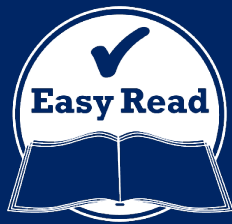


# Physical abuse

How to speak up if it happens to you

An Easy Read guide



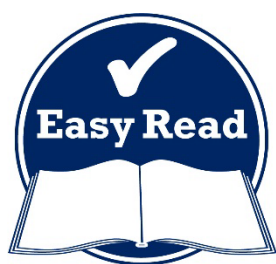
**Ageing** and **Disability** Abuse Helpline

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.

## Physical abuse

### What physical abuse is

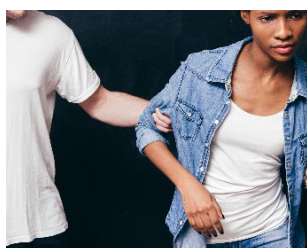


**Abuse** is when someone treats you badly.



**Physical abuse** is when someone hurts your body.

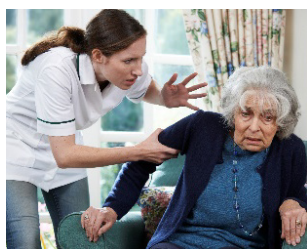
### When physical abuse happens



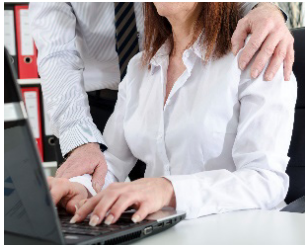
You can be physically abused by your partner.



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



You can be physically abused by your carer.



You can be physically abused by someone you work with.



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

This includes people you don't know.

## How physical abuse happens



A person might slap or hit you.



They might also punch or kick you.



They might bite you.

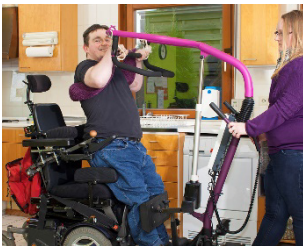


They might also choke you.



They might hurt you with a weapon.

This includes sharp objects.



They might break things that you need,  
like equipment to move around.



They might also break parts of your home.



They might give you medication  
you don't need.



Physical abuse is not ok.

## How to speak up



Some people who experience physical 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.



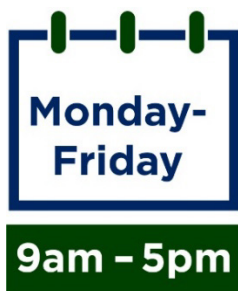
You might talk to someone in your community, like your doctor.

## 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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