


# Speak Up and be Safe from Abuse - Key Word Signs

Read each description carefully, to help you interpret the illustration.

The illustrations show the right hand as the dominant hand.

If you are left handed, use your left hand as the dominant hand.


These can be used with other communication aids in the Speak Up and be Safe from Abuse toolkit.



**Help**  
Place dominant hand bent at third knuckles, palm down, onto non-dominant palm. Or may place dominant hand onto non-dominant hand, palms together. Move formation towards who is being helped/needs help.




**Push**  
Place both open hands at shoulder height, palms facing away from body. Simultaneously push both hands forward. (Natural Gesture).




**Pull**  
Hold dominant fist in front of body, palm in. Pull back towards body. (Natural Gesture).




**Hurt (sore)**  
Shake open dominant hand, fingers spread, twice in front of body or over location of pain.



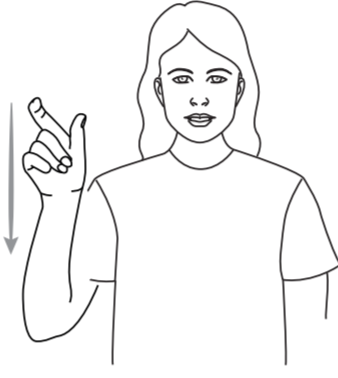
**Worried (unsafe)**  
Extend and crook dominant index finger. Twist this formation near temple of same side.



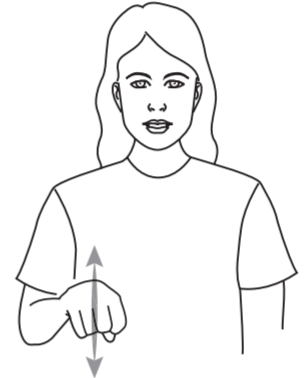
**You**  
Point extended dominant index finger forward or toward person. (Natural Gesture).



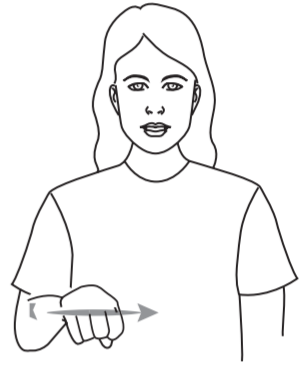
**Me**  
Point to self using extended dominant index finger. (Natural Gesture).




**Person**  
Make a "C" with dominant index and thumb. Hold in front of body on dominant side, palm facing forward. Move formation downwards from shoulder height.




**Yes**  
Shake dominant fist, palm down, up and down from the wrist, twice.




**No**  
Shake dominant fist, palm down, sideways in front of body, twice.




**Here**  
Point dominant index finger downwards in front of body, palm down. (Natural Gesture).



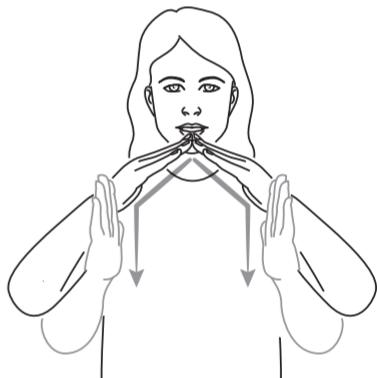
**There**  
Point dominant index finger away from body, palm down. (Natural Gesture).




**Police**  
Extend dominant index and middle fingers and thumb, and place around non-dominant wrist. Trace tips of this formation across back of non-dominant wrist with slight upward movement (like handcuffs).




**Bus**  
Form fists with both hands, palms up - move as if driving a bus. (Natural Gesture).



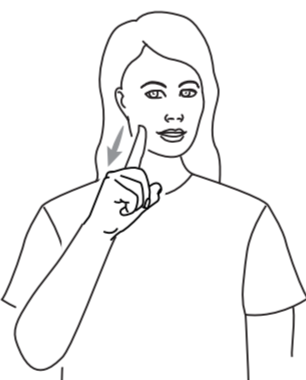
**House**  
Open both hands, place tips of index and middle fingers together then move fingertips apart to trace the roof and walls of a house.



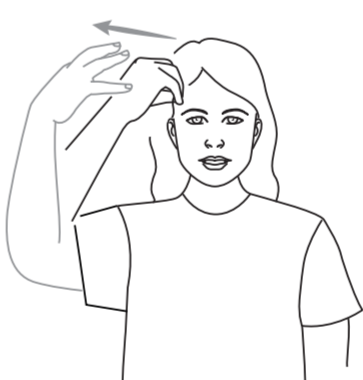
**Quiet (shh)**  
Point dominant index finger and rest in front of lips. (Natural Gesture).




**Stop**  
Move open dominant hand forward, palm away from body, from shoulder height. (Natural Gesture).




**Talk**  
Move tip of extended dominant index finger forward away from your mouth.



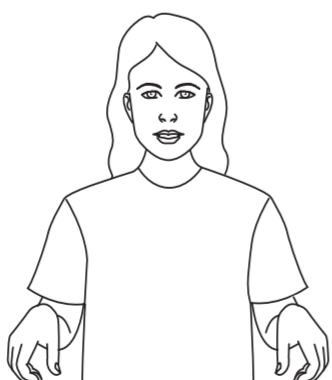
**Forget**  
Close finger tips of dominant hand onto ball of thumb and place formation on temple. Flick formation open while moving away from head.




**Remember**  
Slightly open and close dominant fist, palm away on forehead of same side, twice.




**Computer**  
Cup dominant hand, palm facing away from body. Hold open non-dominant hand in front of body, fingers pointing upwards. With thumb edge of dominant hand contacting non-dominant palm, move in circle, twice.



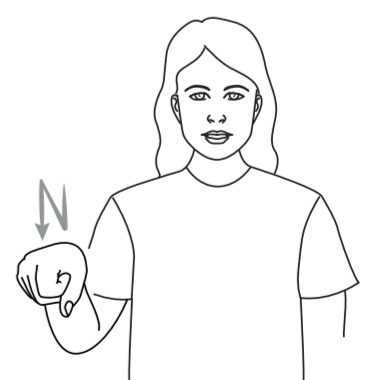
**Wheelchair**  
Mime pushing wheelchair wheels - propelling movement with both arms. (Natural Gesture).



**Money**  
Extend thumb from fist of dominant hand, palm down. Hit formation twice into relaxed non-dominant palm.



**Phone (mobile)**  
Use index finger of dominant hand to swipe or tap on non-dominant palm. Or place cupped dominant hand, palm facing in, to side of face near mouth. (Natural Gesture).



**Bag**  
Hold dominant fist at waist height. Move formation up and down, twice. (Natural Gesture - use mime to indicate carrying other types of bags e.g. backpack).