

# Keeping Safe Feeling Safe



## Say No to Abuse



## What you will find in here?

Page number:



Who could be at risk of abuse? 3

What does safeguarding adults mean? 6



What is a right? 7

What is abuse? 10



Who can abuse you? 29



Where does abuse happen?

30



Who can you tell if you have been abused?

31



Keeping what you say confidential

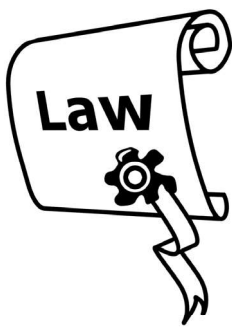
34

## Who could be at risk of abuse?



Some people are more likely to experience abuse than others.

This can be because of their support needs.



In New Zealand there are some laws that use the term **Vulnerable Adults**.



**Vulnerable Adults** are people over the age of 18 years old who need support because of:

- the things that happened in their life
- their disability
- their mental health needs.



Some people may be more at risk of abuse than others for different reasons.



People may be more at risk of abuse because they:

- are not able to stop someone from hurting them



- need someone else for support



- care for other people

- have a physical disability

- are old



- are very sick



- have a learning disability

- have a mental illness



- are blind or have low vision.



People may also be more at risk of abuse because they:

- have find it hard to communicate



- are Deaf or hearing impaired.

# What does safeguarding adults mean?



Safeguarding means:

- protecting the human rights people have

- keeping people safe from abuse



- making sure people

- o have the support that they need and want



- o have the support they need to make decisions and to communicate those decisions to others

- o are treated equally by the law



- o have equal access to justice.



# What is a right?



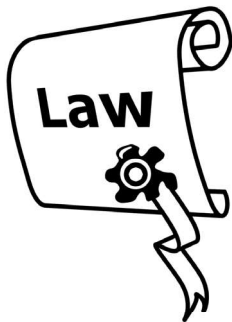
A right is something that everyone has.

Rights are there to:

- keep you safe
- make sure you are treated the same as everyone else.



Everyone has the right to be safe.



The law is a set of rules everyone has to follow.

The law is there to protect you and your rights.



Safety from abuse is one of our:

- basic needs
- human rights.



Being or feeling unsafe can stop us from having a good life.

On the next page you will find some of your rights.



You have the right to:

- be safe

- feel safe



- be treated

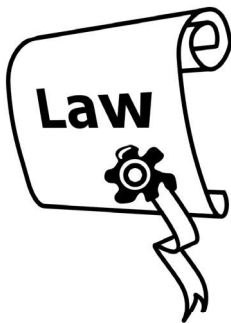
  - o well

  - o with respect.



- make your own decisions about your life

- be treated equally by the law



- get justice

- tell someone if:

  - o you have been hurt





  - o someone makes you feel bad or scared.

# What is abuse?

There are different types of abuse.



## 1. Physical abuse

Physical abuse is when someone does something to you that hurts your body.

This could be:



- hitting, punching, slapping
- pinching
- kicking
- pushing.





Physical abuse could also be:

- pulling your hair
- shaking you
- teasing you
- someone giving you too much or not enough medicine.



## 2. Sexual abuse



Sexual abuse is when someone does sexual things to you that you do not want them to.

This could be when someone:



- touches your body in a way you do not want them to
- kisses you when you do not want them to



- makes you have sex when you do not want to
- tries to have sex with you when you do not want to
- says sexual things that make you feel upset or uncomfortable.



Sexual abuse could also be when someone:

- makes you watch sexy DVDs or look at sexy pictures
- makes you look at them without their clothes on
- touches themselves in a sexual way in front of you.



It is your choice to have sex.



Both people need to give their consent.

Giving consent to have sex means:

- understanding what having sex means
- choosing to have sex
- agreeing to have sex with another person.

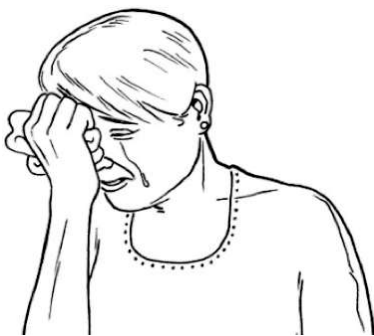




When we talk about sex we mean using our bodies to be close with someone else.

This usually means:

- kissing
- touching
- having intercourse.



It is wrong for someone:

- to say or do sexual things to you that:
  - o you do not want
  - o make you feel upset and uncomfortable
- to offer you money or gifts to do something sexual that you do not want to do.



The person who sexually abused you might tell you not to tell anyone.





### 3. Family Violence

Family violence is when you are abused by:

- a family member
- someone you are close to.



It is when that person:

- hurts you
- does sexual things you do not want them to
- does or says something to you which makes you feel bad
- takes or controls your money





It can make you feel better to talk to someone you trust about what happened.

They can help you to find the support you need.



You can get support to deal with how you are feeling.



#### 4. Emotional and verbal abuse

Emotional and verbal abuse is when someone says or does things to you that can make you feel:

- sad
- angry
- scared.



This could be when someone:

- calls you names
- threatens to hurt you or your things
- laughs at you
- treats you like a child





Emotional and verbal abuse could also be when someone:

- ignores you
- does not let you go out or be with other people
- makes you to do something that you do not want to do.



## 5. Bullying



This means when someone is nasty to you on purpose.

It can make you feel:

- scared
- upset.



Anyone can be bullied.



People are sometimes bullied because they are different from other people.

Bullying could be when someone:



- calls you names

- hurts you



- ignores you

- tells other people things about you that are not true



- makes nasty phone calls

- uses the internet to be nasty to you.

## 6. Cyberbullying

This means when someone bullies you by using:

- their phone
- their computer
- the internet.



Cyberbullying can make you feel:

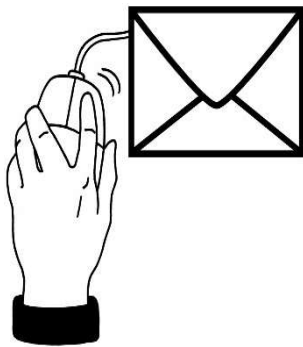
- bad
- upset
- scared.





This could be someone:

- sending you nasty:
  - o text messages
  - o Skype messages
  - o emails
- posting nasty things about you on social networking sites like Facebook or Twitter like:
  - o lies about you
  - o videos of you
  - o embarrassing pictures of you.







## 7. Financial abuse

Financial abuse is when someone takes or controls your money or things.

This could be:



- not letting you have a say in how your money or benefit is spent
- making you buy something you do not want to buy
- using your money to pay for their things
- when someone copies your signature
- when someone tells you that you must give them your money or your things or your home





## 8. Neglect

Neglect means not giving you the care and support that you need.

Neglect could be:



- not being taken to the doctor if you are sick



- being left in dirty clothes or sheets

- not having enough clothes or blankets to keep you warm



- being left alone for a long time

Neglect could also be:



- not having enough to:

- o drink

- o eat



- not being given your medicine when you need it
- not having equipment when you need it.

## 9. Discrimination



Discrimination is when people treat you badly or unfairly because they think you are different from them.

This could be because of your:



- disability



- race or skin colour



- religion or faith



- gender

- age.



Discrimination could also be because:

- of the country you come from
- someone is part of the rainbow community like people who are:
  - o lesbian
  - o gay
  - o bisexual
  - o transgender
  - o intersex
  - o asexual
  - o takatāpui
  - o use other similar words to talk about themselves.





## 10. Organisational abuse

Organisational abuse is when staff:

- do not do their job well
- do not put your needs before the smooth running of a group, service or organisation
- use physical restraint on you that is not within the rules of the law.



This could be in a:

- residential service
- care home
- hospital.



Organisational abuse can mean you:

- getting bedsores
- getting bruises
- falling.



## Who can abuse you?



Anyone can abuse you like:

- a member of your family
- your partner or someone you live with



- a member of staff
- a support worker
- someone who uses the same services



- a neighbour or a friend
- a stranger



- someone else.

**Most people will not abuse you.**

## Where does abuse happen?



Abuse can happen anywhere:

- where you live

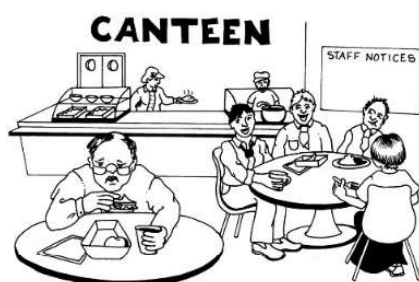
- at a day base



- where you go for a short stay

- in a care home

- in hospital or health service



- at work

- in the community



- on the street

- on public transport.

**Most places will be safe.**



## Who can you tell if you have been abused?



You should tell someone if:

- you have been abused
- know someone who has been abused.



Tell someone:

- you trust
- as soon as you can.



Someone you trust could be:

- a police officer
- a friend
- someone in your family
- someone you know well





- your doctor

- an advocate

- a nurse



- a social worker

- your support worker



- someone from your religion like your church or temple

- someone else.



If you think someone does not believe you then tell someone else.



All abuse is wrong.

The person you told should:

- listen to what you have to say
- take what you have to say seriously



- ask what you would like to happen
- support you to what you need to keep safe.



It is up to you what you tell someone.

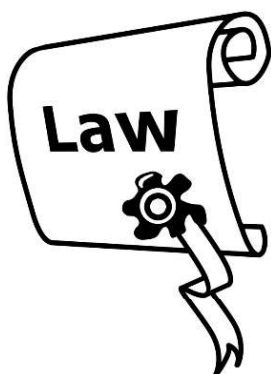
## Keeping what you say confidential



You can ask people to keep what you say **confidential**.

**Confidential** means that:

- what you say to someone will stay with them
- they will only talk to other people about what you tell them
  - o if you ask them to
  - o if the law or the court says they have to
  - o if you or someone else will be unsafe or in danger.





It is your right to know:

- what is written down about you
- who will be told about what you say.



If someone is in danger then people will have to tell the police.



A law called the Crimes Act says that people who care for **Vulnerable Adults** must:

- make sure the person is safe
- tell someone about any serious abuse.



You can help someone that you know is being abused by contacting:

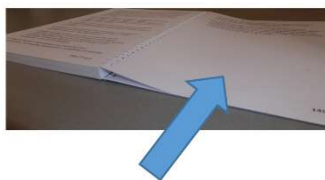
- the police
- **Oranga Tamariki** if it is a child or young person that is being abused.



**Oranga Tamariki** is a government agency that looks after the care and protection of children and young people.



There are also a lots of different abuse helplines that you can contact for advice.



Some of these abuse helplines are listed on pages 38 – 40 of this guide.

Some abuse helplines you can contact are:



## **It's Not OK Family Violence Helpline**

It's Not OK Family Violence can put:

- you in touch with services that support people who have been abused or who are being abused
- people in touch with services that support people who want help to stop being violent

The Helpline is open every day of the year from 9am in the morning to 11pm at night.

Phone: **0800 456 450**

Website: **[www.areyouok.org.nz](http://www.areyouok.org.nz)**



## Shine Helpline

If you are a victim of family violence or worried about someone else you can call the Shine Helpline.

The Shine Helpline is open every day from 9am in the morning to 11pm at night.

Phone: **0508 744 633**

Website: **[www.2shine.org.nz](http://www.2shine.org.nz)**



## Victim Support

You can talk to Victim Support if you are a victim of crime

Phone: **0800 842 846**

Website: **[victimsupport.org.nz](http://victimsupport.org.nz)**





## Women's Refuge

If you are a victim or worried about someone you know you can call Women's Refuge helpline.

They can give you information and support about family violence.

The helpline is open:

- 24 hours which means it is all day and all night
- everyday day of the week

Phone: **0800 733 843**

Website: **[www.womansrefuge.org.nz](http://www.womansrefuge.org.nz)**



There are lots more abuse helplines.

Your local Citizens Advice Bureau can help you to find the right service.



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