



# Leadership for Empowerment and Abuse Prevention

## ABOUT THE TRAINING

Leadership for Empowerment and Abuse Prevention (LEAP) is an *evidence-based* curriculum that provides training about healthy relationships and abuse prevention to groups of adults and teens with intellectual and developmental disabilities. LEAP is delivered by two trainers, in (4) 90-minute sessions. Pending availability, co-trainers will travel to your site and provide the training. The curriculum addresses the Virginia Quality Service Review's recommendation to increase a person's awareness of abuse, neglect and exploitation.

## PARTICIPANTS LEARN ABOUT

- Healthy, confusing and unhealthy relationships
- Asking permission before touching
- Different ways to say "no"
- Identifying feelings and physical signs of being comfortable or uncomfortable
- How to get help
- ...and more!

## GET INFORMATION

<https://tinyurl.com/LEAPinterest>

Interest Form



The LEAP Project is administered by VCU's Partnership for People with Disabilities. Through funding from the Department of Behavioral Health and Developmental Services (DBHDS) and the Department of Social Services Family and Children's Trust Fund of Virginia (FACT), training is provided *free of charge in Virginia* in partnership with the Arc of Virginia.



**VCU**

School of Education  
Partnership for People  
with Disabilities



Family &  
Children's  
Trust Fund

**DBHDS**  
Virginia Department of Behavioral Health  
and Developmental Services

**The Arc.**  
Virginia

[leap.partnership.vcu.edu](http://leap.partnership.vcu.edu)