Speak Up and be Safe from Abuse
Supporting people with communication difficulties to be safe from abuse.

People and Relationships
We need different people around us, who we care about and who care about us

- Peers
- Staff
- Family
- Friends
- Colleagues
- Volunteers
- Community members
- Advocates

Communication
We need the words to be able to talk about abuse

- Ask me how I am and believe everyone has a story to tell
- Use key word signs or picture supports
- Make communication aids available and ready to use
- Observe any non-verbal behaviours and report any changes

Watch, listen and respond
We all need someone to listen and do something about it

- Make time to listen to me. You may need to allow longer time if I use different ways to communicate.
- You do not need to decide what is true or false. Your responsibility is to follow policy and/or report a crime to the police.

Human rights and support
We need the best support to feel safe

- Create an environment that encourages people to speak up and report abuse
- Make a plan with me about how to provide support, especially when the support involves personal care.
- Check with me if you are providing support the right way
- Any restrictions, such as behaviour supports, medication and physical restraints must be recorded in a behaviour support plan.
- Follow any support or care plans. Review regularly.
- Refer me to appropriate support services, such as counselling.

Learn

- Support me to understand my human rights
- Support me to understand what abuse and neglect is
- Support me to learn about sexual health
- Find education, support services and Easy English materials.
Instructions

Ways to use this poster

Staff
• talk about this information with staff at a staff meeting
• display this poster in the staffroom as a reminder of how to support people with communication difficulties to be safe from abuse

People you support
• talk about this information at a client meeting
• talk about this information with individuals you support
• display this poster where everyone can see it, as a reminder of how to support people with communication difficulties to be safe from abuse