



About abuse

People with Disability Australia



Easy English

Hard words



This book has some hard words.

The first time we write a hard word

- the word is in **blue**
- we write what the hard word means.

You can get help with this book



You can get someone to help you

- read this book
- know what this book is about
- find more information.



About this book



This book is from
People with Disability Australia.



We are a disability rights group.



This book talks about things that might
upset you.



You should read this book with

- someone you trust
- someone who is helping you to feel safe.



You should read this book in a private place.

You should **not** keep this book at home if it
is **not** safe.

This book is about **abuse**.



Abuse is when someone

- stops you from doing things you want to do



- hurts you or someone you care about



- breaks something you care about.

People use different words for abuse.

For example, family and domestic violence.

Different types of abuse

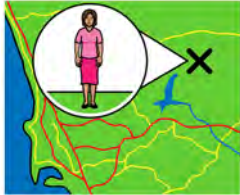
There are different types of abuse.

Emotional abuse



Emotional abuse is when someone

- calls you names
- always wants to know where you are
- always wants to know what you are doing
- stops you from talking to your family and friends.





Emotional abuse is also when someone

- says no one else will love you



- tells people **not** to believe you



- blames you for lots of things.



- says you will be locked away.

Financial abuse

Financial abuse is when someone tries to control you with money.

For example, someone might

- keep your money
- make you pay for everything.



Physical abuse

Physical abuse is when someone

- says they will hurt you
- yells or throws things
- says they will hurt people you love or your pets
- hurts you
 - for example, they might punch or kick you.



Sexual abuse



Sexual abuse is when someone makes you do sex acts you do **not** want to do.

For example, someone might



- touch your **genitals** when you do **not** want them to

– genitals are a person's vagina or penis



- make you touch their genitals when you do **not** want to



- make you have sex when you do **not** want to



- stop you from using **contraception** when you want to.

Contraception is when you use a device or medicine to stop you from having a baby.

Abuse can happen to anyone at any age



You could be abused by

- your girlfriend or boyfriend



- your husband or wife

- your ex-partner



- a friend



- a family member
 - for example, your uncle or brother.



You could be abused by

- your neighbour



- a support person



- your housemate



- someone you work with



- a stranger.

How can abuse make you feel?



Abuse can make you feel

- lonely



- angry



- confused



- worried or nervous



- embarrassed or ashamed.

How can abuse affect you?



Abuse can make it hard to

- think clearly



- speak clearly

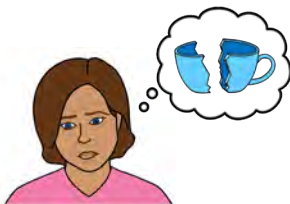


- sleep
 - for example, you might have bad dreams.



Abuse can make you

- feel sick



- have **flashbacks**.

Flashbacks are when you remember bad things that happened.



You might **not** know how you feel – that is okay.

A relationship should **not** make you feel unsafe.



Abuse is **never** your fault.

If you have been abused

Your safety



Leaving an unsafe relationship can be dangerous.



You should talk to someone you trust about what you need to be safe.



If you are in danger or hurt, call 000.

You can call anytime, even if you do **not** have money on your phone.

Who can you talk to?



You can talk to someone about how to be safe.

For example, you can talk to

- someone you trust



- someone from a domestic violence service



- a **disability advocate**.



A disability advocate helps people with disability

- understand information



- say what they need.

You can talk to someone when you feel ready.



After you talk to someone you might choose to go to the police.

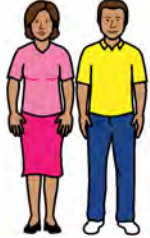
Talking to someone might help you understand what the police can and **cannot** do.

Think about what you need to be safe

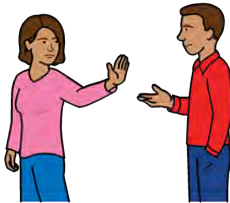


You should think about

- if you want to stay or leave



- the safest way to stay



- the safest way to leave



- how the law or police might help you.



If you do **not** get help the first time, keep asking.



You deserve to be safe.

How can we help you?



You can tell us about your needs.

For example, if you

- need help to read



- need help to write



- need help to catch public transport



- have a support person



- need an **interpreter**.

An interpreter is someone who changes your message from one language to another.

For example, Vietnamese to English.



More information



For more information contact
People with Disability Australia



Call 1800 422 015



Email pwd@pwd.org.au



If you need help to speak or listen use the
National Relay Service.

Call 1800 555 660



Website
communications.gov.au/accesshub/nrs



Give the relay officer the phone number you
want to call.

Other contacts



There are different services to help you get things that you need to be safe.



Emergency number

Call 000



1800RESPECT

Call 1800 737 732 – you can call anytime

or



Chat online

[1800RESPECT.org.au](https://www.1800RESPECT.org.au)



Download the Sunny app on your phone to get more information.

[1800RESPECT.org.au/sunny](https://www.1800RESPECT.org.au/sunny)

NSW Domestic Violence Line



Call 1800 656 463



Website facs.nsw.gov.au/domestic-violence

Full Stop Australia



Call 1800 385 578



Website fullstopfoundation.org.au

You can find out more about the alternative reporting option on the NSW police website.



police.nsw.gov.au/crime/sex_crimes/adult_sexual_assault/sexual_assault_categories

PWDA adapted this book to be used in NSW with the permission of WWILD, the original author. This adaptation was done as part of the Building Access project, funded by Women NSW.

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