

We empower  
**PEOPLE WITH  
ABILITY.**

## IMPACT

Since 1971 IMPACT has taught solutions for safe living throughout the country. Through its partnership with Triangle, IMPACT provides realistic personal safety training that gives individuals with disabilities as well as the general public the skills to respond appropriately to threatening situations in a moment of fear or intimidation.



## Personal Safety Training

According to the Massachusetts Disabled Persons Protection Commission (DPPC) more than **90% of individuals with developmental disabilities will experience sexual or physical abuse in their lifetimes.**<sup>1</sup> Moreover studies have shown that only **3% of the sexual abuse cases involving people with disabilities will ever be reported.** IMPACT provides hands-on personal safety training that helps people with disabilities:

### ■ Identify Unsafe Situations

Through building awareness and assertive communication skills participants learn to distinguish between safe people and those that cannot be trusted.

### ■ Respond Decisively to Unsafe Threats

A fight avoided is a fight won. Students learn verbal skills designed to de-escalate conflict, respond effectively to intimidation and stop a fight before it starts. However, since physical violence cannot always be avoided, we teach individualized self-defense skills that can deter a would-be assailant. IMPACT helps people of all abilities find the physical and verbal skills that are most effective for them.

### ■ Develop Self-Confidence and Power

When people with disabilities commute via public transportation, attend neighborhood events or work in the community they are sometimes perceived as easy targets by predators. IMPACT helps students develop the strong body language and verbal skills to dissuade a would-be attacker. When students complete our training they will have a stronger sense of the self-confidence and power they need to live safe, independent lives.

Each IMPACT class includes two highly trained instructors who are part of the Triangle community and, in many cases, know our participants well. One instructor teaches verbal and physical safety skills. Another instructor serves as a model perpetrator who wears a full suit of body armor so that students can safely defend themselves using the same force needed in an attack.

*Last year IMPACT helped 2,401 youth and adults from all walks of life develop the skills and confidence they need to live safe, healthy lives.*

### Fast Stats:

- 1 Adults with intellectual disabilities are at risk of being physically or sexually assaulted at rates four to ten times greater than the general population.
- 2 Women with disabilities are sexually assaulted and abused at rates more than two times greater than those of women without disabilities.
- 3 Adults with disabilities experience violence and abuse twice as often as people without disabilities.

**triangle**  
people with ability

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<sup>1</sup>These statistics are from the DPPC website. See:  
[http://www.mass.gov/?pageID=dppcterminal&L=2&LO=Home&L1=Recognizing+Abuse+%26+Neglect&sid=ldppc&b=terminalcontent&f=recognizing\\_prevalence\\_of\\_violence&csid=ldppc](http://www.mass.gov/?pageID=dppcterminal&L=2&LO=Home&L1=Recognizing+Abuse+%26+Neglect&sid=ldppc&b=terminalcontent&f=recognizing_prevalence_of_violence&csid=ldppc)