

# Sexual abuse

How to speak up if it happens to you

An Easy Read guide



**Ageing** and **Disability** Abuse Helpline

1800 628 221 (M-F 9-5)

## How to use this guide



The New South Wales (NSW) Ageing and Disability Commission wrote this guide. When you see the word 'we' or 'us', it means the NSW Ageing and Disability Commission.



We wrote this guide in an easy to read way. We use pictures to explain some ideas.

**Bold**  
Not bold

We wrote some important words in **bold**.

We explain what these words mean.



You can ask for help to read this guide. A friend, family member or support person may be able to help you.

## Sexual abuse

### What sexual abuse is



**Abuse** is when someone treats you badly.



**Sexual abuse** is when someone makes you do sexual things you do not want to do.

For example, they might make you have sex when you don't want to.

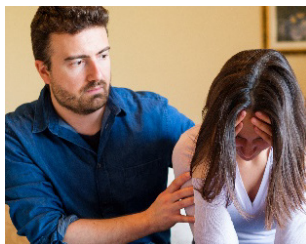


A person might touch you in places you don't want them to.



They might also make you touch them in places you don't want to touch them.

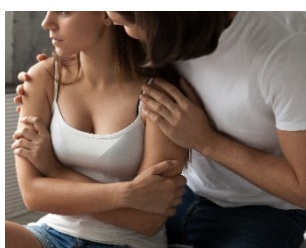
## When sexual abuse happens



You can be sexually abused by your partner.



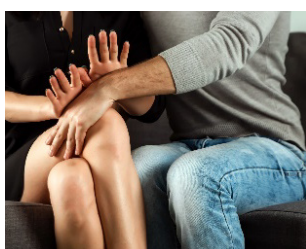
You can be sexually abused by a family member or friend.



You can be sexually abused by your carer.



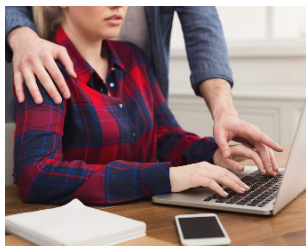
You can be sexually abused by someone you work with.



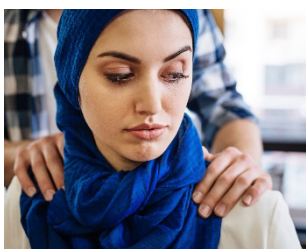
You can be sexually abused by someone who lives in your community.

This includes people you don't know.

## How sexual abuse happens



A person might touch or hurt you in a way you don't like.



They might touch you in a way that makes you feel scared and unsafe.



They might also touch you in a way that makes you feel uncomfortable.



They might have sex with you when you have said no.



This is called rape.  
Rape is against the law.



Sexual abuse is not ok.

## How to speak up



Some people who experience sexual abuse are too scared to speak up.



It's important to speak up if you think it's happening to you.



You can tell someone you trust, such as:

- a family member or friend
- an advocate – someone who speaks up for people with disability.



You might talk to someone in your community, like your doctor.

## You can get help



You can call the Ageing and Disability Abuse Helpline to get help.

**1800 628 221**



We are open:

- Monday to Friday
- 9am to 5pm.



You can send us an email.

**[nswadc@adc.nsw.gov.au](mailto:nswadc@adc.nsw.gov.au)**



If you are having an emergency:

- call Triple Zero  
**000**
- ask for the police.



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