

# STAYING SAFE

Everyone has the Right to:

Live their life free from abuse,  
violence, neglect and fear.

Make choices about their life.

Be treated with respect and dignity.



Abuse and Neglect is when  
someone takes away your rights

(some examples of Abuse and Neglect)

**Financial abuse:** Where money or things are taken from a person without them saying it is ok

**Neglect:** Where someone is denied basic things such as food, medicine, clothes or made to feel unsafe. Where someone is not allowed to leave their room or have visitors

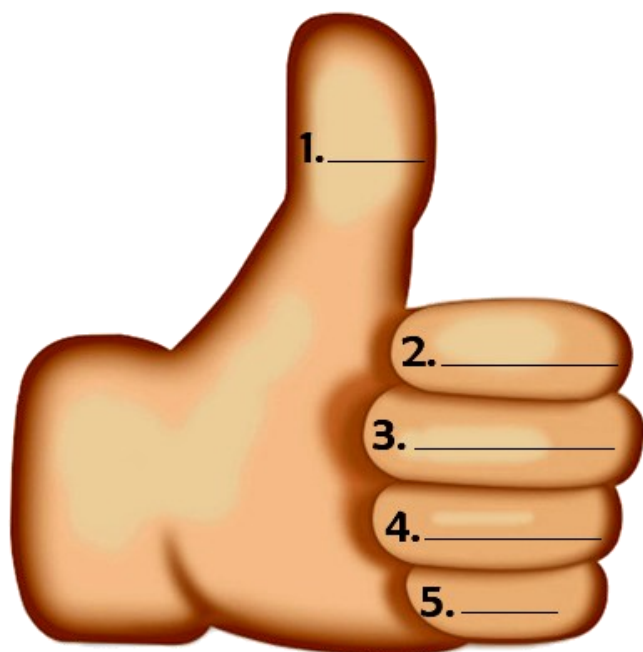
**Emotional abuse:** Where someone is called names, yelled at or ignored

**Physical abuse:** Where someone is hit, beaten or pushed

**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

# The Hand of Trust

Who are five people you trust to talk to?



**\*You can write the names of 5 people you trust and keep the page in a safe place.**

## Services that can help you



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



**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**