSMR and has a unique number for each person. The tag will let a police officer, firefighter, or first responder know the person has autism.
5. The police officer, firefighter, or first responder will then call the police station and give the unique number. The person will then be given the details on how to speak to the person with autism. This is very important so the person with autism is not misunderstood.

The reason for the person with autism to sign up and give their communication information is because each person is unique. Each person has their own way to communicate. There is no single path with autism. Each person is one unique person. If the autism training is done, then police officers, firefighters, and first responders will feel comfortable meeting people with autism. With MSMR, understanding improves safety for everyone.

