

SPEAK UP AND BE SAFE FROM ABUSE

I, me, my	help	no	yes
you, your, yours	do/did/does	I don't remember	I'm not sure
her/him/them	here	I have a question	I don't know
want	there	maybe	who
I don't understand	said/ask	see/saw	would you repeat that please
how	what	when	where
go back to index page	it's not on this page	I'll spell it. Go to Tab 12	stop/wait

INDEX

chat/talk	don't tell anyone	something else	now
heard	safe	unsafe	later
actions	body parts	people	places
time & numbers	things	feelings	health & wellbeing
thoughts	relationships/emotional	I need help	alphabet & other words
no	yes	it's not in this book	

ACTIONS (1a)

hit	force feed	putting the brakes on	abuse about sexuality
threaten	drunk	trap	abuse about your religion
follow	hold down	steal	financial abuse
burn	touch	pinch skin	psychological/emotional abuse
previous page			next page

ACTIONS (1b)

rough handling	kick	sex	beat/punch
neglect	kiss	poke	slap
cuddle	lick	attack	given the wrong medication
was not given medication	was given too much medication	accidental	on purpose
previous page			next page

ACTIONS (1c)

was not given food	was not given drinks	swear	look
could not use the toilet	sleazy	restraint	ignore
bully	dress	undress	shower
change	intimidate	break things	locked away
previous page			next page

ACTIONS (1d)

cyber bullying	choke	smart phone	pay me back
close door	open door	put on	take off
someone heard	someone saw	being lied to	sexting
fall over	playing sport	review plan	feelings (7a)
previous page			next page

ACTIONS (1e)

pushed against	swear	watching TV	alphabet & other words (12a)
bored/nothing to do			
previous page			next page

BODY PARTS – MALE (2a)

Front			Back
left	right	left	right
head/face	mouth	arms	hands/fingers
chest	stomach	penis (dick/cock)	bottom
legs/feet		previous page	next page

BODY FUNCTIONS – MALE (2b)

erection	semen	sticky	wee
masturbation	poo	intercourse	condom
previous page			next page

BODY PARTS – FEMALE (2c)

Front			Back
left	right	left	right
head/face	mouth	arms	hands/fingers
breasts	stomach	vagina (pussy)	bottom
legs/feet		previous page	next page

BODY FUNCTIONS – FEMALE (2d)

pubic hair	menstruation	wee	masturbation
poo	intercourse		
previous page			next page

PEOPLE (3a)

people who get supports	person I know	person I don't know	man/he/him
woman/she/her	mother/mum	father/dad	doctor
nurse	family member	brother	sister
female support person/ carer	male support person/ carer	casual female support person/carers	casual male support person/carers
previous page			next page

PEOPLE (3b)

key worker	manager	housemates	work mates
neighbours	friend	partner	advocate
police	taxi driver	bus driver	witness
children	someone in my life now	someone from my past	pets
previous page			next page

PEOPLE (3c)

teacher	teacher's aide	principal	someone else
someone at church	person at work	person at home	friend of someone
Centre Against Sexual Assault (CASA)			
previous page			next page

PLACES (4a)

bedroom	kitchen	lounge room	bathroom
dining room	hall	inside	home
outside	office	work	group home
other room	school	in the car	garage
previous page	left	right	next page

PLACES (4b)

park	garden	street	shopping centre
city	beach	country	police station
hospital	doctor's clinic	cinema	bowling
church	hotel	pub	disability service
previous page	left	right	next page

PLACES (4c)

holidays	online	public transport	taxi
here	there	Office of the Public Advocate	Victorian Ombudsman
Communication Rights Australia	Centre Against Sexual Abuse (CASA)	under	over
in	out	somewhere else	other places
previous page	left	right	next page

TIME & NUMBERS (5a)

last week	this week	last month	this month
last year	this year	morning	afternoon
night	it has already happened	it is happening now	it is going to happen
later	long time ago	yesterday	tomorrow
previous page			next page

TIME & NUMBERS (5b)

mealtimes	breakfast time	morning tea time	lunch time
afternoon tea time	dinner time	bed time	holidays
Christmas	Easter	birthday	special day
Summer	Winter	Autumn	Spring
previous page			next page

TIME & NUMBERS (5c)

party	Grand Prix	AFL Grand Final	Monday
Tuesday	Wednesday	Thursday	Friday
Saturday	Sunday	weekend	once
more than once	many times		
previous page			next page

TIME & NUMBERS (5d)

January	February	March	April
May	June	July	August
September	October	November	December
Previous page			next page

THINGS (6a)

food	drinks	alcohol	wine
beer	lollies/sweets	drugs	cigarette
clothes	car	wheelchair	presents
gun	knife	bank account	money
previous page	left	right	next page

THINGS (6b)

internet	email	social media	mobile phone (SMS)
phone	TV	DVD player	games
bag	jewellery	book	wallet/purse
toys	make up	door	curtains
previous page	left	right	next page

THINGS (6c)

communication device	tray	cup holder	chair
splint	bed	sunglasses	glasses
hoist	slings	commode chair	change table
bed rails	head rest	leg braces	PEG
previous page	left	right	next page

THINGS (6d)

plan	rubbish bin	household items	something outside
bored / nothing to do	something different		
previous page	left	right	next page

FEELINGS (7a)

tired	sad	angry	shy
scared	lonely	hurt	confused
worried	cry	ashamed	unsure
good	trapped	anxious/depressed	neglected
previous page			next page

FEELINGS (7b)

safe	danger	OK	happy
bored	embarrassed	betrayed	belonging
uncomfortable	my fault		
previous page			next page

HEALTH & WELLBEING (8a)

eating	sleeping	exercise	personal care
general health	drinking	smoking	medication
drugs	pain	making decisions	energy
going to see a doctor	my safety	talk about myself	body parts (2a)
previous page			next page

HEALTH & WELLBEING (8b)

burn	bleed	sore	cut
hurt	bruise	hot	cold
long day	tired		
		Body parts (2a)	Feelings (7a)
previous page			next page

THOUGHTS (9a)

hurt myself	hurt someone else	want to die	I belong
hide	keeping a secret	talk to someone else	
feel good about self	bad memories	good memories	
good	bad		
previous page			next page

RELATIONSHIPS/EMOTIONAL (10a)

family	friends	partner	neighbours
support worker	work mates	health staff	social worker
stranger	like	love	hug
kiss	sex	trust	being believed
previous page			next page

RELATIONSHIPS/EMOTIONAL (10b)

keep in touch	being listened to	social media	behaviour of others
died	someone in my life now	someone from my past	emotional abuse
humiliate	laugh	yell	say mean things
control	threaten	argue/fight	
previous page			next page

RELATIONSHIPS/EMOTIONAL (10c)

silent treatment	not co-operate	tell lies	talk behind back
tell people	isolated	pressure/force	denial of visitors
not letting me communicate	head games, crazy-making	blaming, guilty	impatient, not giving time
invasion of privacy	opening and reading mail	censoring mail	
previous page			next page

HELP (11a)

communication system

choose contact

talk to someone else

what happens next?

Go to people (3a)

previous page

next page

ALPHABET (12a)

ABC Keyboard

I've made a mistake

next word

I'd like to ask you something

I'll start again

previous page

next page

ALPHABET (12b)

QWERTY Keyboard

I've made a mistake

next word

I'd like to ask you something

I'll start again

previous page

next page

ALPHABET/OTHER WORDS (12c)

Asshole

Fucking

Bastard

Get high

Bloody

Mong

Cock

Pussy

Crap

Retard

Creep

Shit

Dick

Shut up

Fuck

Slut

Fuck off

Spastic

previous page

Next page
