



## About sexual 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

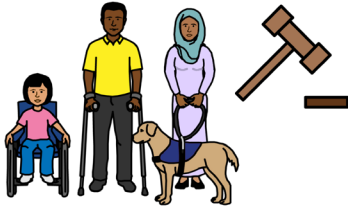
- read this book
- know what this book is about
- find more information.



## 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.

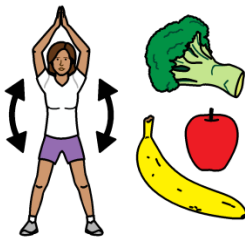


This book is about

- **sexual abuse**



- your safety



- your health



- how to get help.

## What is sexual abuse?

Sexual abuse is when someone says or does sexual things that

- make you feel unsafe

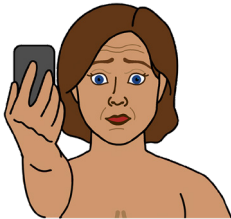


- you do **not** want to do.

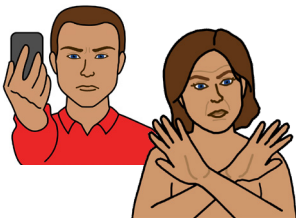
For example, sexual abuse is  
when someone



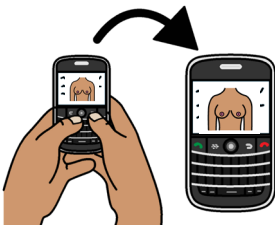
- makes you look at naked photos or videos when you do **not** want to



- makes you take a naked photo of yourself when you do **not** want to



- takes a naked photo or video of you when you do **not** want to



- shares naked photos or videos of you when you do **not** want them to.



Sexual abuse can also be when someone

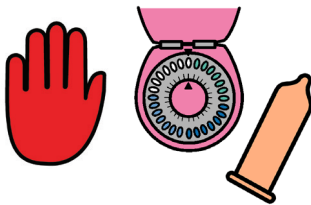
- touches your **genitals** when you do **not** want them to
  - genitals are a person's vagina or penis



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



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



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

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



## 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



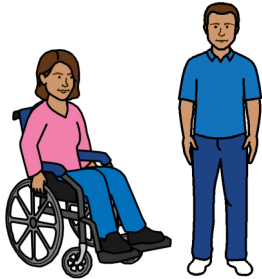
- asleep



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

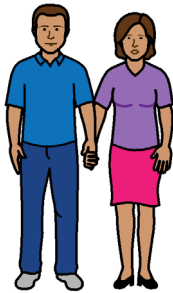
No one should do sex acts with you if you say **no**.

## Sexual abuse can happen to anyone at any age



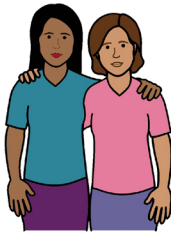
You could be sexually abused by

- your girlfriend or boyfriend



- your husband or wife

- your ex-partner

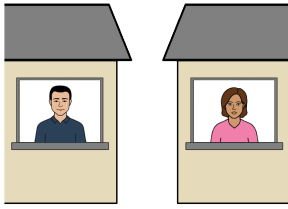


- a friend



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



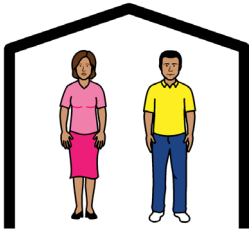


You could be sexually abused by

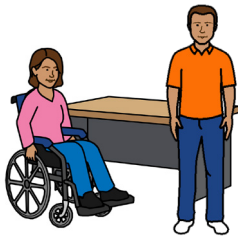
- your neighbour



- a support person



- your housemate



- someone you work with



- a stranger.

## How can sexual abuse make you feel?



Sexual abuse can make you feel

- lonely



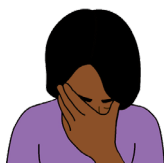
- angry



- confused



- worried or nervous



- embarrassed or ashamed.

## How can sexual abuse affect you?



Sexual abuse can make it hard to

- think clearly



- speak clearly

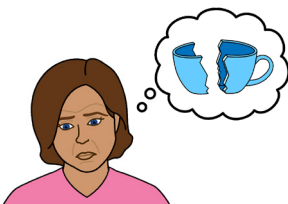


- sleep
  - for example, you might have bad dreams.



Sexual 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.



Sexual abuse is **never** your fault.

## If you have been sexually abused

### Your safety



If you have been sexually abused you should get help 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.

## Your health



You should go to your doctor or the hospital

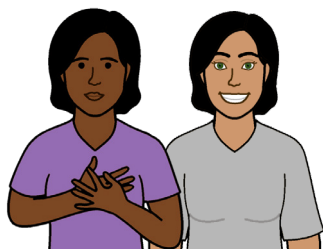
- if you are hurt



- if you might want to tell the police



- if you could be pregnant.



You can get someone you trust to come with you.

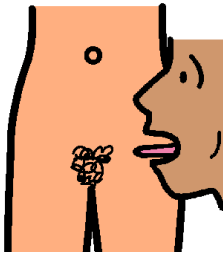


Your doctor can also check if you have a **sexually transmitted infection**.



Sexually transmitted infections are infections you can get when you

- have sex



- put your mouth on a person's genitals.

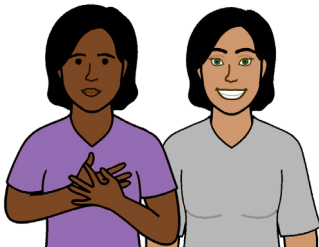
## Who can you talk to?

If you have been sexually abused there are people who can help.



For example, you can talk to

- a sexual abuse service



- someone you trust.

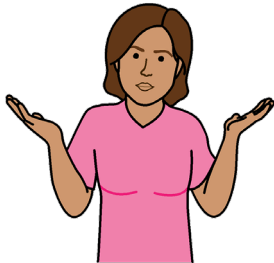


When you are ready, you can talk to someone you trust about

- how you feel



- what you need to be safe



- what to do next.

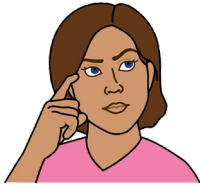


After you talk to someone you might choose to go to the police.



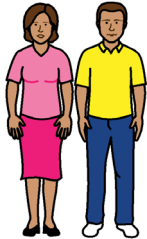
Talking to someone might help you understand what the police can and **cannot** do.

## Think about what you need to be safe

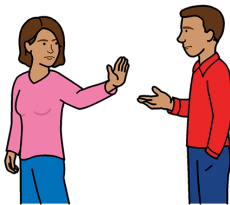


You should think about

- 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.



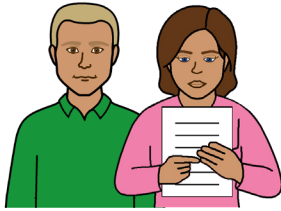
If you do **not** get help the first time, keep asking.



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](mailto: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](http://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://1800RESPECT.org.au)



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

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

## NSW Domestic Violence Line



Call 1800 656 463



Website [facs.nsw.gov.au/domestic-violence](https://facs.nsw.gov.au/domestic-violence)

## Full Stop Australia



Call 1800 385 578



Website [fullstopfoundation.org.au](https://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](https://police.nsw.gov.au/crime/sex_crimes/adult_sexual_assault/sexual_assault_categories)

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