



# Say NO to Abuse!



**Action on Disability within Ethnic  
Communities Inc. (ADEC)**

# Abuse

Abuse is someone treating you in a way that causes harm.

## What are the types of abuse?



**Physical abuse** is when someone uses their body or an object to cause you harm.

- Punching or kicking
- Restraining
- Pushing or shoving



**Financial abuse** is when someone wrongly uses or controls your money or property, without your consent or through force. For example, someone:

- Hides your money from you
- Spends your money for their personal benefit
- Stops you from getting a job or going to work

# Abuse

**Emotional abuse** is when someone causes you harm by:



- Yelling
- Swearing
- Rejecting or threatening you
- Insulting or ignoring you

**Sexual abuse** is when someone harms you through unwanted sexual behaviour.



- Touching your private parts
- Non-consensual sex

**Neglect** is when you are not given physical, emotional, educational, medical or safety support.



- Not being taken to the doctor
- Being left alone for a long time without care
- Not being given enough food

## Signs of abuse

- Physical injury (bruises, cuts, fractures)
- No control over money
- Frequently hungry or unwashed
- Loss of social or communication skills
- Reluctance to talk openly
- Unexplained mood swings
- Changes in behaviour or appearance
- Self-harming
- Sexually transmitted infections
- Discomfort when using toilet

## What are some of the risk factors?

- Living with a chronic illness or disability



- Dependence on carers
- Lack of family or support networks
- Being unaware of the help available
- Living in supported accommodation
- Attending day services



- Language barriers
- Communication difficulties



# Abuse can happen

Most places and people are safe but abuse can happen.

## It can be anyone



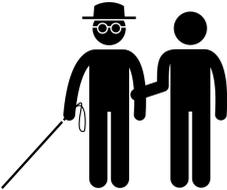
Family, friends or someone you know



Someone you don't know



Staff and workers



Volunteers



Residents - people who live with you in group homes or disability accommodation

# Your rights

No type of abuse is okay.

Everyone has the right to:

- Be safe
- Respect
- Make their own choices
- Understand and report abuse
- Be treated the same as everybody else



Being abused is not your fault.

There are a lot of organisations that want to help you feel safe.

We need to make sure that we report abuse.

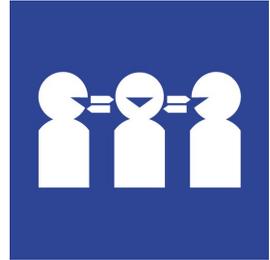
Help is available.

# Help is available!

To report abuse or make a complaint please contact:

## **Translating and Interpreting Services (TIS)**

For an interpreter, select your language and then call the organisation you want to speak to.  
Phone: 13 14 50



## **Victoria Police**

If you are in any immediate danger phone 000.

## **Office of the Disability Services Commissioner (DSC)**

To make a complaint about a service provider.  
Phone: 1800 677 342

# Help is available!

## **Victorian Equal Opportunity and Human Rights Commission (VEOHRC)**

To make a complaint about individuals or organisations.

Phone: 1300 292 153

Phone: 1300 152 494 (Interpreter Line)



## **1800 Respect**

For counselling if you have experienced sexual assault or domestic violence.

Phone: 1800 737 732

## **ADEC Advocacy**

For help to access the right services for your situation and for support through the process.

Phone: (03) 9480 7000

## Remember

Abuse can affect anyone. Abuse is not OK!

You won't get into trouble for telling someone what happened.



If it is about someone else, ADEC can support you to find the right person to assist them.



Services are here to assist you.

Ask for help if you need it.

This material was developed by Action on Disability  
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ADEEC also have offices in Dandenong and Wyndham,  
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