



Easy Read Guide

Staying safe from abuse, neglect and exploitation



This guide has words that you may not know or understand.

We will try to explain them in a way to help you to understand.

Explaining some of the words that are used

Abuse

Abuse is when someone hurts another person or takes away their freedom.

There are different types of abuse that we will talk about in this guide.

Neglect

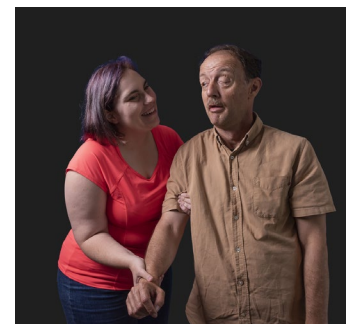
Neglect is when people can't get the important things they need like food, water, and medicine.

Exploitation

Exploitation means when a person is being taken advantage of.

This guide talks about things that may make you feel upset or uncomfortable.

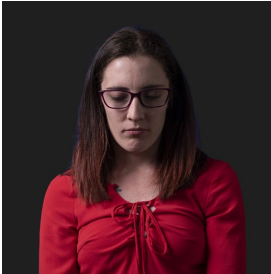
It is important that you feel safe. This guide has information about how to get help if you need it.



Abuse, neglect, and exploitation can make people feel many things.

They might feel:

Sad



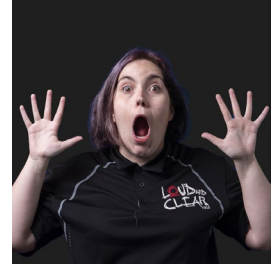
Angry



Confused



Scared



Abuse

Abuse is when someone hurts another person or takes away their freedom.

We describe the different types of abuse in the boxes below:

Physical abuse

When someone hits or pushes or hurts any part of another person's body.

Other examples: punching, kicking, hitting

Emotional abuse

When someone calls a person names, yells at them, ignores them, says mean things to hurt them.

Other examples: screaming or making rude comments because they know it will make the other person feel upset.

Financial abuse

When money or things are taken from a person without them saying it is ok or when someone uses money to control another person.

Other examples: stopping another person from using their own money or bank accounts.

Sexual abuse

When a person is:

- forced to have sex
- touched or spoken to in a sexual way when they don't want to be
- told about sexual topics or their body is touched by another person when the other person has not said it is ok for this to happen.

Other examples: touching the private parts of a person's body or making rude or sexual comments about a person's appearance.

This is called sexual harassment.

Cultural abuse

When someone uses another person's culture to cause harm or to control them.

Other examples: making comments about a person from a different country or not letting another person speak the language of their country.

Neglect

Neglect is when someone should do something to keep you healthy and safe but they don't do it.

We describe some of them in the boxes below:

Food and drink

When someone is supposed to help you cook or eat food or give you something to drink but they don't.

Going to the toilet or having a shower

When you need help to go to the toilet or have a shower and the person doesn't help you.

Going to the doctors

When you are sick or hurt and need to go to the doctor and the person doesn't take you.

Exploitation

Exploitation means being taken advantage of.

We describe some of them in the boxes below:

Unfair treatment

Using a person's disability pension or money to buy things that aren't for you or don't help you

Working for no pay

Asking a person to do work and not paying them without first asking if they want to do volunteer work

Getting help

It is not ok to have abuse or neglect happen to you or to be taken advantage of.

If this is happening to you it can be scary to do something to make it stop.

What you can do

Find someone that you trust to talk to. This could be:

- a family member or friend
- your doctor
- your support worker
- someone at Parent to Parent who you can ask to help you.



Who you can ask for help



Queensland Police

000 in an emergency

131 444 when it is not an emergency



DV Connect

Ph 1800 811 811

24 hour domestic violence helpline



Lifeline

Phone 13 11 14

24 hour crisis support and suicide support

131114 lifelineqld.org.au



1800 Respect

Available 24 hours a day

1800 737 732



Loud and Clear

Leanne Hollis

Loud and Clear QLD Coordinator

Ph: 0423 201 787

loudandclear@p2pqlld.org.au



Speaking up for you (SUFY)

Ph: 07 3255 1244

sufy@sufy.org.au



Queenslanders with Disability Network

Ph: 1300 363 783

qdn@qdn.org.au



Queensland Advocacy Inc

Ph: 1300 130 582

qai@qai.org.au



WWILD

07 3262 9877

Supporting people with intellectual disability over 12 years of age who have experienced or are at risk of sexual assault, violence or exploitation.

Contact Information



If you want to ask a question about this guide you can contact:

the Parent to Parent Chief Executive Officer (CEO) by sending an email to manager@p2pqld.org.au

5 Blackall St, Woombye QLD 4559
www.p2pqld.org.au

1800 777 723
info@p2pqld.org.au

ABN: 91 281 161 364
Registered NDIS Provider

