REPORTING ABUSE: A Fact Sheet for Self Advocates

FACTS

• Abuse can happen to anyone.
• An abuser can be stranger, but usually is someone you know.
• 4 out of 10 people with developmental disabilities experience some type of abuse. 1
• People with disabilities are less likely to report abuse.

WHAT IS ABUSE?

• Abuse is WRONG!
• Abuse is when someone hurts or harms another person on purpose.
• There are many types of abuse:
  Physical: hurts your body on purpose.
  Sexual: makes you do sexual things when you do not want to.
  Emotional: says things that make you feel bad about yourself.
  Financial: takes your money or credit card and uses without your OK.
  Intimidation: acts in a way that causes fear or harm to you.

YOU HAVE THE RIGHT TO:

• Be safe from harm
• Report abuse (i.e. teacher, coach, boss, 911)
• Confront your abuser
• Get help from a trusted person
  (i.e. caregiver, family member, friend)

REMEMBER

• Call 911 if you are in danger and need help right away.
• You should tell someone even if you are not sure it is abuse.
• Abuse is never your fault.
• Abuse is not just wrong, its a crime too.

ABUSE IS NEVER OK!
