

P.S.

Connecting with people who lived in institutions in Victoria.

# Staying Safe

## Did you know...?

- Everyone has the right to feel safe at home and in their community
- Human Rights tell us that we all have the right to be free from abuse and neglect, and this right should be respected
- People with disability have a greater chance of experiencing abuse and neglect, than people without disability
- People who have difficulty communicating are more likely to experience abuse than other people with disability
- Some people with disability find it hard to speak up when they have been abused or neglected
- It is our responsibility to uphold the rights of people to be free from abuse and neglect, to listen and be observant and to support people to speak up, reach out and get help when needed.



Here are some types of abuse and neglect that people with disability experience.

<b>Financial abuse:</b>	When money or things are taken from a person without them saying it is ok
<b>Neglect:</b>	When a person is denied basic things such as food, medicine, clothes or made to feel unsafe. When someone is not allowed to leave their room or have visitors
<b>Emotional or psychological abuse:</b>	When a person is verbally manipulated, called names, yelled at, ignored, or isolated from others
<b>Physical abuse:</b>	When a person is hit, beaten, pushed or deliberately injured
<b>Sexual abuse:</b>	When a person is forced to have sex, touched or spoken to in a sexual way when they don't want to be

Whatever form it comes in or whoever it comes from, abuse is not okay!

## Tip Sheet

Here are some ways to empower people to speak up about abuse and neglect.  
Let people know how to get help:



**Speak up** – if they are scared or uncomfortable in a situation it's important to encourage them to speak up or to say no at the time.



**Reach Out** – encourage them to tell someone they trust about what is happening. To keep speaking up until they get help.



**Get Help** – support them to report an incident or make a formal complaint.

## Services that can help



**Victoria Police**  
**Phone:** 000



TTY 1800 301 130 | NRS 1800 555 677 | TIS 13 14 50

**National Disability Abuse and Neglect Hotline**  
**Phone:** 1800 880 052 (Free call)



**Lifeline (24 hours)**  
**Phone:** 13 11 14 (Local call)



**Beyond Blue Information Line (24 hours)**  
**Phone:** 1300 22 4636 (Local call), **TTY:** 133677

## Resources

VALID has created a suit of resources to support conversation around staying safe.

VALID videos		<a href="#">Staying Safe YouTube Videos online link</a>
Abuse and Neglect booklet		<a href="https://valid.org.au/wp-content/uploads/2022/06/Staying-Safe-plain-english-booklet-plain-English-P.S.-project-VALID.pdf">https://valid.org.au/wp-content/uploads/2022/06/Staying-Safe-plain-english-booklet-plain-English-P.S.-project-VALID.pdf</a>



Victorian Advocacy League for Individuals with Disability

**34 Stanley Street,  
Collingwood Vic. 3066  
W: [www.valid.org.au](http://www.valid.org.au)**

**T: 03 9416 4003  
Freecall 1800 655 570  
E: [info@valid.org.au](mailto:info@valid.org.au)**