

1800RESPECT

NATIONAL SEXUAL ASSAULT, DOMESTIC
FAMILY VIOLENCE **COUNSELLING** SERVICE

Learn about violence and abuse

BOOK 1

Funded by the Australian Government

1800RESPECT
NATIONAL SEXUAL ASSAULT, DOMESTIC
FAMILY VIOLENCE **COUNSELLING** SERVICE



WOMEN
WITH
DISABILITIES
AUSTRALIA
(WWDA)

LEARN ABOUT VIOLENCE AND ABUSE

These books have two sections:

Section One

The **first** section has a blue border and can help you understand **how to use these books**.



Section Two

The **second** section has an orange border and can help you understand **what may have happened to you**.



GET HELP

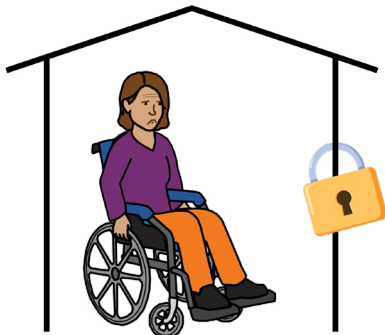
- Call **000** if you are in danger now
- Call **1800RESPECT** on **1800 737 732**
- Chat at www.1800respect.org.au.

HOW TO USE THESE BOOKS

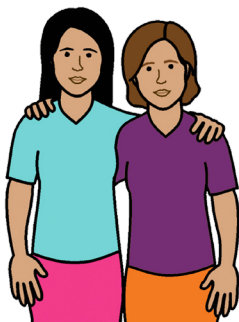


These books can help you:

- Learn about violence
 - Learn about rights
 - Get help from **1800RESPECT**.
-



These books have pictures and words that can help you understand what has happened to you.



You can ask someone you trust to help you with these books.

This might be a:

- Disability support worker
- A family violence support worker
- A carer
- A family member
- The police.



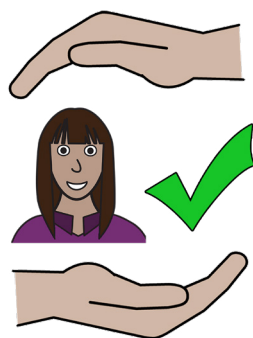
These books include words and pictures about violence that may:

- Make you feel sad, upset or confused
- Remind you of a bad experience.



There are 3 books in this series:

- Learn about violence - **Book 1**
- Learn about rights - **Book 2**
- Where violence can happen and who can do violence - **Book 3**.



Remember

You have the right to be safe from violence.



Get Help

1800RESPECT can help women with disability who experience violence.

WHO TO USE THESE BOOKS WITH



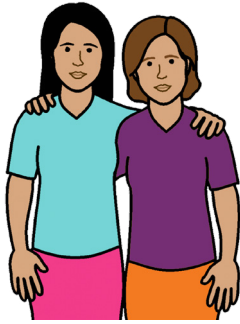
These books have pictures and words that can help you understand what has happened to you.

You might be seeing these books for the first time with a:



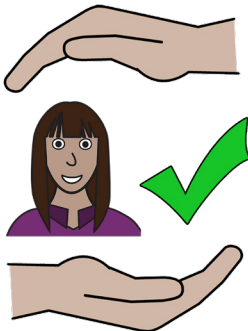
- A disability support worker
- A family violence worker
- A carer
- A family member
- The police

You can ask these people to help you if you are unsure of how you feel or have questions.



The person you are reading this with can help and support you.

You can ask someone you trust to help you call **1800RESPECT**.



REMEMBER!

You have the right to be safe from violence.



GET HELP

1800RESPECT can help women with disability who experience violence.

YOU CAN CONTACT 1800RESPECT IN DIFFERENT WAYS



You can get help

- Call **000** if you are in danger now
 - Call **1800RESPECT** on **1800 737 732**
 - Chat at www.1800respect.org.au.
-



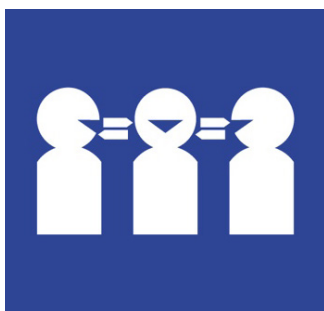
You can chat online on your computer or phone.

Go to chat at www.1800RESPECT.org.au



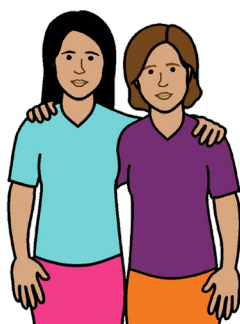
If you need a relay service (NRS)

- Call **1800 555 677**
- or **TTY 133 677**
- Then ask for **1800 737 732**.



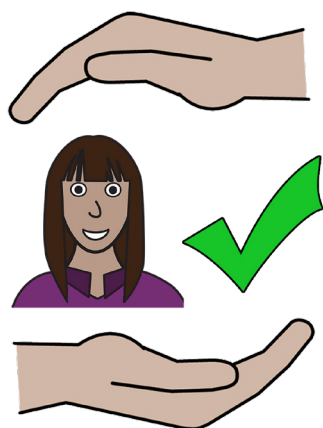
If you need a translator (TIS)

- Call **131 450**
- Then ask for **1800 737 732**.



You can ask someone you trust to help you call 1800RESPECT.

It is OK if you are not ready to get help yet.



REMEMBER!

You have the right to be safe from violence.

DOWNLOAD SUNNY



Sunny is a free app for your smartphone.



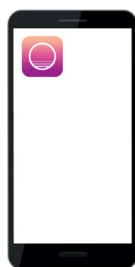
Open the App Store or Google Play on your phone.



- Go to search and type in the name Sunny then press enter.
-



- Tap on Sunny and then tap "Get or Install".
-



- Go to your home screen and open Sunny app.

TYPES OF VIOLENCE

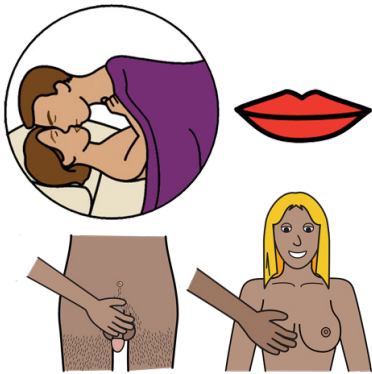


LEARN ABOUT SEXUAL VIOLENCE



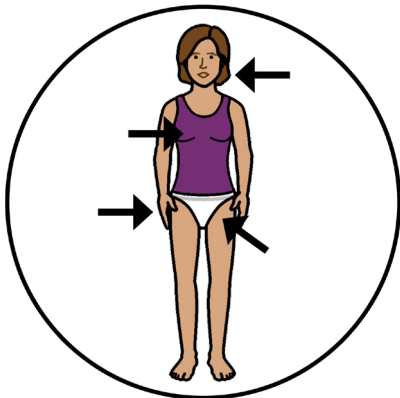
Sexual violence

- Sexual violence is when people make you do sex when you do not want to.



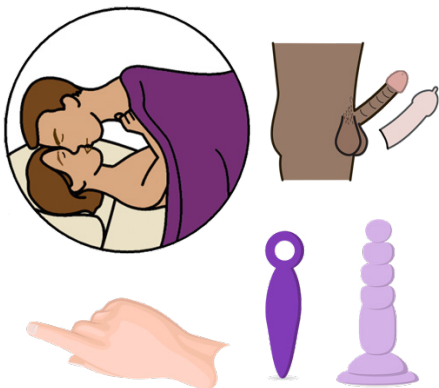
Sex is when people

- Touch or kiss each other's body and private parts.



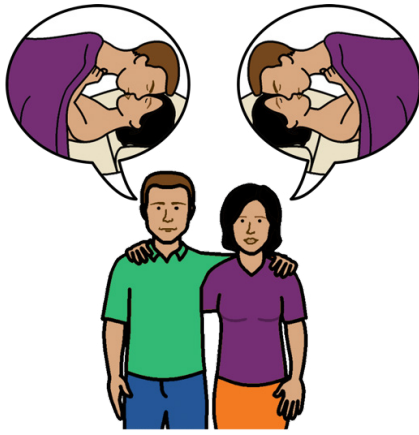
Private parts can be

- Vagina
- Breasts
- Bottom
- Penis
- Any other part of a body.



Sex is when people

- Put their penis, finger, dildo or something else into another person's body.



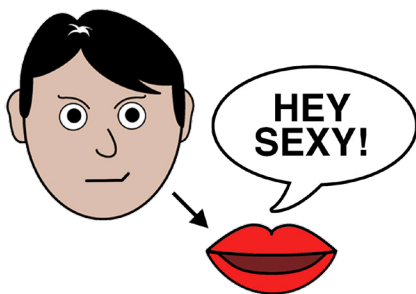
- Talk about sex things.



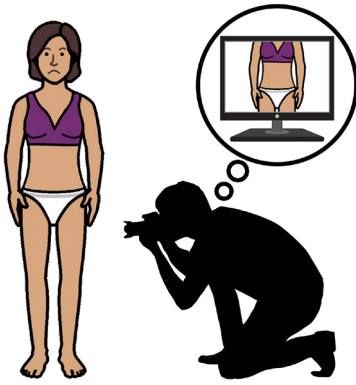
- Watch sex things (porn) on TV or online.



- Sexual violence is when people
- Make you do sex when you do not want to
- Touch your body when you do not want them to.



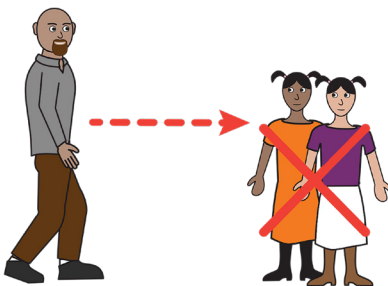
- Say sex jokes or words that make you scared or frightened.



- Take or share a naked photo or video of you when you do not want to.



- Make you have sex for money.

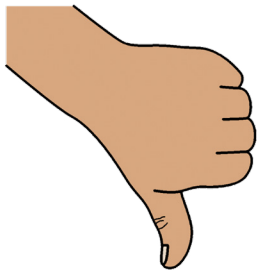


- Do sex things to a child.



Sexual violence can also be called:

- Sexual abuse
- Sexual assault or rape
- Sexual harassment.

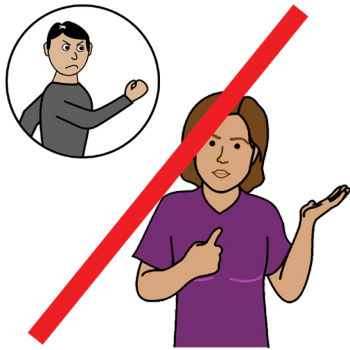


- Talk about sex things.



It can make you feel:

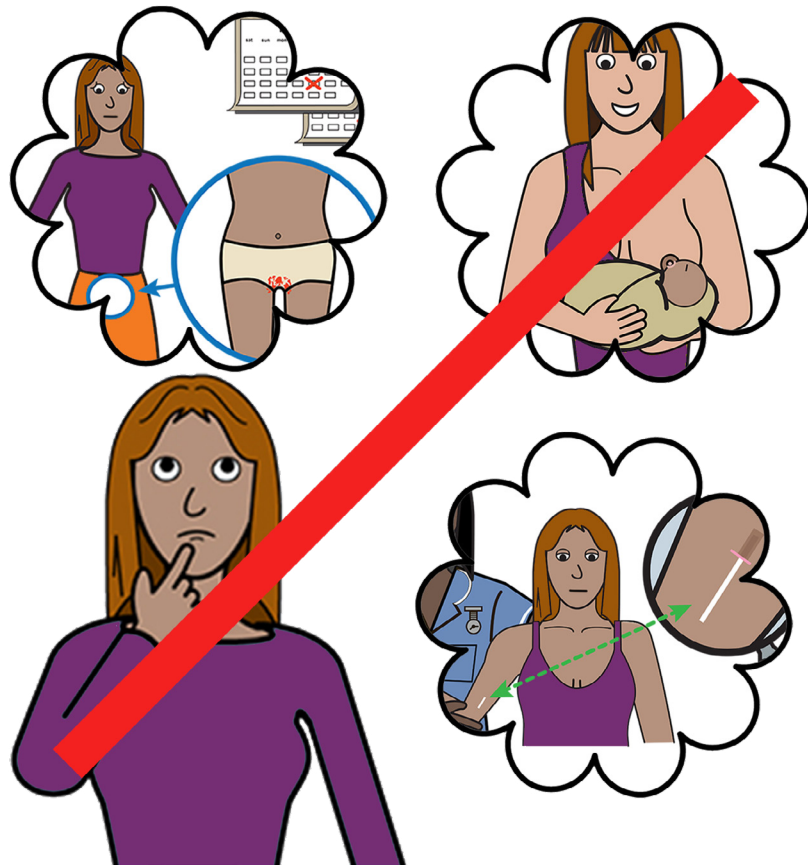
- Bad in your body
- Bad in your head
- Like an 'alarm in your body' goes off
- Like you want to run away
- Frozen.



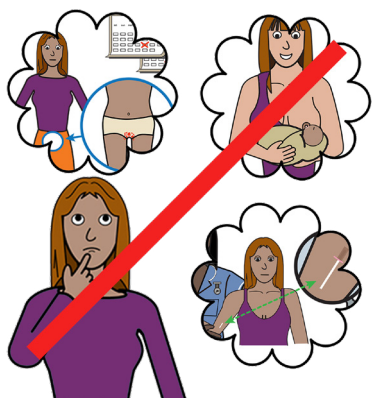
- Sexual violence is never your fault.



- Go to **Page 57** to get help and be safe.

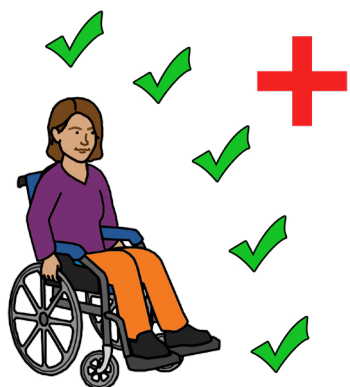


LEARN ABOUT SEXUAL HEALTH VIOLENCE



SEXUAL HEALTH VIOLENCE

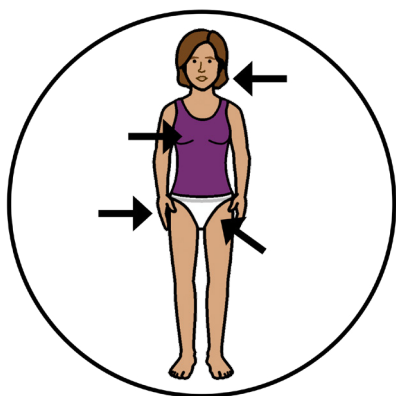
Sexual health violence is when people do not let you make choices about sexual health.



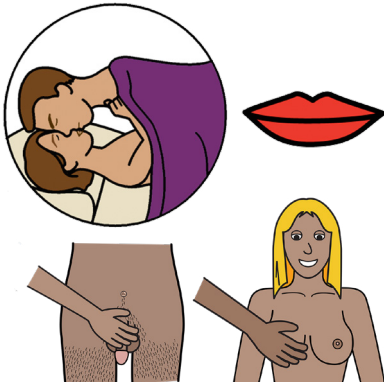
- Sexual health is about being a healthy person.



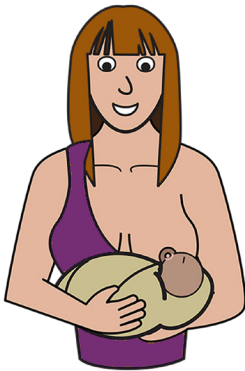
- Sexual health choices can be about what happens to your body.



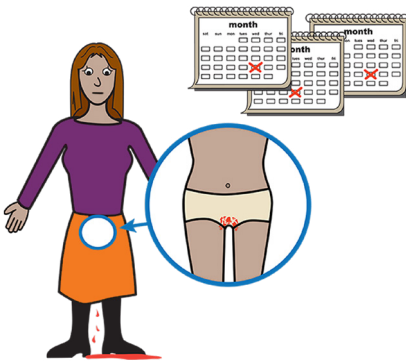
- What you do with your private body parts – vagina, breasts, bottom, penis.



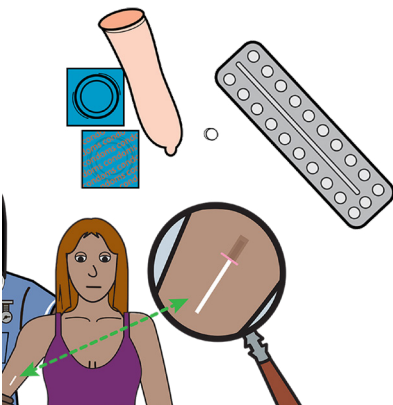
- Sex.



- Having a baby.



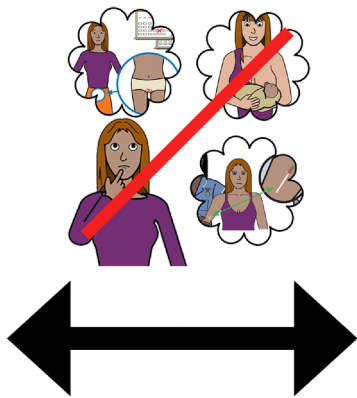
- Periods.



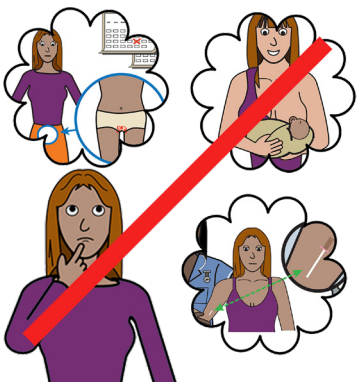
- If you use contraception.



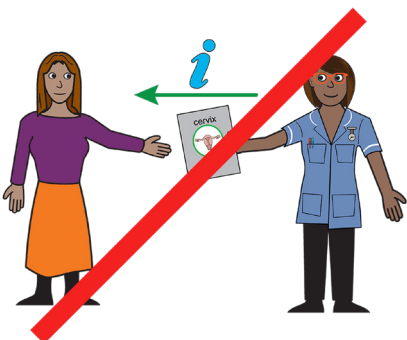
- Who you want to help you with sexual health.



- Sexual health violence can also be called reproductive violence.



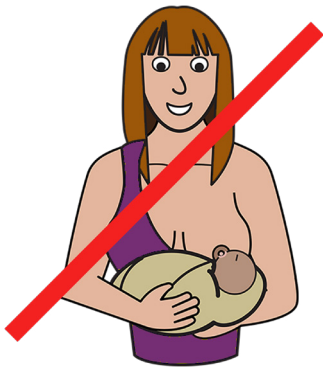
- Sexual health violence is when people do not let you make choices about your sexual health.



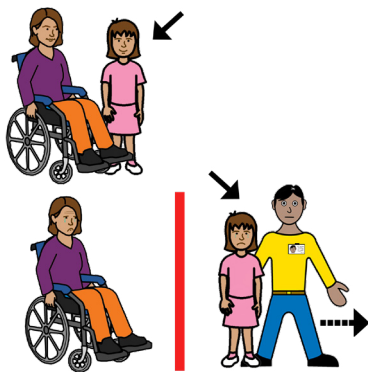
- Do not give you information about sexual health.



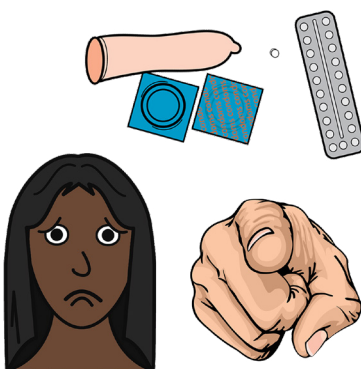
- Do not let you have sex if you want to and when it is safe.



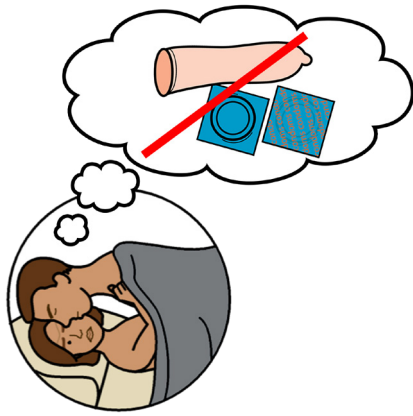
- Stop you from having a baby.



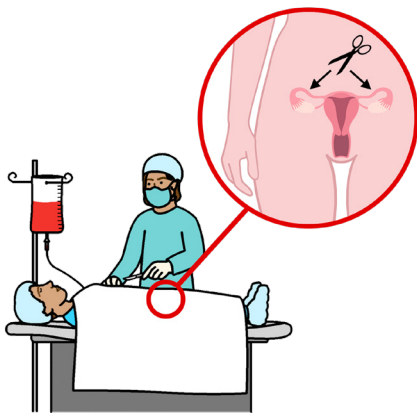
- Take your child away, just because you have a disability.



- Sexual health violence is when people make you use contraception when you do not want to.

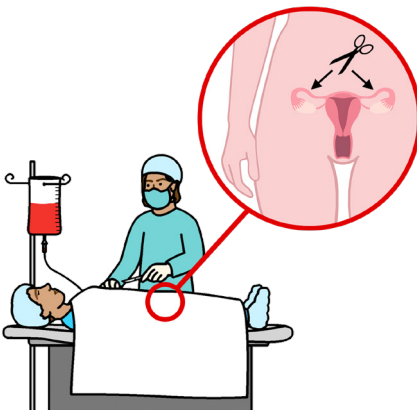


- Take off a condom during sex when you do not want them to.

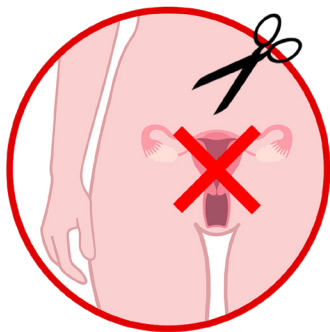


Sexual health violence is when people make you have an operation that stops you:

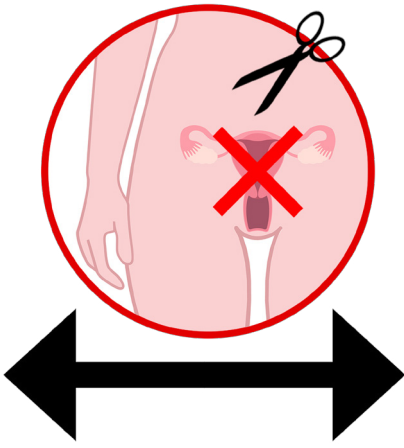
- Getting your period
- Having a baby.



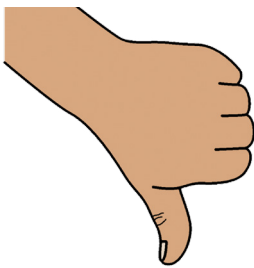
- This operation can be called sterilisation
- Getting your tubes tied.



- Sexual health violence is when people cut or remove parts of your vagina.



- This operation can be called female circumcision
- Female Genital Mutilation (FGM).

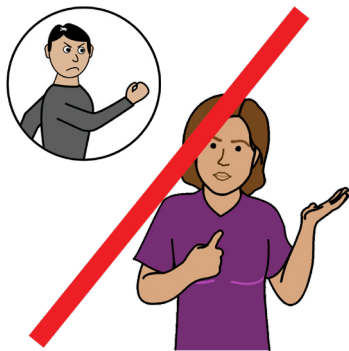


- Sexual health violence is never okay.

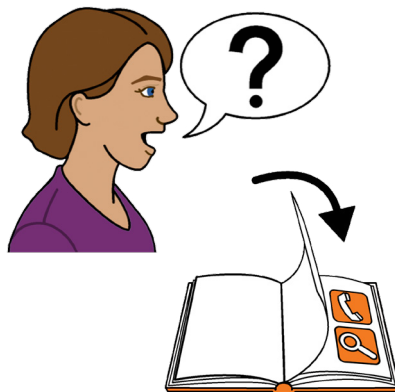


It can make you feel:

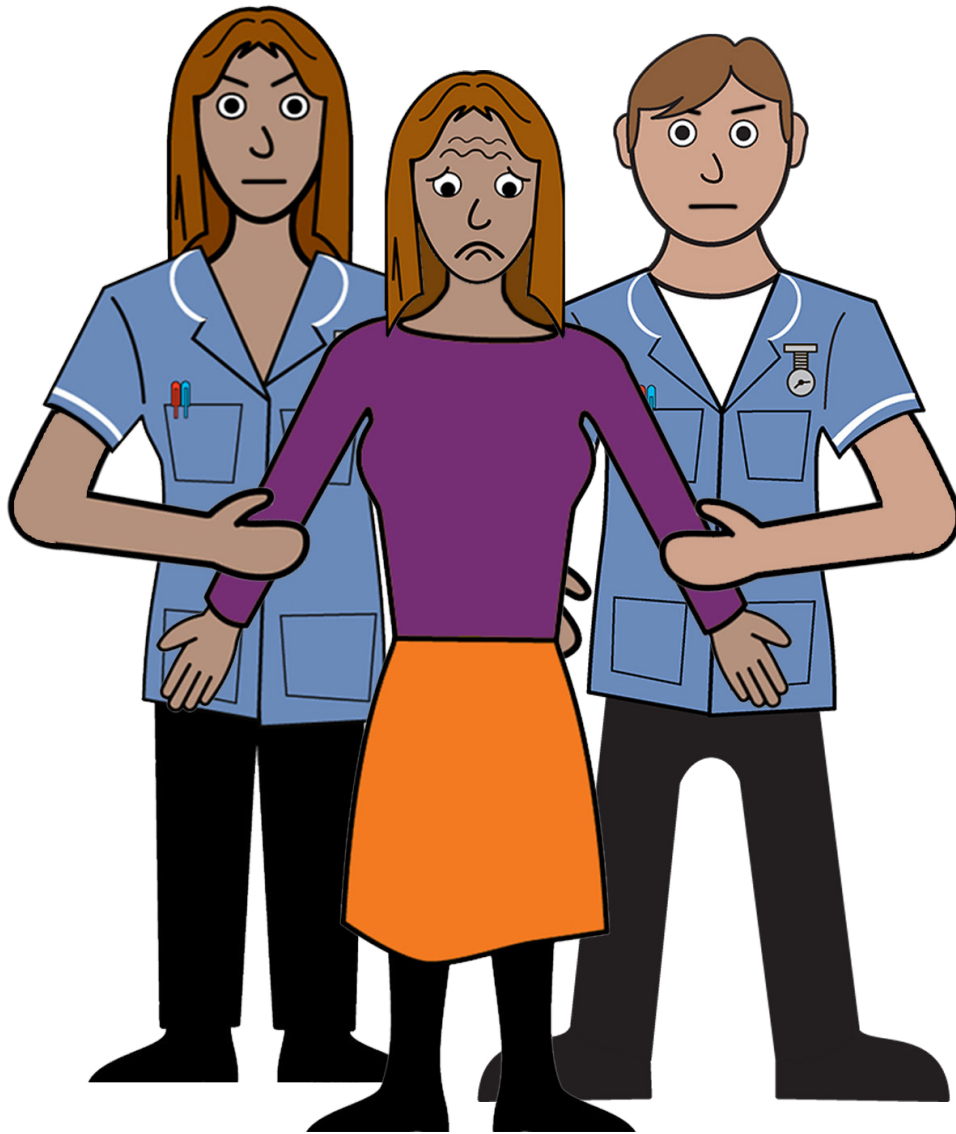
- Bad in your body
- Bad in your head
- Like an 'alarm in your body' goes off
- Like you want to run away
- Frozen.



- Sexual health violence is never your fault.



- Go to **Page 57** to get help and be safe.

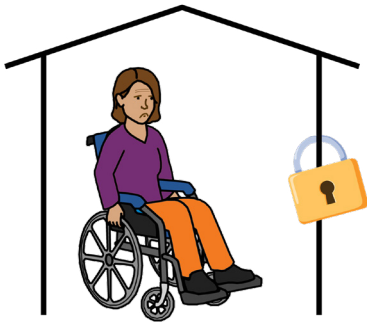


LEARN ABOUT RESTRAINT VIOLENCE



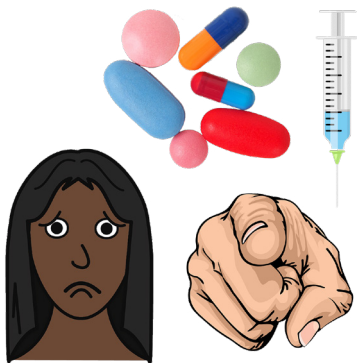
RESTRAINT VIOLENCE

Restraint violence is when people stop you doing things.



Restraint violence is when people:

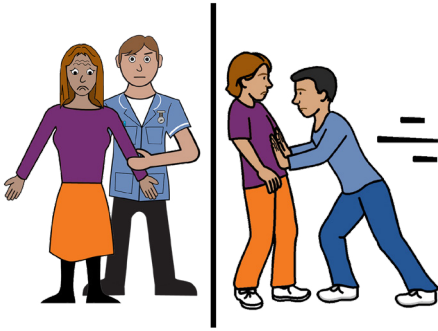
- Lock you in a place where you can not get out.



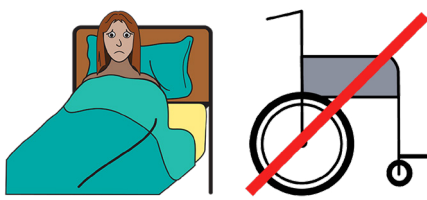
- Make you take medication that you do not want.



- Use straps or blankets to stop you moving.



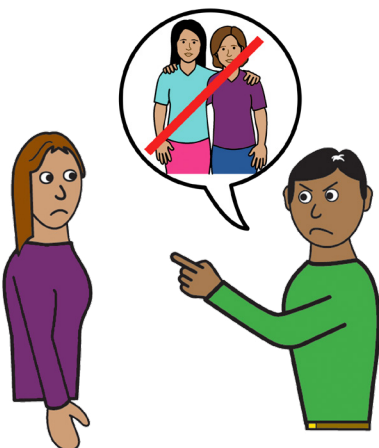
- Use their body to stop you moving.



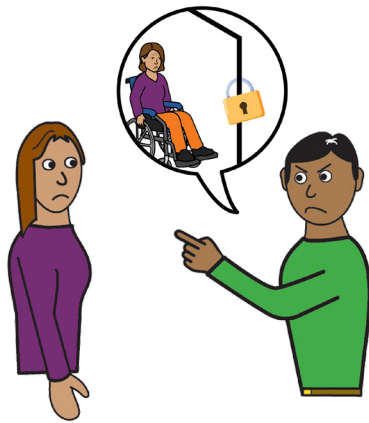
- Do not let you access things you need, like a wheelchair.



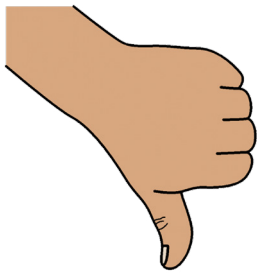
- Do not let you access your favourite things.



- Stop you from being with friends, family or partner.



- Say they will punish you.

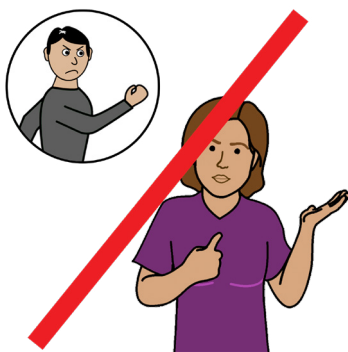


- Restraint violence is never okay.

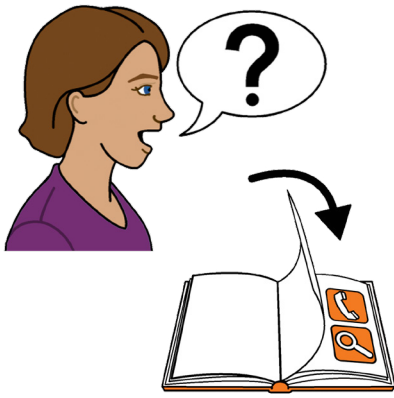


It can make you feel:

- Bad in your body
- Bad in your head
- Like an 'alarm in your body' goes off
- Like you want to run away
- Frozen.



- Restraint violence is never your fault.



- Go to **Page 57** to get help and be safe.



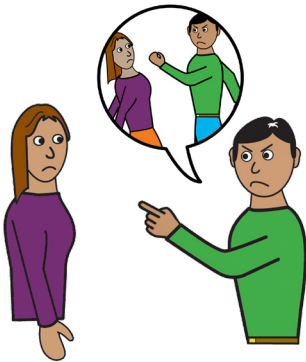
LEARN ABOUT EMOTIONAL VIOLENCE



EMOTIONAL VIOLENCE

Emotional violence is when people

- Use words or threats to hurt you.

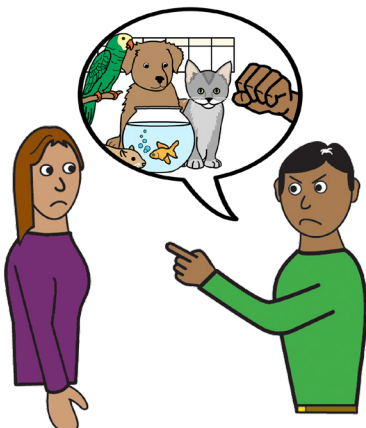


Emotional violence is when people

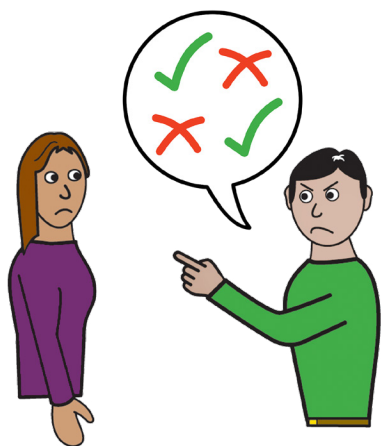
- Say they will hurt you
- Shout at you or say things that makes you feel bad.



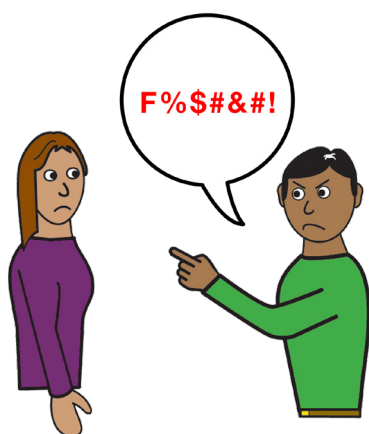
- Say they will hurt your child.



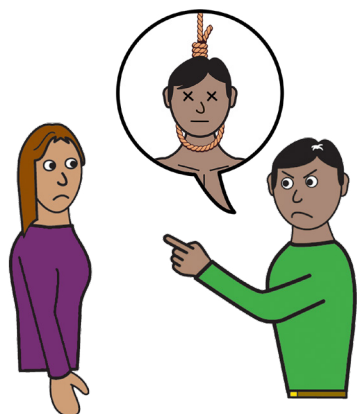
- Say they will hurt your pet.



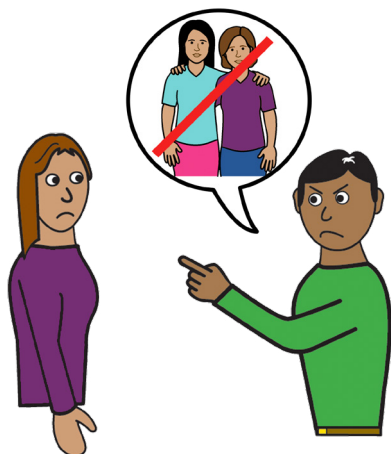
- Tell you what you can and cannot do.



- Call you bad names or make fun of you.



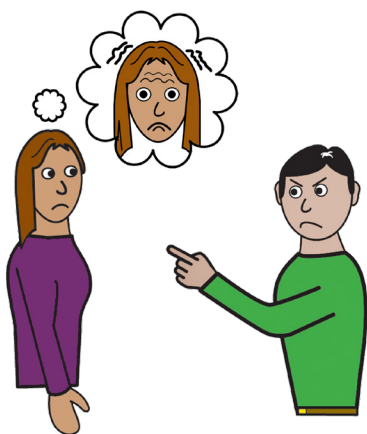
- Say they will hurt themselves if you do not do something.



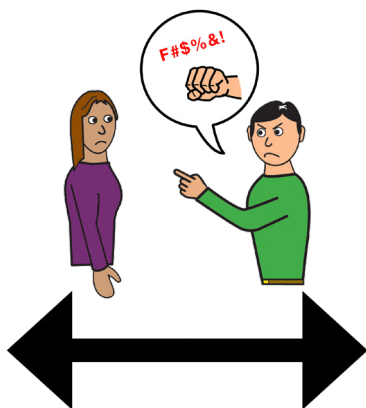
- Stop you from being with friends, family or a partner.



- Do not let you make choices.

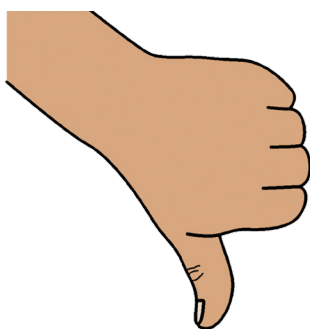


- Do things that make you scared or frightened.



Emotional violence is also called:

- Psychological abuse
- Verbal abuse.

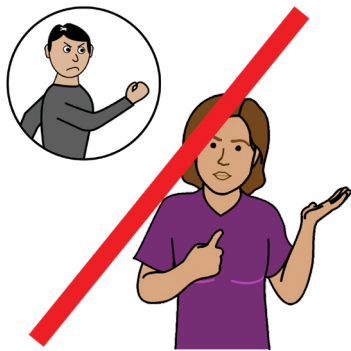


- Emotional violence is never okay.



It can make you feel:

- Bad in your body
- Bad in your head
- Like an 'alarm in your body' goes off
- Like you want to run away
- Frozen.



- Emotional violence is never your fault.



- Go to **Page 57** to get help and be safe.



LEARN ABOUT PHYSICAL VIOLENCE

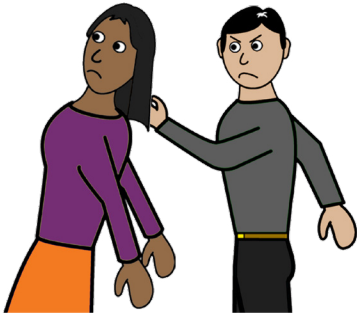


PHYSICAL VIOLENCE

- Physical violence is when people use their body to hurt you.
-



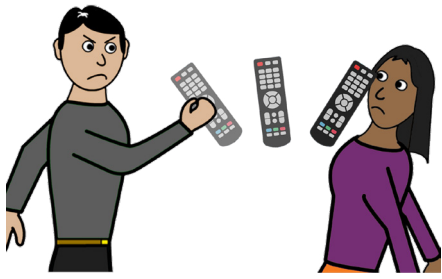
- Physical violence is when people slap, hit, punch or kick you.
-



- Pull your hair.
-



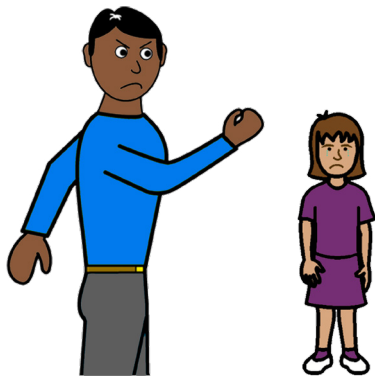
- Strangle you.



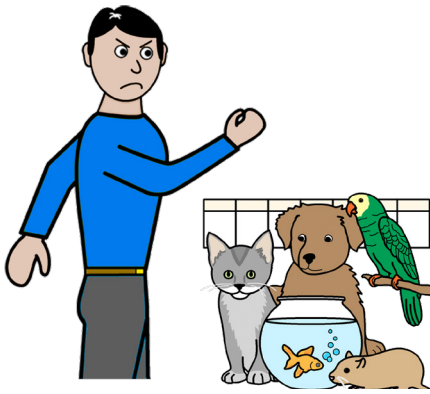
- Throw things at you.



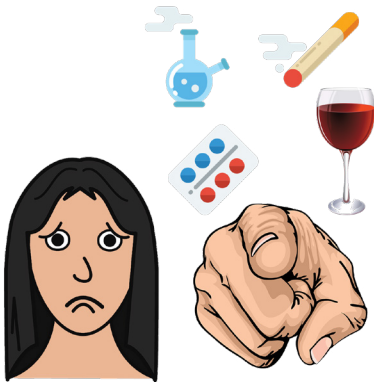
- Do things that make you scared, like punching a wall.



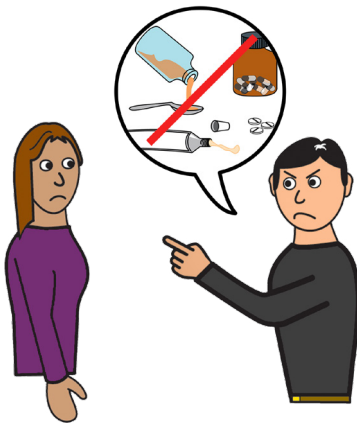
- Hit, punch or slap your child.



- Hurt your pet.



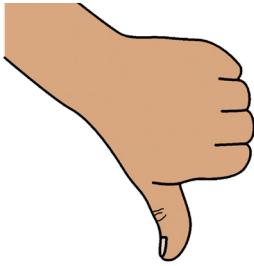
- Make you drink alcohol or take drugs you do not want.



- Do not give you medication you need.



- Break your things.

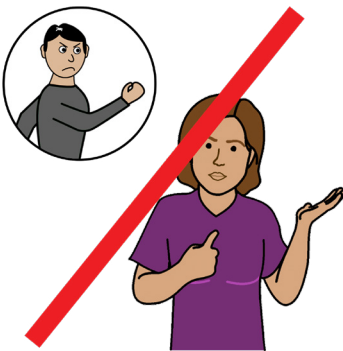


Physical violence is never okay.



It can make you feel:

- Bad in your body
- Bad in your head
- Like an 'alarm in your body' goes off
- Like you want to run away
- Frozen.



- Physical violence is never your fault.



- Go to **Page 57** to get help and be safe.



LEARN ABOUT MONEY VIOLENCE

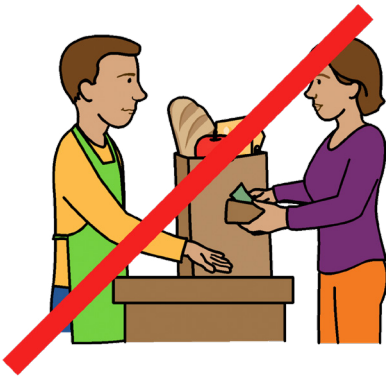


MONEY VIOLENCE

Money violence is when people do not let you make choices your money.

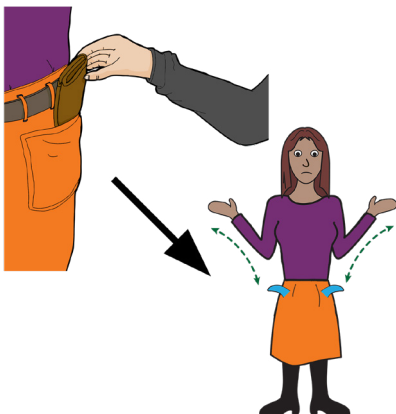


- We use money to buy things we want or need.



Money violence is when people:

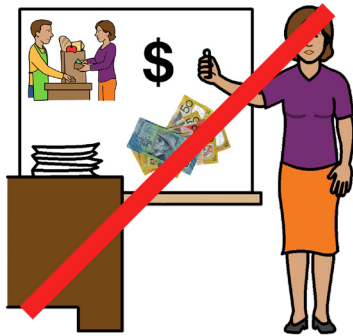
- Do not let you spend your money on things you want or need
- Use you for your money.



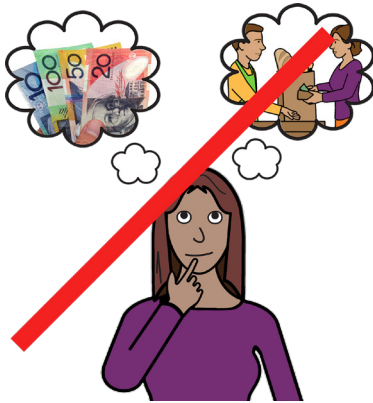
- Steal or take your money or bank card.



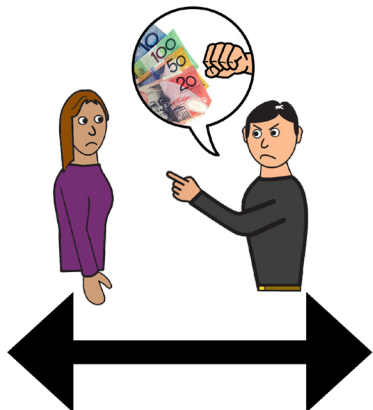
- Blackmail you
- Say they will hurt you if you do not give them money.



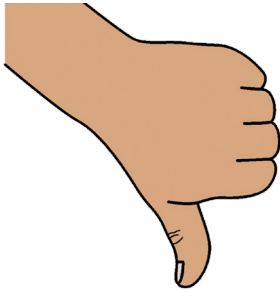
- Do not help you learn about money.



- Use your personal details to get loans or bank debts.



- Money violence is also called
- Financial violence
 - Financial abuse.

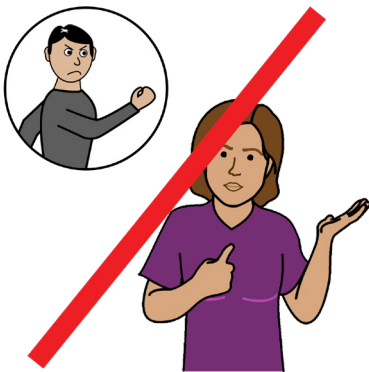


- Money violence is never okay.



It can make you feel:

- Bad in your body
- Bad in your head
- Like an 'alarm in your body' goes off
- Like you want to run away
- Frozen.



- Money violence is never your fault.



- Go to **Page 57** to get help and be safe.

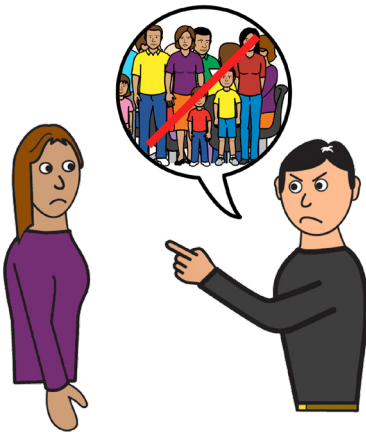


LEARN ABOUT SOCIAL VIOLENCE



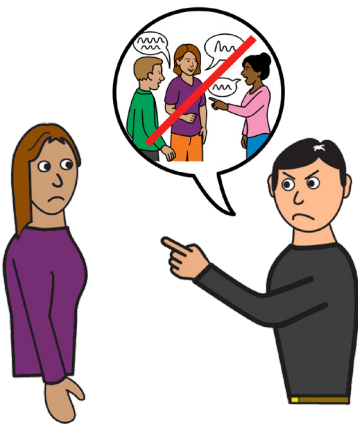
SOCIAL VIOLENCE

Social violence is when people control what you can and can not do.



Social violence is when people:

- Do not let you spend time with friends, family or partners.



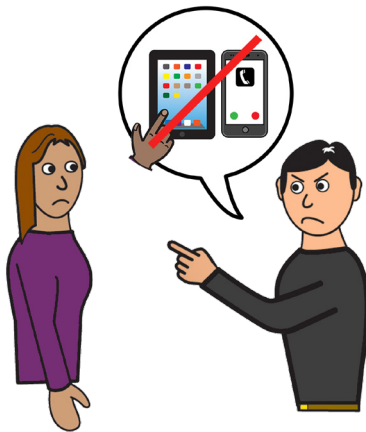
- Say you who you can and can not talk to.



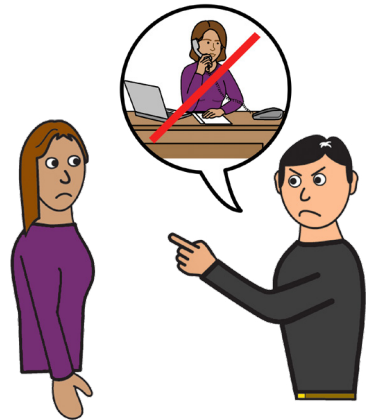
- Do not let you go to groups or events.



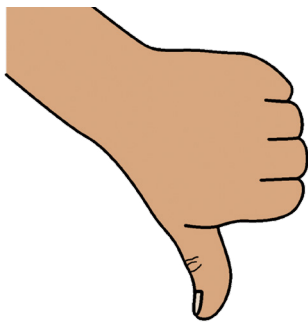
- Do not let you date or have a relationship.



- Do not let you use a phone or computer.



- Do not let you work.

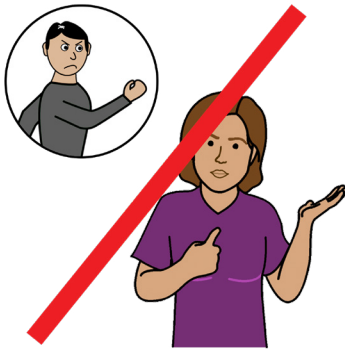


- Social violence is never okay.

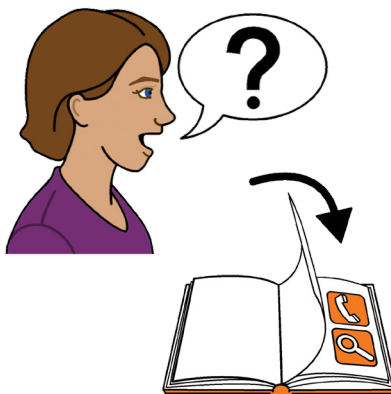


It can make you feel:

- Bad in your body
- Bad in your head
- Like an 'alarm in your body' goes off
- Like you want to run away
- Frozen.



- Social violence is never your fault.



- Go to **Page 57** to get help and be safe.



LEARN ABOUT CULTURAL VIOLENCE



CULTURAL VIOLENCE

Cultural violence is when people use culture to hurt us.



Culture is the way a group of people live

- Everyone is part of a culture
- There are many different cultures
- We can belong to more than one culture.



Culture can help us choose:

- What clothes we wear
- What we eat.

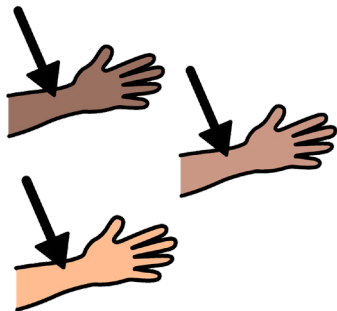


- Who we have relationships with
- Where we live.



Culture can be about:

- The language we speak
- What we believe
- How we understand the world
- What traditions are important to us.

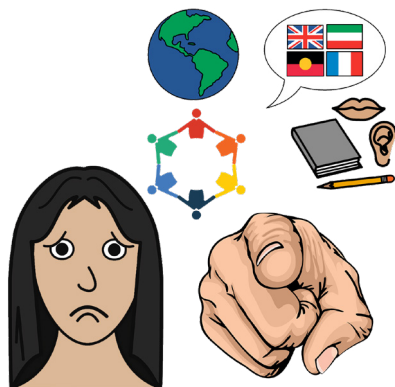


- What we look like
- The colour of our skin.



Cultural violence can be when people:

- Do not let you do culture things you want or need to do



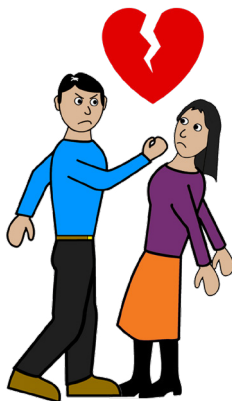
- Make you do culture things when you do not want to.



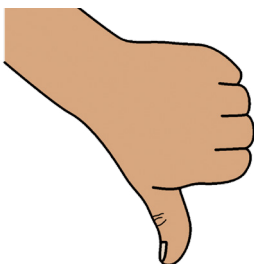
- Use culture to say that violence is ok
- Do not help you because of your culture.



- Make you feel bad about your culture.



- Make you have a relationship with someone who does violence
- Make you do things that are not part of your culture.

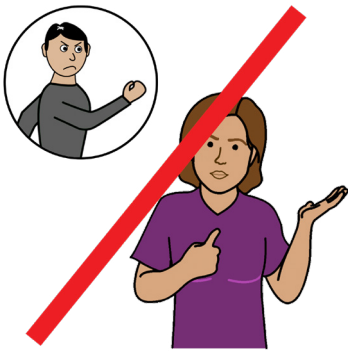


- Cultural violence is never okay.

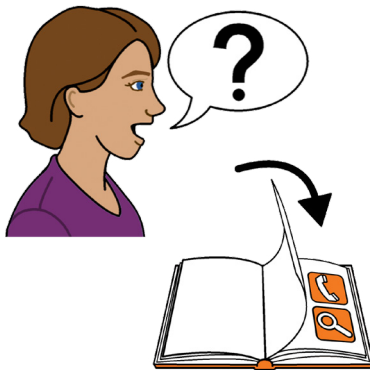


It can make you feel:

- Bad in your body
- Bad in your head
- Like an 'alarm in your body' goes off
- Like you want to run away
- Frozen.



- Cultural violence is never your fault.



- Go to **Page 57** to get help and be safe.



LEARN ABOUT SPIRITUAL VIOLENCE



SPIRITUAL VIOLENCE

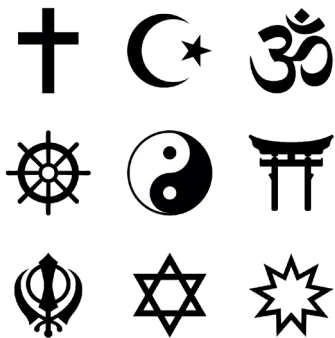
Spiritual violence is when people use

- Spiritual or religious beliefs to hurt us.



Spiritual beliefs can be about:

- How we should be in the world
- Where we come from
- What happens when we die
- How the world came to be if god(s) exists.



- A set of spiritual beliefs agreed by a big group of people is called a religion.



Spiritual violence can be when people

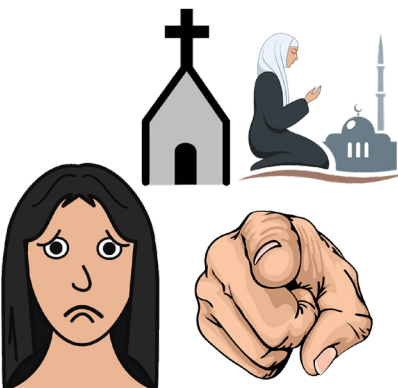
- Do not let you do spiritual or religion things you want or need to do.



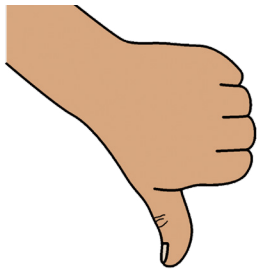
- Make you do spiritual or religion things when you do not want to
- Use spiritual beliefs or religion to say that violence is ok.



- Do not help you because of your spiritual beliefs
- Make you feel bad about your spiritual beliefs.



- Make you have a relationship with someone who does violence
- Make you do things that are not part of your spiritual beliefs.

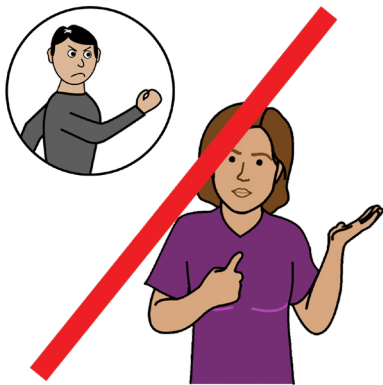


- Spiritual violence is never okay.



It can make you feel:

- Bad in your body
- Bad in your head
- Like an 'alarm in your body' goes off
- Like you want to run away
- Frozen.



- Spiritual violence is never your fault.



- Go to **Page 57** to get help and be safe.



GET HELP

1800RESPECT can help women with disability who experience violence.



Has someone:

- Done violence to you?
- Done violence to someone you know?



Are you:

- Scared about violence?
- Not sure if something is violence?
- Feeling sad or upset?
- Not sure about your rights?



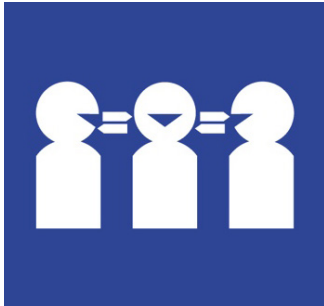
You can get help

- Call **000** if you are in danger now
- Call **1800RESPECT** on 1800 737 732
- Chat at www.1800respect.org.au.



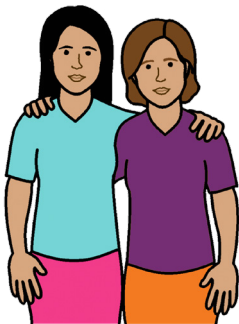
If you need a relay service (NRS)

- Call **1800 555 677**
- or **TTY 133 677**
- Then ask for **1800 737 732**.



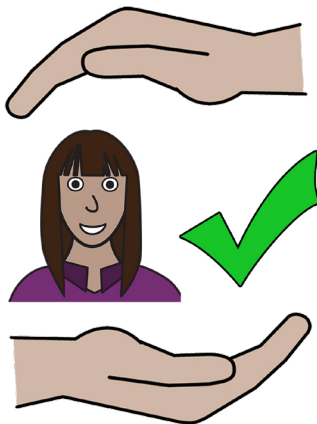
If you need a translator (TIS)

- Call **131 450**
- Then ask for **1800 737 732**.



You can ask someone you trust to help you call 1800RESPECT.

It is OK if you are not ready to get help yet.



REMEMBER!

You have the right to be safe from violence.

ACKNOWLEDGEMENTS

Funding acknowledgement

1800RESPECT, Learn about Violence and Abuse booklets are funded by the Australian Government.

Special thanks

Special acknowledgment to Women With Disabilities Australia, the Expert advisory group for the Sunny app and the staff and members of WWILD Sexual Violence Prevention Program.

Authorship

Women With Disabilities Australia was contracted to produce content for these booklets.

Copyright notices

© Copyright Medibank Health Solutions Telehealth Pty Ltd 2018

The information in these booklets is for general education and information purposes only. It should not be considered as legal advice or to replace appropriate counselling or medical assistance.

All intellectual property rights, including copyright and patents in these booklets are owned or licensed by Medibank Health Solutions or any of its related entities. You must not copy, modify or transmit any part of these booklets without Medibank Health Solutions' written consent.

Image licensing

Easy on the I images © 2018 Leeds and York Partnership NHS Foundation Trust. Used with permission. www.easyonthei.nhs.uk

Stock images © 2018 Shutterstock, Inc d/b/a Bigstock. Bigstock and Big Stock Photo are registered trademarks of Shutterstock. Bigstockphoto is a trademark of Shutterstock. Used with permission. www.bigstockphoto.com

The Picture Communication Symbols © 1981–2018 by Mayer-Johnson LLC a Tobii Dynavox company. All Rights Reserved Worldwide. Used with permission. www.tobiidynavox.com

Version number: 2 – 2019

These booklets were produced as part of the Disability Pathways Project for 1800RESPECT, the National Sexual Assault and Domestic Family Violence Counselling Service.

IF YOU OR SOMEONE YOU KNOW IS IMPACTED BY SEXUAL ASSAULT, DOMESTIC OR FAMILY
VIOLENCE, CALL **1800RESPECT** ON **1800 737 732**
OR VISIT **1800RESPECT.ORG.AU** IN AN EMERGENCY, CALL **000**.