

# Speak Up and be Safe from Abuse

Supporting people with communication difficulties to be safe from abuse.

We all have the right to be safe

## 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

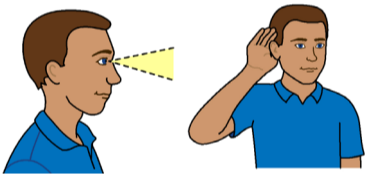
We need the words to be able to talk about abuse



- 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
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