

# 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

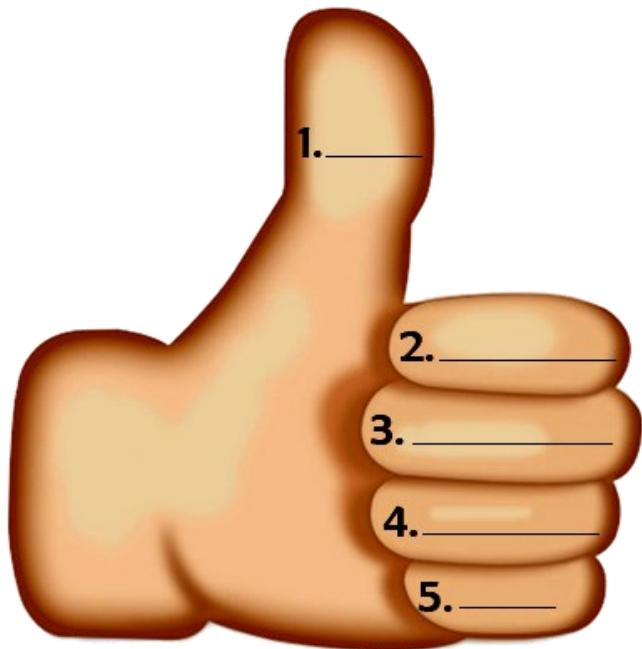
**Emotional abuse:** Where someone is called names, yelled at or ignored

**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