

Minimizing the Risk of Sexual Violence

Caregiver Learning Guide

How to use this guide: Read it alongside the lesson video, keep it as a quick reference on the job, and review it before taking the lesson quiz.

What you'll learn

- Understand why people with disabilities face higher risk
- Know the key concepts: healthy relationships, consent, and bodily autonomy
- Support bodily autonomy and privacy in everyday care
- Recognize warning signs and report suspected abuse

Why this matters

People with disabilities face a higher risk of sexual violence — especially those who depend on others for care, have communication barriers, or have been taught to comply. This required topic focuses on prevention through healthy relationships, consent, and bodily autonomy.

Key concepts

- Healthy relationships — respect, equality, safety, and trust
- Consent — freely given, informed, and able to be withdrawn
- Bodily autonomy — the right to control one's own body
- Privacy and dignity — care that protects modesty and respect

Supporting bodily autonomy

- Explain what you're going to do before you do it
- Knock and respect privacy, especially during personal care
- Honor preferences, including same-gender caregiver requests
- Offer choices and let the person guide their own care

Recognize and respond

Warning signs can include fear of a specific person, withdrawal, behavior or sleep changes, unexplained injuries, or new or out-of-character sexualized behavior. Respect boundaries, believe a person who discloses, and never investigate yourself.

Report immediately: suspected sexual abuse is maltreatment — call MAARC at 844-880-1574 within 24 hours, or 911 if someone is in immediate danger.

Legal references

Minn. Stat. 245D.09, subd. 4(10) · 626.557 (Vulnerable Adults Act; reporting) · 245D.04 (rights).



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