

Our Right to Safety and Respect



A film and guide by and for
women with disabilities

Easy English



*W*omenwithdisabilitiesvictoria
empowering women



The development of this resource was supported by the Victorian Government.

The Victorian Government's funding is gratefully acknowledged.

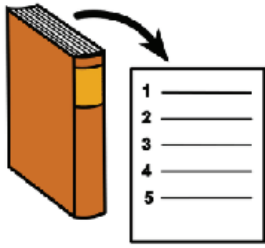
The video was produced by Fertile Films for Women with Disabilities Victoria.

This video guide was prepared by Women with Disabilities Victoria.

Published by Women with Disabilities Victoria:

Level 9/255 Bourke Street, Melbourne, Victoria 3000

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What is in this book?



From Keran Howe page 8



Thank you page 10



How to use the film and book page 16



Women with Disabilities

- rights
- power
- control page 35



Trust

- our self
- other people page 51



What is Violence and Abuse? page 69



Places we can get help page 95



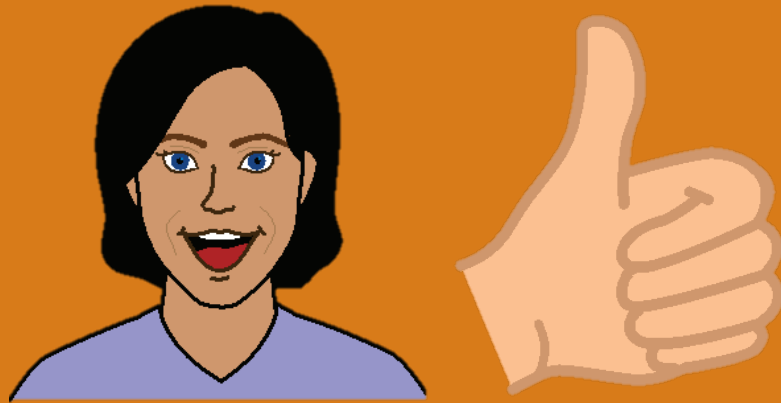
Look forward

Look to the future page 137



New Words

What does this word mean?..... page 143



Our right

- to be safe
- to respect.



We have made a

- film
- and**
- wrote this book.



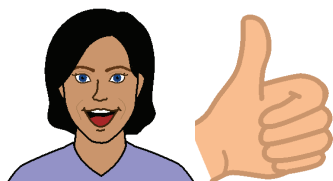
It is for women with disabilities.



It is about

- violence
- abuse

and



- to be safe
- to have respect.



Keran Howe says

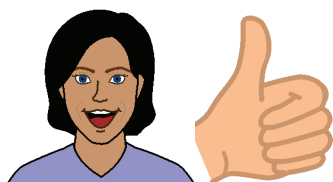


This film shows the story of 3 women.

They show us how they got away from



- violence
- abuse.



They show us how they got safe.

They used different ways to



- talk to people

and



- find people to trust.



Women with disabilities are strong.

There are lots of women who are with us.



Thank you



This work is part of our **Safeguards Project**.

Many people helped us make the

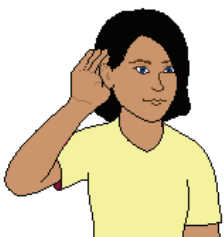
- film
- this book.



Thank you to the 9 women with disabilities.

They gave us lots of advice.

They told us what must be in the film and book.



It was very important to hear from

women with disabilities. Many have been

- victims of family violence
- feel safe now.

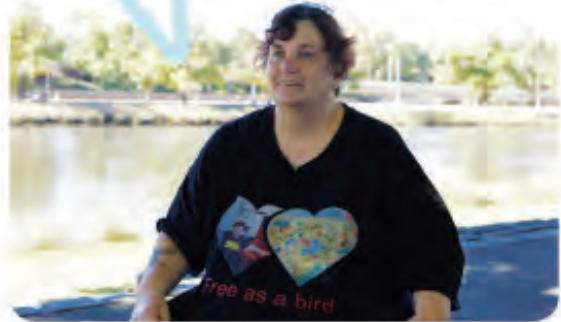
Thank you

- Jane
- Sam
- Tess.

They told their stories in the film.

We learnt a lot from them.

Ever since I've been here I have actually felt free as a bird... I've been strong and I've been powerful as well.



There are services out there...you don't have to put up with it. So if you're afraid to speak try and get someone to help you.



Sometimes it feels like it's not going to get better, you're not going to feel better, but you do, I promise you, you do.





A lot more women helped make this project.



Thank you to

- Keran Howe Executive Director.
Women with Disabilities Victoria.
- Jenny Godwin.
Women with Disabilities Victoria.
- Maree Ireland. Disability Advocate.
- Megan Dobbs. Acting Inspector.
Victoria Police.



What does WDV mean?

WDV are the letters for the name of our group.

WDV means **Women with Disabilities Victoria.**

We will write WDV when we write our name.



Part 2 of this project



Thank you to the Project Advisory Group members.

- Fofi Christou. Chair WDV
- Jen Hargrave. WDV
- Karleen Plunkett. WDV
- Lisa Brumtis. WDV
- Stacey Christie. WDV and
Youth Disability Advocacy Service
- Amanda Leitch and Anusha Rodrigo.
Department of Health and Human Services
- Claire Varley and Amy Webster.
Womens Health Victoria
- Elizabeth Weston.
Scope
- Marianna Codognotto.
Office of the Disability Services Commissioner
- Sophia Spada-Rinaldis.
Office of the Public Advocate.



Thank you to the WDV members who helped with this project. They

- wanted this project to be useful for other women
- made sure we kept doing the project
- told us very important things about their lives.



We also want to thank



- Fertile Films.
Sarah Barton and the staff made the film.



- Lightside Consulting
They started the research for this film.
The information helped us write the film
and this book.



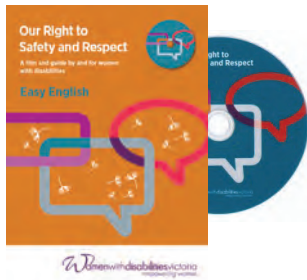
Some services helped us find women with disabilities. The women told us things to put in the film and book. Thank you to

- Womens Health West
- City of Latrobe
- Scope.
- The Self Advocacy Resource Unit.



Thank you to

- Lydia Philips.
She worked at the start of this project
- all the WDV staff
- Cath McNamara and Kelly Parry. They supported
 - the women in the film
 - the women who gave us lots of advice.

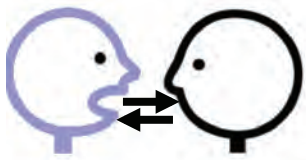


How to use the film and book

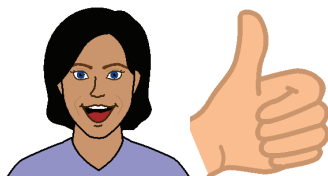


This book helps us in a safe way. It helps us to

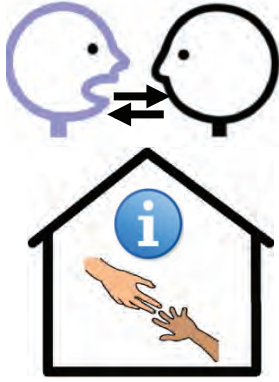
- know more about the film



- think about violence and abuse
- talk about violence and abuse



- know about our rights to
 - be safe
 - have respect.



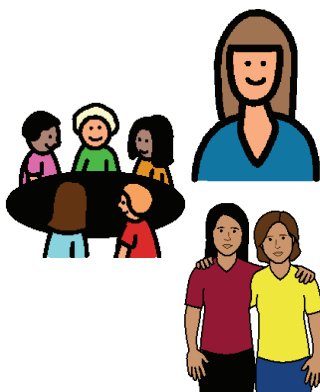
This book also helps us to

- learn more about the stories in the film
- ask questions about violence and abuse
- find out places to get help.



You can use this book

- **before** you look at the film
- as you look at the film
- **after** you look at the film.



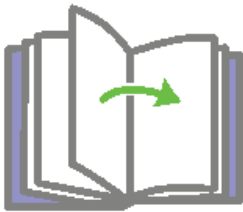
You can do this

- on your own
- with a friend
- with a support person
- in a group.



There are lots of places you can get

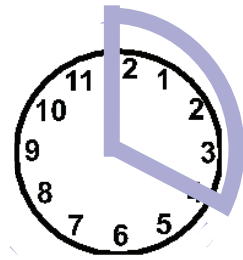
- information
- and**
- help.



Go to page 95 to find them.



The film

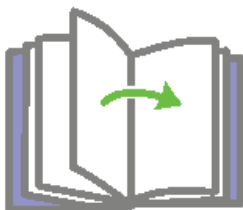


The film goes for 20 minutes.



The film has parts about

- what is violence
- what is abuse.

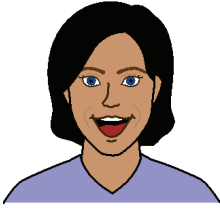


Go to page 69.

You can read more about

- what is violence
- what is abuse.

The film also has parts about

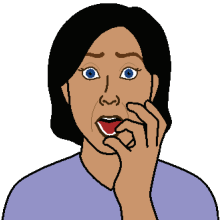


- what helps us keep safe



- what helps us get respect

and



- what we can do when we do **not** feel safe.

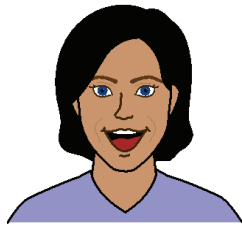


We talk about how we can get better after

- violence
- abuse.



Important



This film is about how to be safer from



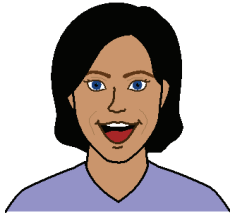
- violence
- abuse.



Violence and **abuse** are **never** OK.



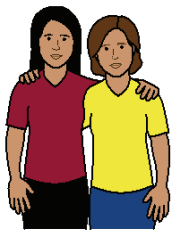
Some of the things we talk about
may upset you.



You may want to watch the film with a

- friend you trust

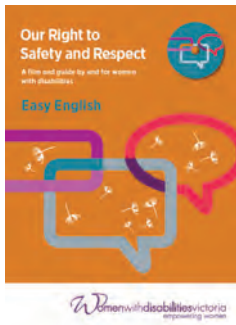
or



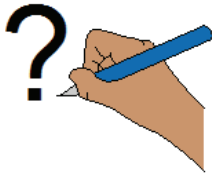
- support person.



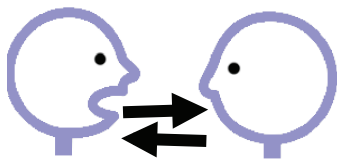
Look at the film.



Use this book.



We wrote lots of questions.



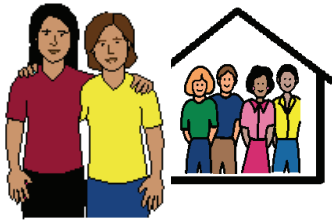
They can help you talk about the film.



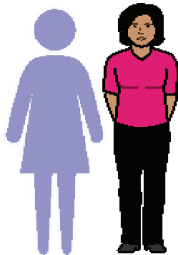
This information will help

- women to speak up for them self

These women are called **self- advocates**.



- friends of women with disabilities
- family of women with disabilities



- women who help other women to speak up.

They are called **advocates**.



It can also help

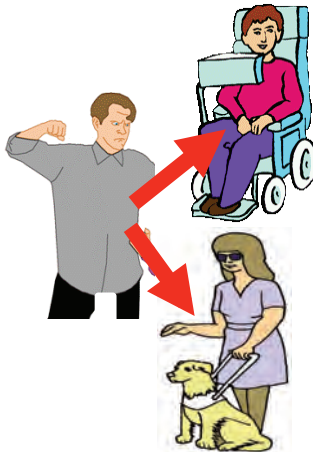
- family
- support workers
- other people who
 - help women with disabilities
 - work with women with disabilities.



Before we look at the film



Remember.

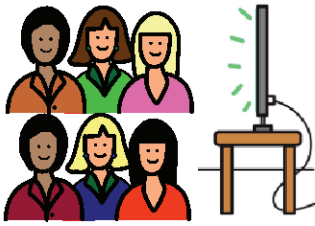


It is more common for women with disabilities to have

- violence in their life
- abuse in their life.



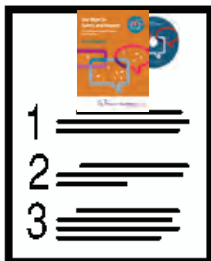
Read about this on page 69.



Do you want to show the film to a group of women with disabilities?



Are you the leader of the group?



You need to

- think ahead
- plan ahead.

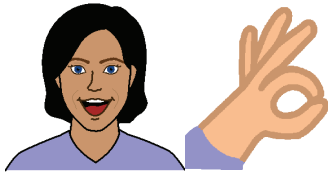


On the next pages are some ideas for you.



Get ready to show the film.

What we need to do



1. We need to feel safe

- **before** we look at the film
- when the film is **on**
- **after** the film ends.



2. Our group looks at the film together.



It needs to

- be **women only**
- have **no** support workers in the group.



3. The film may upset some women a lot.

Can we ask for



- someone to be with us on the day

This person must be a person who knows about

- violence
- abuse

and

- what to do when we get upset.

or

- someone we can talk to on the phone that day.

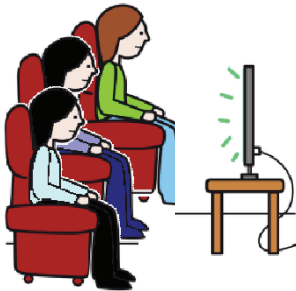


Give each woman this book.

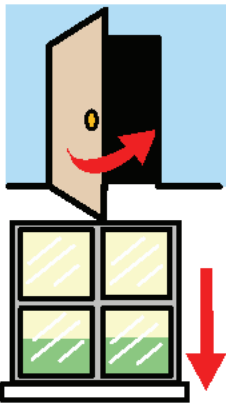


There is a list of places we can go for help.

Go to page 95.



4. Look at the film in a room where

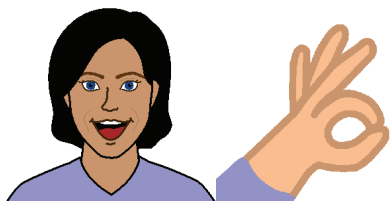


- we can close the door.

No one can hear us.

- we can close the blinds.

No one can see in.



Everyone must feel safe.



We look at the film



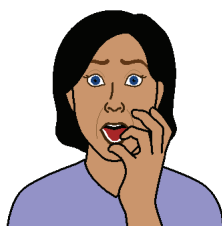
Tell the group what we will be looking at.



The film may upset some of us in different ways.

Some women may feel

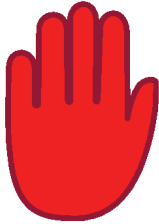
- sad
- upset



- they do **not** want to look at the film.

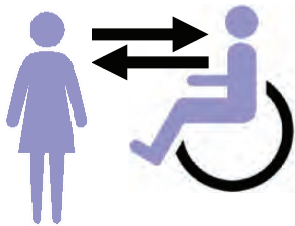


That is OK.



We can stop the film at anytime.

We may only look at a small part of the film.



We need to make sure we are ok.

We need to talk to each other

- on the day
- the next day
- in 2 days.
- in a week.

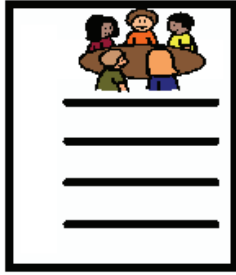


We can talk to someone who can help.

There are people who can help us.



Go to page 95.



Group rules



Talk about our group rules. Like

What we say in the group must stay in the group.

It means we do **not** tell other people your story.

This is called **privacy**.



We may hear a story that reminds us of something
in our own life.



We can get help for our self.

or



We may hear a story. It reminds us of something in a friend's life. We worry about our friend.



We can ring a place that can help. We can ask for

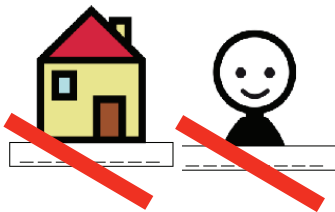
- help for us

or

- ideas to help talk to our friend.

But

Remember



When we talk to someone about our friend

- do **not** say our friend's name
- do **not** say where she lives.



Everyone has the right to privacy.



For the woman that leads the group

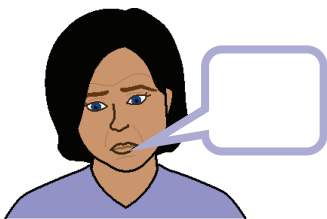


Remember



Ask us

- do we feel OK?



- do we want to talk too?



There are people who can help us.

Go to page 95.



Women with Disabilities

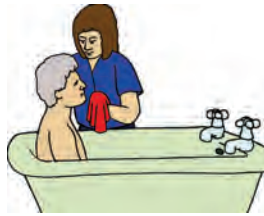
- rights
- power
- control





Who are women with disabilities?

We are all different.



We live in different places.



City

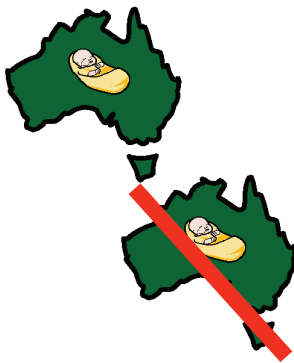


Country



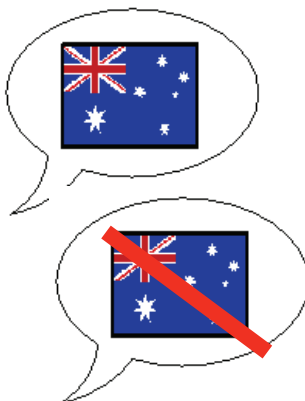
We are in different relationships. Like

- single
- married
- have a boyfriend
- have a girlfriend
- separated.



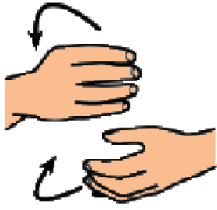
We come from different countries. Like

- some of us are born in Australia
- some of us are born in a different country.



We may speak

- English. We have 1 language
- English and words from another country.
We have 2 languages.
- no words in English.



We may use our hands to talk.

This is called sign language.



We may talk with a communication board.



Some women have

- a lot of money.
- only a little money. Like
we do not have the money to buy food.

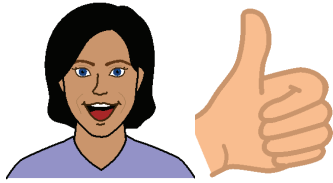


We can be

- young
- old.

We can be a mix of all these things.

We can each



- feel safe
- be happy
- feel good about our self.



Women with disabilities are

- strong



- know ways to be safe.

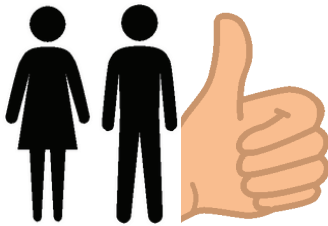


Some things to think about



We have the right to

- feel safe
- and**
- be safe.

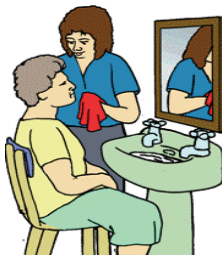


Like

People respect us. This is people

- who live in our house
- we go to school with
- we work with
- we go out with

and



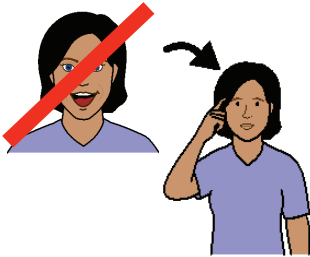
- who come to help us at home.

Like a support worker.



We need to trust our own feelings.

and



Learn to know when we do **not** feel safe. Like

What do we feel when we are

- worried about something
- scared.

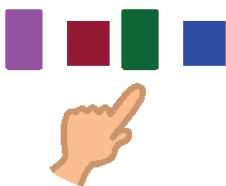


We can learn more about

- our rights
- how to feel strong as a woman with a disability



- how to speak up



- how to make choices.



We can be part of a group. Like a womens

- friends group
- group to learn to be a leader
- group that helps us talk about
 - our own needs
 - what we want.

We are called a self advocate.



We can join a group. We do things we like to do.

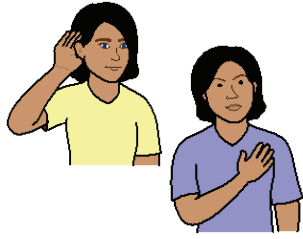
We do this with other women. Like

- a sports group
- an arts group
- a local womens group.



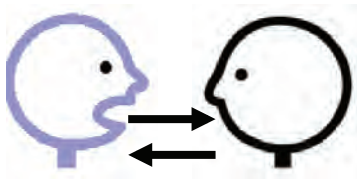
It can help to have a group of friends.

We can talk to other women.

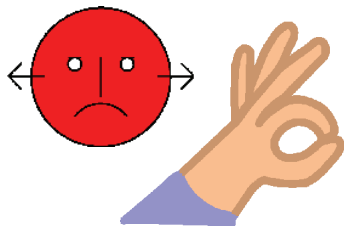


Lots of women listen well to their friends.

Look for a person we can trust.

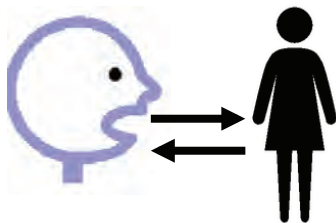


Talk to this person.



Some women can **not** help us.

That is OK.



Talk to a different person.



Try to find someone who

- knows what we mean.

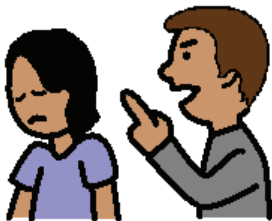
It means they understand us

- believes what we say
- respects our rights.



This will help us

- be more sure of our self
- feel we are in charge of our life.



Other people may still

- try to control us

and

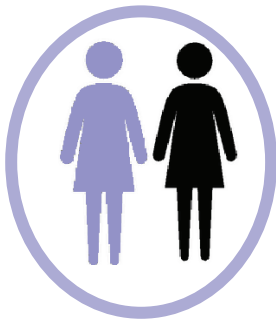
- abuse us.

But



Someone we trust will help us feel strong.

And

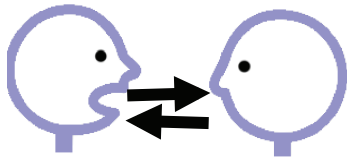


Feel like someone is with us.

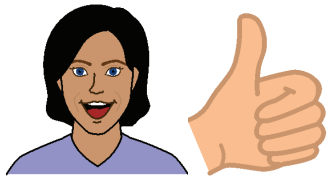
There are people around us. We do **not** feel alone.



We have more ways to get the help we need.



Some questions to talk about



Do we know it is our right to

- feel safe?
- have respect?

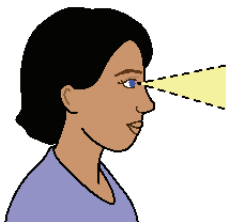


Is it important to know we can choose what to do?



We are in charge of our life.

and



What that looks like in our life.



What does it mean to be treated with respect

- feel like?

It means they understand us

- look like?
- sound like?



A relationship is when we connect with someone.

It may be

- a friend
- a child or mum or dad
- someone we live with
- someone we have sex with
- someone we marry.



What does a happy relationship

- feel like?
- look like?
- sound like?



What does respect in a relationship

- feel like?
- look like?
- sound like?



Do we know about the

Enabling Women Program?

It helps us to



- learn to trust ourselves
- learn to trust what we do
- feel strong
- make friends
- be part of our neighbourhood
- make change.

*Women*withdisabilitiesvictoria
empowering women



Ask Women with Disabilities Victoria about it.

Our phone number is on the back page of this book.



Trust

- our self
- other people



What is trust?

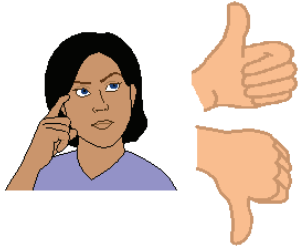


Here are some other words like trust

- rely on
- count on
- to feel safe with that person.

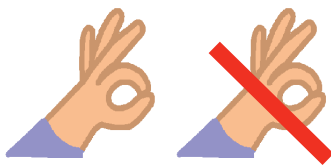


It is important we trust our selves.



It can also mean to trust our own feelings.

Some people call this a gut feeling.



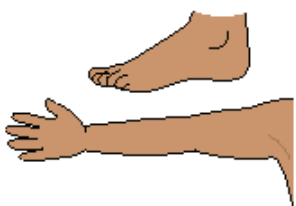
Our body tells us when something feels it

- is OK
- or**
- is **not** OK.



Some women have this feeling in their

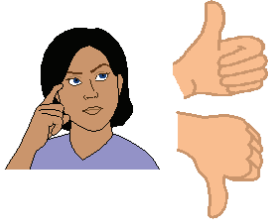
- tummy
- head
- heart
- neck
- back
- hands



- or**
- feet.



Trust our self



Listen to our body.

We all get different feelings.

Start to learn when we get different feelings.

How does our body tell us we are

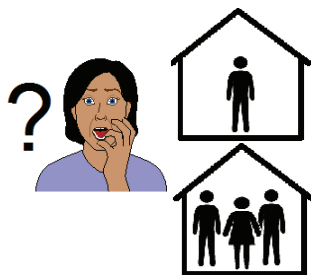


- scared
- upset

or



- happy
- excited.



Learn to know what our bodies feel like

- in different places
- with different people.



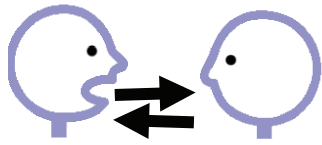
Remember



It is **not** right for us.



- when we feel something is **not** right
- **or**
- when we feel scared about something



Some questions to talk about



How do we know when we can trust someone?



Is there a person we can trust?



Can they make us

- feel safe?
- feel happy?
- feel heard?



We do **not** feel safe.

Is there someone we can talk to?



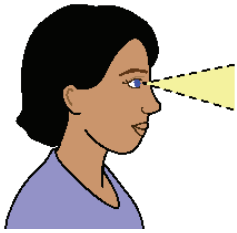
In the film, the woman had a code word to use.

She could use it at any time.

Her friend then knew she did **not** feel safe.



Would this work for us?

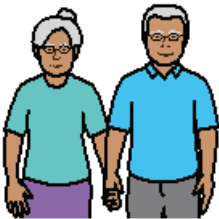


Find someone to trust



It can be people like

- a friend



- someone in our family



- someone near where we live.



There are more people who can help us.

Read pages 59 to 67.

and

Read pages 95 to 136.



Doctor

- our own doctor.
- other staff at our doctors clinic.



They may know about

- violence and abuse
- other places that can help.



Womens Health Victoria

We can look for a womens health service near us.



Phone 9664 9300

The website has lots of information.

Website www.whv.org.au



Gen Vic



Email genvic@genvic.org.au

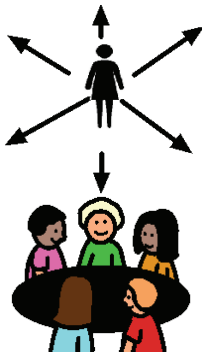


The website has lots of information.

Website www.genvic.org.au



Domestic Violence Resource Centre of Victoria



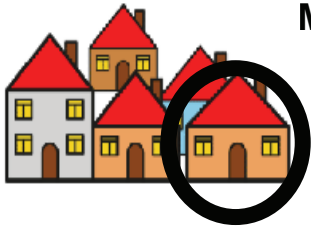
Can link us with help groups in our area.

We can find out about a help group near us.



Phone 9486 9866

Website www.dvrcv.org.au



My Neighbourhood House

They have fun things to do.

They are great places to make new friends.

They may know about other places near us.



To find the one near us.

Phone 9602 1228

Website www.nhvic.org.au

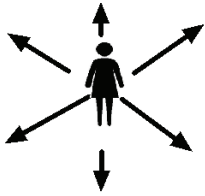


Our Local Council

They have access workers.

These staff know about disability.

They can help us in our local area.



The access worker can link us with groups in our area.

They want to make sure we can



- find things in our area
- be part of local groups.



To find our local councils go to the website.

Website www.knowyourcouncil.vic.gov.au



Disability Advocacy Resource Unit



Email admin@daru.org.au



Phone 9639 5807

Website www.daru.org.au



Self Advocacy Resource Unit



Email saru@rosshouse.org.au



Phone 9639 6856

Website www.saru.net.au

Women with Disabilities Victoria

Enabling Women programs.



Women with Disabilities Victoria

- run a 6 day training
- for women who want to be a leader.

Month						
Sun	Mon	Tue	Wed	Thur	Fri	Sat

Month						
Sun	Mon	Tue	Wed	Thur	Fri	Sat

The training is

- 1 day a week
- for 6 weeks. Like
it can be each Monday for the next 6 weeks.



Phone 9286 7800

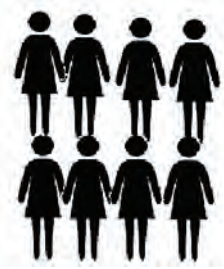
Website www.wdv.org.au

What is Violence and Abuse?





Violence and abuse

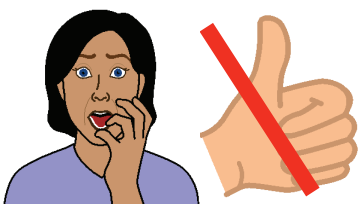


Violence and abuse occurs to many women.



It occurs to

- women with disabilities
- and**
- women with **no** disability.

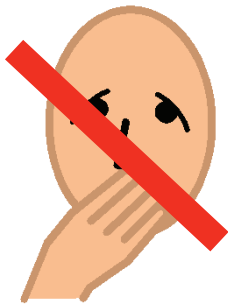


It is any thing that takes away our right

- to be safe
- to respect.



This is **never** OK.



It is **never** our fault.



There can be people in our life who



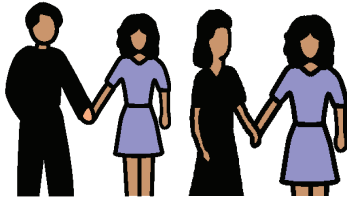
- do **not** treat us as equals. Like the other person takes the wheel off our wheelchair. We can **not** move.



- take **no** notice of our rights. They do **not** see we have rights. Like they will **not** let us eat when we want to.



- take **no** notice of our right to feel safe. Like they say they will hurt us. They say this to us when we do **not** do what they want.



Violence can come from

- a partner. This can be a
 - man partner
 - woman partner



- children
- mum or dad
- a brother or sister.

This is called **family violence** or **family abuse**.



Violence can also come from

- carers
- support workers
- someone we work with
- a student at our school or class
- people we do not know. Like strangers.

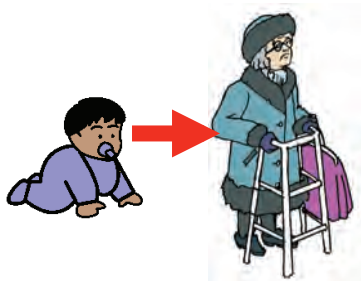


Violence can come from many different people.

But



Most of the time it comes from men.



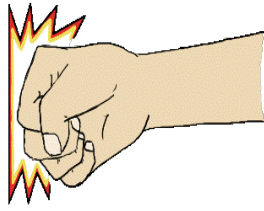
Violence can be

- all through our life

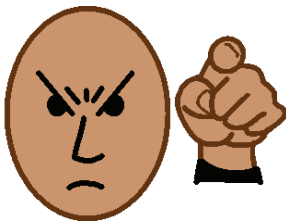


• in different places. Like

- home
- work.



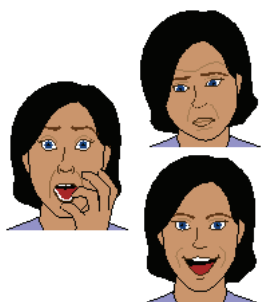
Violence and abuse can be different for different women.



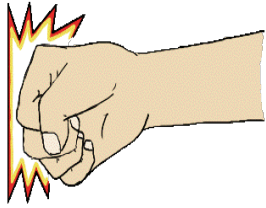
- **Control.** Read pages 78 and 79.



- **About Money.** This is called financial abuse.
Read pages 80 and 81.



- **About our Feelings.**
This is called emotional abuse.
Read pages 82 and 83.



- **Physical.** Read pages 84 and 85.



- **About sex.** This is called sexual abuse or sexual assault.

Read pages 86 and 87.



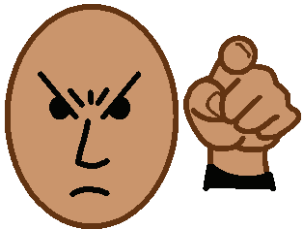
- **Use our disability**

- to control us

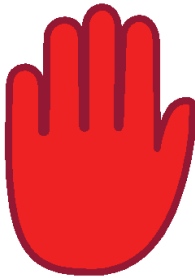
or

- treat us in a bad way.

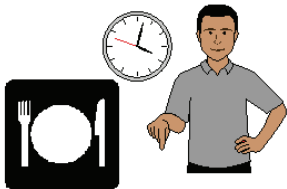
Read pages 88 to 90.



Control

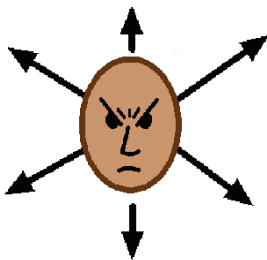


This is when someone does **not** let us do things.



So someone tells us

- what we can do. Like
what time we can eat



- where we can go. Like
only go to work or school



- who our friends are. Like we only see their friends



- who we can speak to. Like they want to be there when we speak to someone else.



This is **never** OK.



About Money



This is when someone does **not** let us use our own money.



So someone else says

- when we can use our money. Like only our money is used to pay bills



- **not** let us have our own money. Like, our money is with their money in the bank



- tells us how to use our money. Like, we can only buy clothes and shoes they like.
- uses our money. We do **not** want to use our money on that thing. Like we do **not** want to pay for the other persons holiday.

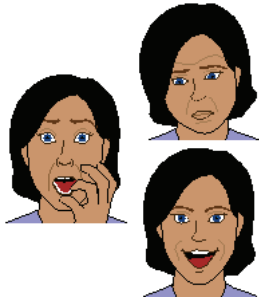
or



- will **not** let us have our own money. Like we do **not** have our own ATM card.

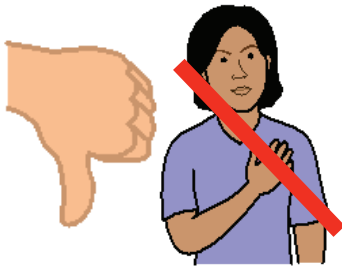


This is **never** OK.



About our feelings

There are lots of ways someone can hurt our feelings. They can



- always put us down
- make us feel bad about our self
- make us feel we can **not** trust our self



- swear at us
- shout at us



- do **not** let us be part of a group. They ignore us.
They make us feel we are by our self

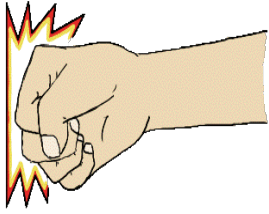
or



- treat us like a child.



This is **never** OK.

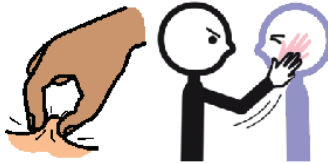


Physical



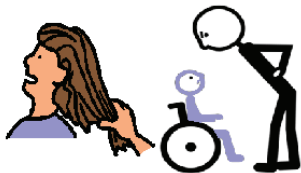
This is when someone tries to

- hurt our body in some way.



It can be they

- pinch us
- slap us



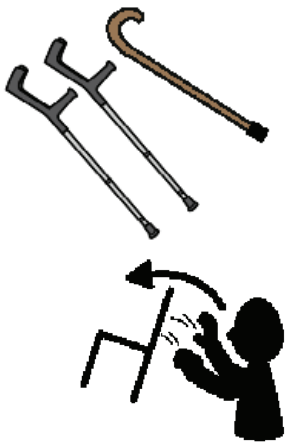
- pull our hair
- push us around

or



We may be in danger.

We may die.



The person may have a weapon. They use it on us.

It may be

- our walking stick
- something from our wheelchair
- things from around our home. Like a chair

or



- a gun.



This is **never** OK.



About sex

This is when someone



- makes us do things about sex.

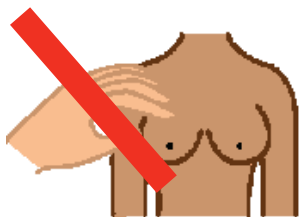
We do **not** want to. Like look at rude pictures

- on the computer.
- in a book



- makes us dress in clothes that show our
 - breasts
 - private parts.

We do **not** want to do this.



- touches us on our breast or other places of our body. It does **not** feel OK. Like tries to touch our breast when they help us
 - in the toilet

or

- in the shower

or

- makes us touch them.



We do **not** want to do that.

It does **not** feel OK. Like

makes us touch a mans penis.

He wants us to do it with our

- hand

or

- mouth.



This is **never** OK.



Use our disability

- to always tell us what to do
- or
- treat us in a bad way



This may be the person

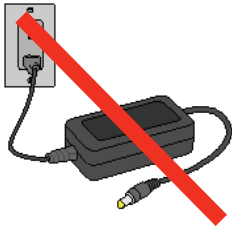
- will **not** help us in the bathroom. Like
- will **not** help wash our face in the morning



- does **not** give us the right pills
- or
- gives us the wrong number of pills



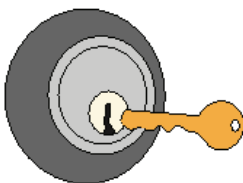
- takes a wheel off our wheelchair.
- We are stuck. We can **not** move.



- does **not** help to have the wheelchair battery charged for the next day

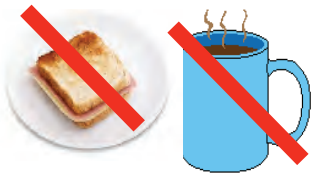


- takes away our communication aids
- takes away things we need. Like a grab rail.



- locks the door
- to our bedroom
- to our house.

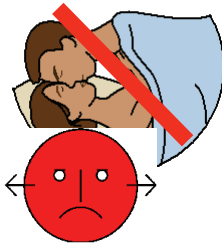
We are stuck in there. We can **not** get out.



- does **not** give us food or drink.

We need help with this every day. We may get

- very hungry
- very thirsty.



- makes us have sex. They say
- we have to have sex

or



- they will **not** help us.



This is **never** OK.



Can we think of more ways someone may

- hurt us
- or**
- abuse us?



It is because

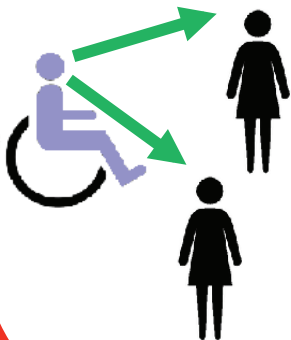
- we have a disability
- and**
- are a woman.



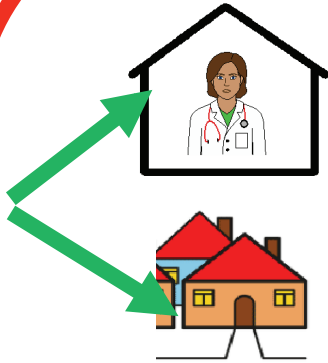
Remember



Violence and abuse is never OK.



**We may need to tell more
than 1 person about
the violence and abuse.**

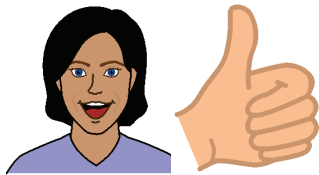


We may need to go to more than 1 place to get the help we need.



Do not give up.

We will find the right place for us.

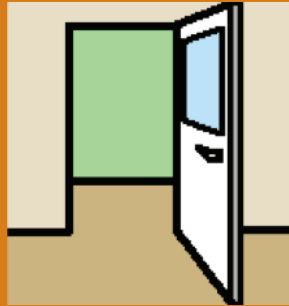


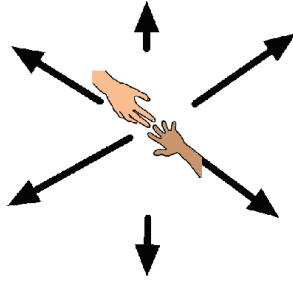
We have the right to

- **be safe**
- **to respect.**

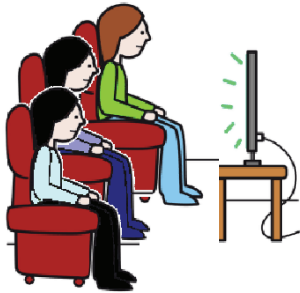


Places we can get help





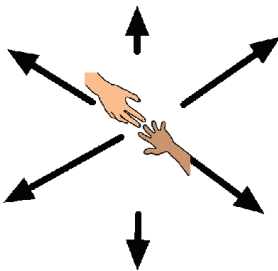
How to get help



We have watched the film.



Do we have some ideas to get help now?



There are many places you can go for help.



It may be because we do **not** feel safe

or

- need help to get out of a **violent** place
- need help to get out of an **abusive** place.



We can talk to

- someone we trust
- our doctor
- a womens health place
- a family violence place.



We can go to the

- Disability Services Commissioner



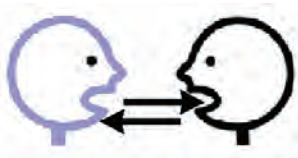
- Office of the Public Advocate



- Police.



It can be hard to talk about things.



What is the best way for us to communicate?

It may be

- face to face
- with a support person with us
- with an interpreter

or



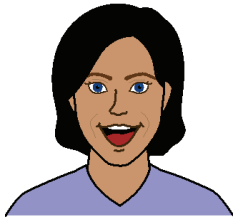
- on the phone
- text
- email.



We may need to write things down.

It helps to remember things.

But



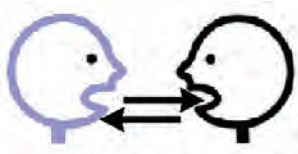
Only write things down when it is safe to do so.



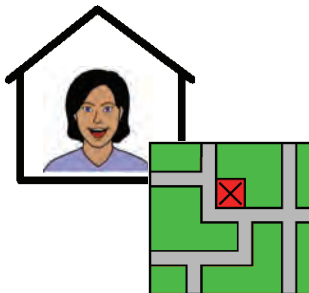
Make a plan to be safe.

We call this our safety plan.

Some things to put in it.



A note to remind us of who we can talk to.



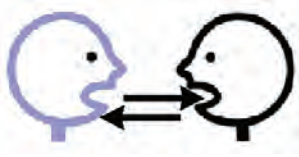
Find a safe place to go

and

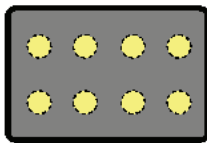
How we will get to the safe place.



Money. Know where we will get some money.



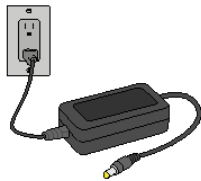
Tell our plan to someone we trust



In our safety plan box

Put things we will need every day.

They need to be a spare one. Like



- pills
- things for our disability.



Make a copy of our papers. Like

- CentreLink card
- Medicare card.



You can get a Safety Box plan from

www.asksomeone.org.au



Police



Call the police when something bad

- has just taken place
- or**
- is taking place now.

We call this an **emergency**.



000

Phone 000



Police can help us with

- family violence
- abuse
- sexual assault.



Website www.police.vic.gov.au



safe steps Family Violence Response Centre



We can get help when there is family violence.



They are open

- all day and night
- all year.



Phone 1800 015 188

Website www.safesteps.org.au



Centre Against Sexual Assault

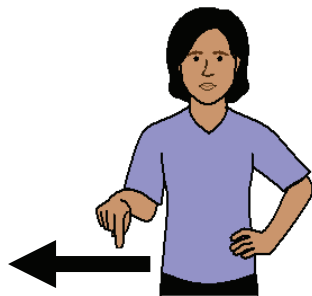
It is also called CASA House.



We can get help to talk about violence when it

- has just taken place
- was a long time ago.

This is called **counselling**.



CASA can help us when it

- is taking place now
- or**
- was a long time ago.



CASA have lots of fact sheets about

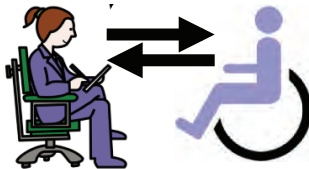
- sexual assault
- violence
- abuse.

You can get them in Easy Read.



Phone 1800 806 292

Website www.casahouse.com.au



We can get

- help to talk about what took place.

This is called **counselling**



- information

- help with other places that may be good for us. This is called a **referral**.



They are open

- all day and night
- all year.



Phone 1800 737 732

Website www.1800respect.org.au



We can get

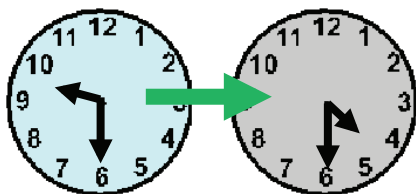
- information
- help with other places that may be good for us.

This is called a **referral**.

Su	M	T	W	Th	F	S
X	✓	✓	✓	✓	✓	X

They are open

- Monday to Friday
- they are **not** open on public holidays.



- 9:30 am to 4:30 pm.

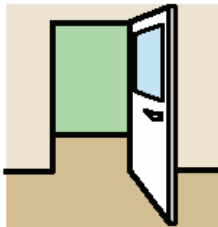


Email support@wire.org.au

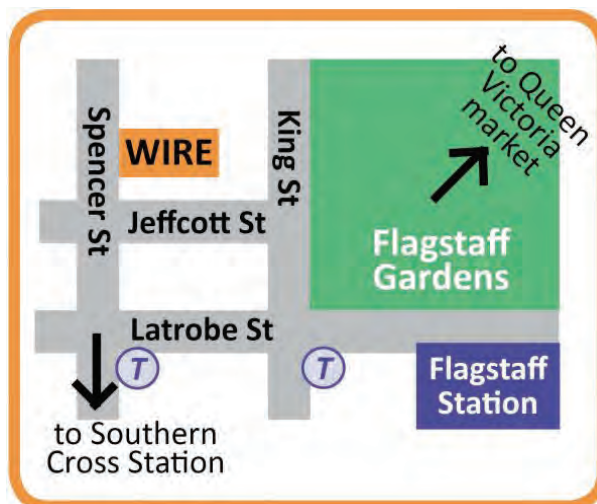


Phone 1300 134 130

Website www.wire.org.au



We can go to the WIRE offices.





Disability and Family Violence Crisis Response Initiative

It is also called D.F.V.C.R.I.



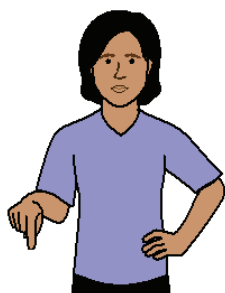
We can get some money.

It is to help us and our children.

But

It is only when there was family violence

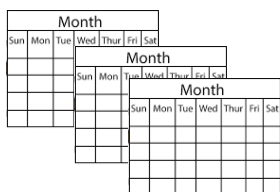
And



We need more help to be safe.

It is to pay for something that is urgent.

We need it now.



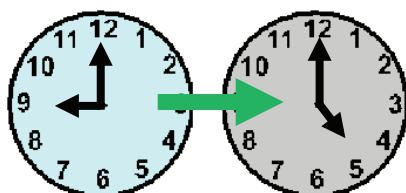
We can get this money for up to 12 weeks.

This is the same as 3 months.



They are open

- Monday to Friday
- they are **not** open on public holidays.



- 9:00 am to 5:00 pm.



Website www.dhhs.vic.gov.au

Phone the Disability Family Violence Liaison Officer

0437 741 920

or

03 9843 6304.



Disability Services Commissioner

It is also called the D.S.C.



We can get help to make a complaint.

It can be about

- any worker
- any place that helps us
- or**
- we can **not** find anyone to help us
- or**
- our rights are not met.



We can also get help to talk about

- violence
- abuse
- neglect.



It is there for people with disabilities.



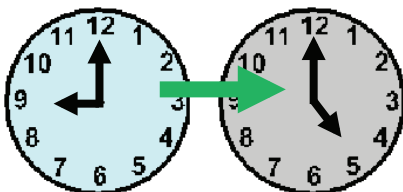
It is also there for their

- families
- carers
- friends
- disability places.

Su	M	T	W	Th	F	S
X	✓	✓	✓	✓	✓	X

They are open

- Monday to Friday
- they are **not** open on public holidays



- 9:00 am to 5:00 pm.



Phone 1800 677 342

Website www.odsc.vic.gov.au



TTY 1300 726 563



Office of the Public Advocate

Office of the Public Advocate

It is also called OPA.



It is there for people with disabilities.

We can get

- information
- help.



We can get help for someone to

- act for us to get what we need.

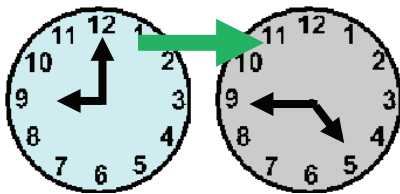
This is called guardianship

- help to get what we need.

Su	M	T	W	Th	F	S
X	✓	✓	✓	✓	✓	X

They are open

- Monday to Friday
- they are **not** open on public holidays



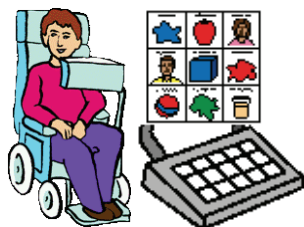
- 9:00 am to 4:45 pm.



Phone 1300 309 337

website www.publicadvocate.vic.gov.au

Communication Rights Australia



They work with people who have little or no speech.

We can get help when our rights have **not** been looked after. Like we do **not** get support to use our communication board.



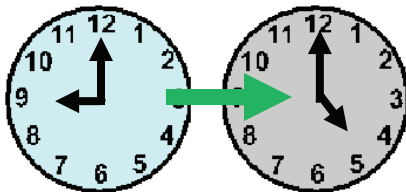
We can get

- information
- help to get what we need.



They are open

- Monday to Friday
- they are **not** open on public holidays.



- 9:00 am to 5:00 pm.



Phone 1300 666 604

Website www.caus.com.au

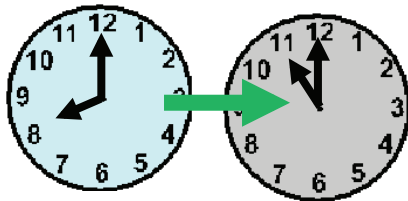
Victims of Crime

Victims of Crime



We can get help to

- look after our self after a crime
- understand the law about the crime.



They are open

- 8.00 am to 11.00 pm
- every day.



Phone 1800 819 817

Website www.victimsofcrime.vic.gov.au



Djirra



It is for Aboriginal women who want

- information
 - support
 - legal service
- and**
- there is family violence.



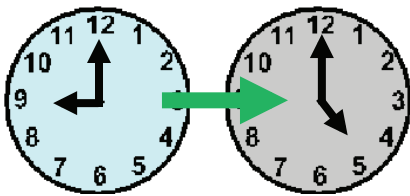
We can get

- information
- ideas for other places to go for help
- legal help

Su	M	T	W	Th	F	S
X	✓	✓	✓	✓	✓	X

They are open

- Monday to Friday
- they are **not** open on public holidays



- 9:00 am to 5:00 pm.



Phone

1800 105 303

or

03 9244 3333.



Website www.djirra.org.au



InTouch – Multicultural Centre Against Family Violence



It is for

- migrants
- and**
- refugees.



We can get

- information
- help to do what we need to do.

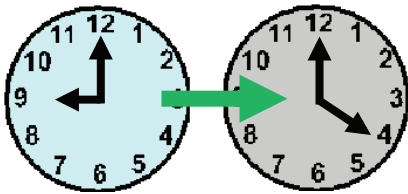


It is free.

Su	M	T	W	Th	F	S
X	✓	✓	✓	✓	✓	X

They are open

- Monday to Friday
- they are **not** open on public holidays



- 9:00 am to 4:00 pm.



Phone 1800 755 988

Website www.intouch.org.au

Womens Legal Service



This is for **women** only

We can get legal information.

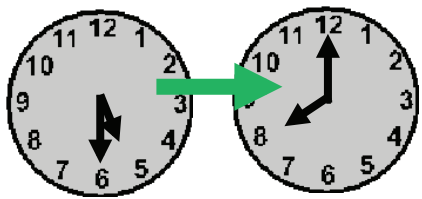


- It is free.

Su	M	T	W	Th	F	S
X	✓	✓	✓	✓	✓	X

They are open

- Monday to Friday
- they are **not** open on public holidays



• 5:30 pm to 8:00 pm.



Phone

03 8622 0600

or

1800 133 302



Website www.womenslegal.org.au



We can get information about the law.



We talk to someone on the phone.

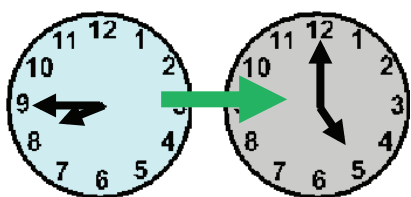


It is free.

They are open

Su	M	T	W	Th	F	S
X	✓	✓	✓	✓	✓	X

- Monday to Friday
- they are **not** open on public holidays



- 8:45 am to 5:15 pm.



Call 1300 792 387.

Website www.legalaid.vic.gov.au



We can talk to someone when

- there is something really bad in our life
- we think we may hurt our self

This is called **suicide**.



They are open

- all day and night
- all year.



Phone 13 11 14

Website www.lifeline.org.au



beyondblue



We can get information about

- anxiety
- feeling very sad a lot. This is called **depression**.



The phone lines are open

- all day and night
- all year.



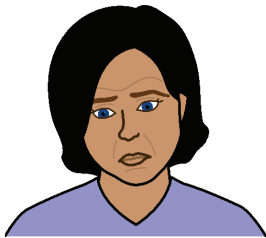
Phone 1300 224 636

Website www.beyondblue.org.au



Mental Health Complaints Commissioner Victoria

It is also called M.H.C.C.



We can make a complaint to them.

It is about a mental health place.

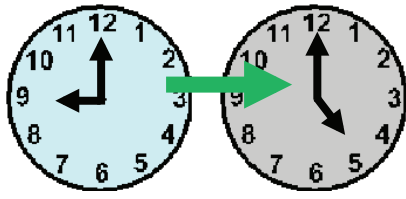
It can be about our

- treatment
- care
- rights.

Su	M	T	W	Th	F	S
X	✓	✓	✓	✓	✓	X

They are open

- Monday to Friday
- they are **not** open on public holidays



• 9:00 am to 5:00 pm.



Phone 1800 246 054

Website www.mhcc.vic.gov.au



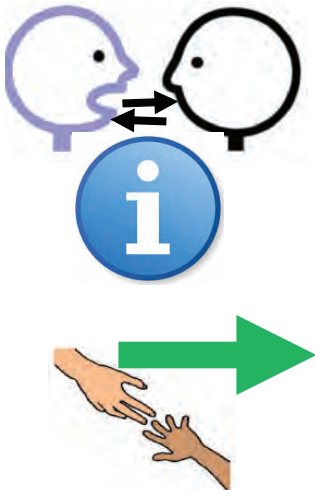
Switchboard



It is for people who are

- lesbian
- gay
- bisexual
- transgender
- queer
- or**
- intersex.

These people are sometimes called LGBTIQ+



We can get

- someone to talk to
- information to help us
- ideas for other places we can go for help.



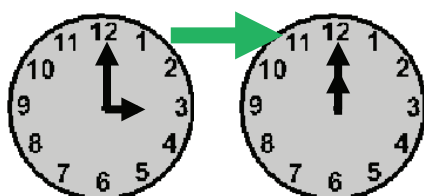
We can talk to someone

- on the phone
- over the internet.



They are open

- every day of the year



- 3:00 pm to midnight.



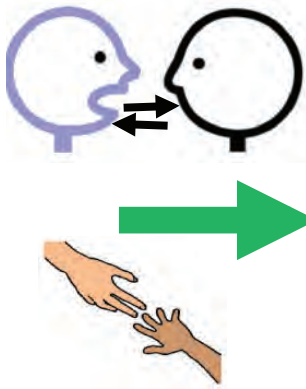
Phone 1800 184 527

Website www.switchboard.org.au



iHeal

Family Violence Recovery Support



We can get

- someone to talk to
- information about how to learn to feel better in the future
- help to get the things we need

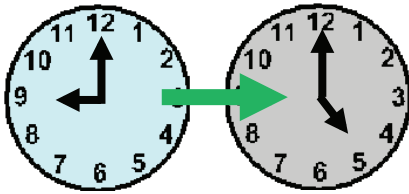


- support groups

Su	M	T	W	Th	F	S
✗	✓	✓	✓	✓	✓	✗

They are open

- Monday to Friday
- they are **not** open on public holidays



- 9:00 am to 5:00 pm.



Phone 9663 6733

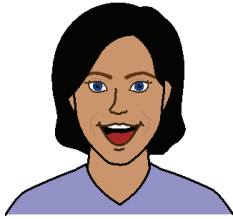
Website www.ds.org.au



Look to the future.

How can we

get better ?



Look to the future



It can take time to feel better.

Everyone is different

Different things help different people.



Here are some things some women have tried.

They may help us too.



Talk to a

- counsellor
- friend we can trust.



Find a nice place to go. It is our nice place.

It may be

- a beach
- a park

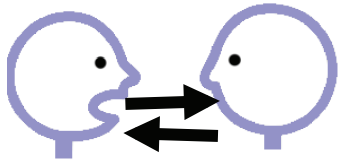


- somewhere to
 - draw or paint
 - write
 - listen to some music.



It may be music to

- dance
- or**
- be quiet in our safe place.



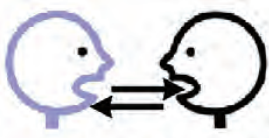
Some questions to talk about



What are some ideas that may help us?

Think about when things can be hard.

What can help us to be OK? Like

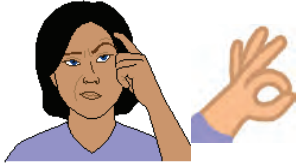


Talk to a person we trust.



What makes us feel

- happy?
- strong in our life?



New words

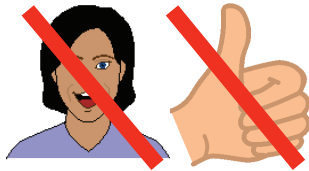
Some words may be new to us. That is OK.



You may hear some of these words in the film.

or

Read some in this book.



Abuse or abusive

It is any thing that takes away our right

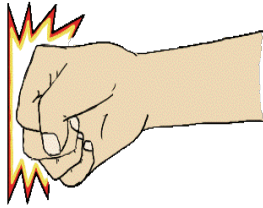
- to be safe
- to respect.



Advocacy

Help to get what we need. Like someone to

- help us speak up
- make sure we know what someone says to us.



Assault

We get hurt. It may be we are

- hit
- kicked
- yelled at
- locked up.



AVO

These letters stand for Aggravated Violence Order.

It is called this in NSW.

They are other words for an Intervention Order.



Caption

Words on the TV screen.

We see them as we watch the film.

They are the same words we can hear in the film.



Communication Device

Something a person uses when they have little or no speech. It may have letters and words on it. It may have pictures and photos on it.



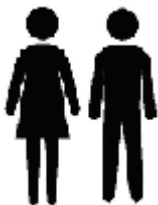
Empowerment

We learn to be

- strong
- and**
- sure of our self.

We can

- make choices in our lives
- know and talk about our rights.



Gender

This can mean different things to different people.

It is about how other people see men and women.

It is about what they think we can do or **not** do.



Human Rights

A right means we can choose for our self.

Like we can choose who will be our support worker.

There are laws that people need to know about.

It helps them know what they must do and give us.

The law is called the

Universal Declaration of Human Rights.

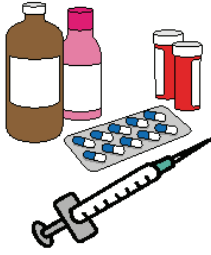


Intervention Order

This is a legal form.

It helps to protect us from a person

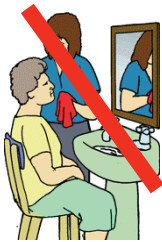
- we are scared will hurt us
- who may say awful things
 - to us
 - about us
- who hurt us
- make us do sex things we do **not** want to do.



Medication

Pills or special drink or cream.

We take these to stay well.



Neglect

We are left by our self.

We do **not** get the help we need.



Open 24 hours and 7 days of the week

This means some thing is open

- all day and night
- every day of the year. Like
 - the police
 - a hospital.



Perpetrator

A person who is

- violent to some one else
- or**
- abuses some one else.



Resilience

We are able to get better after hard things happen.

Like we feel safe. We feel happy.



Specialist Family Violence Places

Places to help

- women
- their children.



They know a lot about

- abuse
- violence.



More about Specialist Family Violence Places

They know a lot about

- family violence
- what happens when there is family violence



and



- how to keep safe.

These places can also be called outreach places.

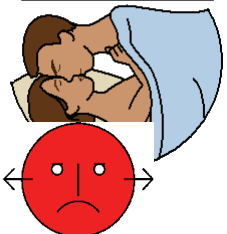


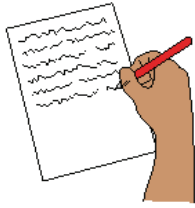
Sexual assault places

They know a lot about sexual assault.

They can help us with

- some one to talk to
- other help we need.

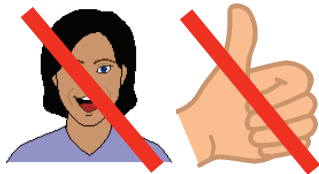




Transcript

The words you hear in the film.

Some one writes down these words.



Violent or violence

It is any thing that takes away our right

- to be safe
- to respect.



Woman with disabilities

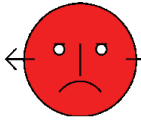
A person who sees them self

- as a woman
 - with a disability
- or**
- more than 1 disability.



Images

We have used images from

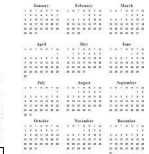


- Canstockphoto

- Changepeople

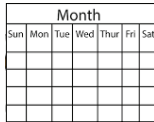


- COMPIC



- Freedomcare.org

- Inspired services



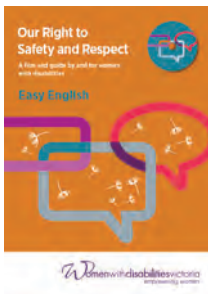
- Mayer-Johnson

- Picto- Selector

- Pinterest

- SocialBuzz

- Spectronics.



This guide is based on the Video Guide of the Safeguards Project. June 2018.



Access Easy English wrote the Easy English. July 2018.

Women with Disabilities Victoria



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www.wdv.org.au