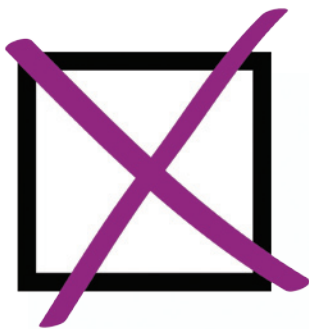
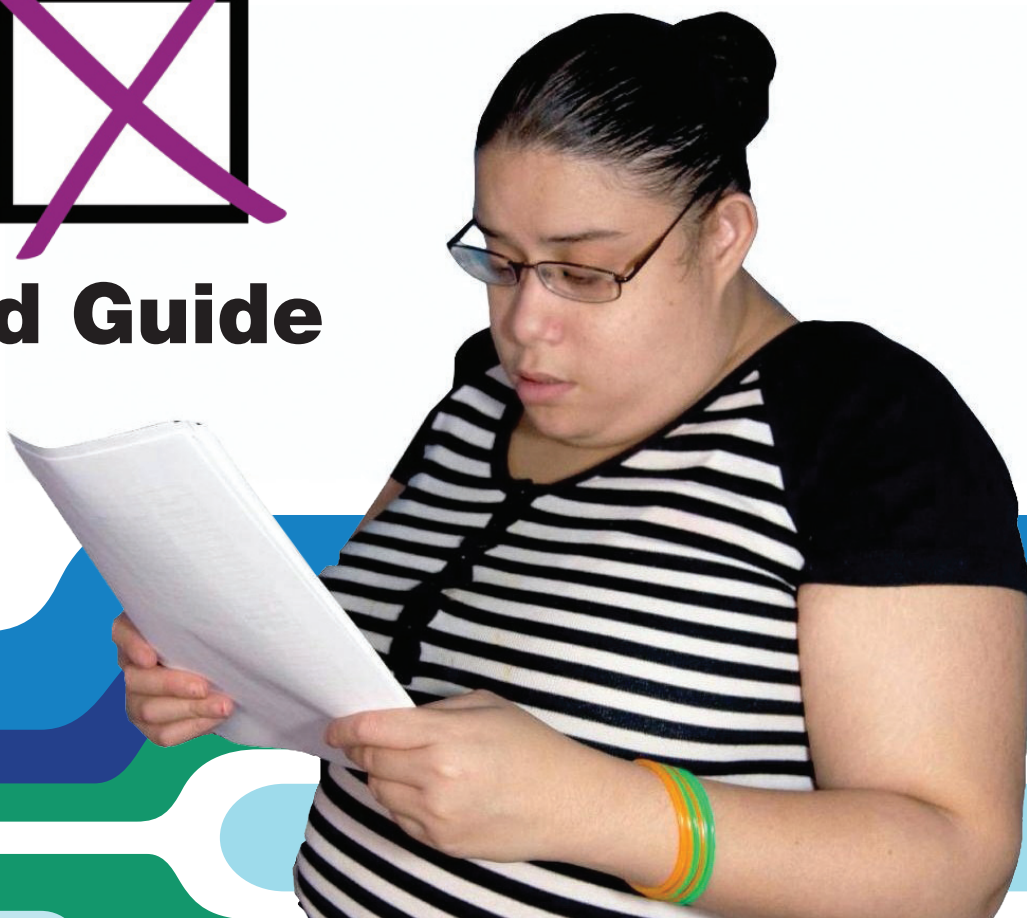


Say **NO**  
to Abuse.



## Easy Read Guide



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**SYMBOLS FOR LIFE™**

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# Abuse is wrong.

Say **NO** to Abuse.

There are lots of different types of abuse:



## EMOTIONAL ABUSE

When people make you feel bad and:

- Call you names
- Laugh at you
- Blame you
- Shout at you
- Ignore you
- Treat you like a child
- Make you feel worthless

# DISCRIMINATION

When people make you feel bad because you are different. For example because you:

- Have a different skin color
- Are disabled
- Have a different religion
- Are gay
- Are older
- Or lots of other reasons...



# NEGLECT

Can happen if you are put in danger, or when you do not get:

- The right medical care
- The right support to wash and dress properly
- Enough food
- Enough heating





## FINANCIAL ABUSE

Can happen when someone:

- Takes your money
- Does not let you decide how your money is spent
- Makes you pay for other people's things



## SEXUAL ABUSE

Can happen when someone:

- Makes you do sexual things that you do not like
- Makes you have sex with them
- Makes you touch them
- Touches you in places you do not want them to
- Makes you watch others having sex



## PHYSICAL ABUSE

Can happen when someone hurts your body, including:

- Hitting
- Kicking
- Pulling
- Pinching
- Shaking

# WHO MIGHT ABUSE YOU?

Anyone could abuse you, it could be:

- Someone you know well
- Someone paid to help you
- A stranger



# WHERE CAN IT HAPPEN?

Abuse could happen anywhere. For example:

- At a hospital
- At a club
- Or at your:



Home



Day Program



Work



College

If you think you are  
being abused

Tell someone you  
trust like:

Someone who works  
with you



Or the police

## Or you can also speak to:

Name of person/organization:



Call:



Write to:



Email:

## Or if nothing happens speak to:



Call:



Write to:



Email:



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# **SYMBOLS** FOR LIFE™

**Making information make sense.**

Because words on their own can be confusing.

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