



How to report abuse and sexual abuse to the police

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 how to report **abuse** and **sexual abuse** to the police.



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.



Sexual abuse is when someone says or does sexual things that

- make you feel unsafe



- you do **not** want to do.

About sexual consent



Sexual consent means you say **yes** to sex acts.

You **cannot** say yes to sex acts if you are



- affected by drugs or alcohol



- asleep



- scared about what will happen if you say **no**.



No one should do sex acts with you if you say **no**.

Contacting the police



If you have been abused or sexually abused, you do **not** have to tell the police if you do **not** want to.

Some people tell the police

- straight away



- years later



- never.



Some people might want you to tell the police what happened.



Some people might **not** want you to tell the police what happened.

You can choose what **you** want to do.

How do you make a report to the police?



You can ask someone you trust to help you meet with the police.



You can call your closest police station to find the best person to speak to.



You should tell the police if you have a disability and need help to make a report.



You should tell the police if you need an **interpreter**.

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

For example, Vietnamese to English.



Talking to the police can take a long time.



You can ask the police for a break when you need it.



The police might ask you some hard questions that might make you feel upset.



You can ask someone you trust to come with you.



You can get help from different services.

For example

- a sexual abuse service

or



- a domestic violence service.

Other ways to tell the police what happened



You can use the **alternative reporting option** to tell the police what happened.



The alternative reporting option means you do **not** have to give your name or phone number.



You only need to tell the police what you want to say.

If you need help to be safe



There are lots of services that can help you to be safe.



1800RESPECT have made a phone app called Sunny.



The phone app

- has information about abuse and sexual abuse



- has other people's stories.



Reading other people's stories might help you to tell someone what happened to you.



You can get help to set up the Sunny app on your phone or device.



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

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