

Safe Steps



What is Family Violence?

Easy English

What is Family or Domestic Violence?

This booklet is about Family and Domestic Violence.



You can ask someone you know and trust to help you read this.

The person could be a:

- Case manager
- Worker from a Family and Domestic Violence Service
- NDIS Support Coordinator
- Support worker
- Friend or relative

Not bold

Bold

We have written some words in **bold**.

On page 8 we explain what the words in **bold** mean.



The rights of the person with a disability needs to be upheld at all times.

What is Family and Domestic Violence?

Family and Domestic Violence

is any behaviour that:

- Hurts you

or

- Makes you feel scared or unsafe



The person doing this could be a:

- Family member
- Partner
- Ex-partner
- Carer
- Support worker
- Other people you live with



The bad things this person has done could be

Physical

- Punching or scratching you



- Pushing, shoving or slapping you



- Throwing things at you



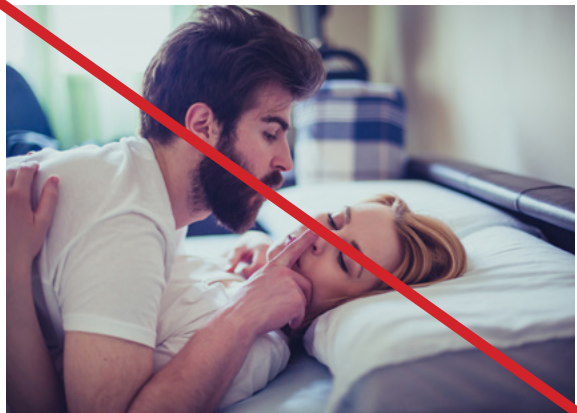
- Taking away the aids or equipment you use



Sexual

Making you do sex acts when you don't want to.

- This is called rape



Saying things

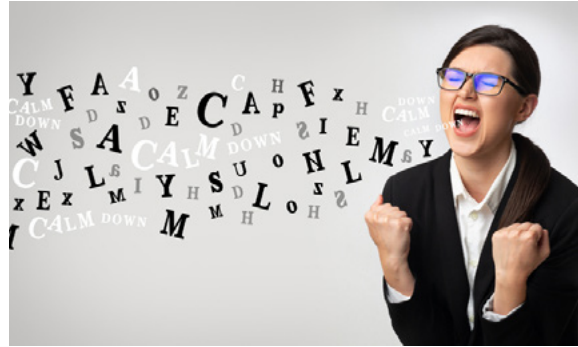
- That hurt your feelings



- Bullying you



- Calling you names



Financial

- Keeping your money without **permission**



- Spending your money or using your credit card without **permission**



I'm using my client's credit to buy myself clothes.

Neglect

This could be:

- Not letting you or your child see a doctor when sick



- Not giving you medication to keep you healthy



- Not giving you enough food



- Stopping you from:

- Seeing

or

- Talking

to you family and friends



What should you do?

Speak to:

- Someone you trust
- or
- A Safe Step's family violence worker



Phone Safe Steps:
1800 015 188



Email Safe Steps:
safesteps@safesteps.com.au



If you have trouble talking or hearing, contact the National Relay Service (NRS):

- Phone 1800 555 690 and ask for 1800 015 188



Safe Steps helps people from diverse communities:

- People with disability
- Aboriginal and Torres Strait Islanders
- People from other countries and cultures



If you need a language interpreter :

- Phone 131 450



Word List

Financial

Things to do with money
or
how money is looked after

Permission

When someone is allowed to do something.

Violence

Any behaviour that hurts someone or something.

Family and Domestic Violence

It is a behaviour that is violent, that makes you or your family feel scared or unsafe.

The person doing this could be:

- A family member
 - or
 - Someone caring for you
 - or
 - Other people you live with
-

Neglect

Not looking after something or someone.

Permission

Allow.

Thank you to Reinforce Self Advocacy for their contribution in the development of this booklet, we would also like to thank Photo Symbols for their accessible images you have seen through out this booklet.



1800 015 188
safesteps.org.au