

1,2,3...

**STOP**

**Abusing Me**

### Follow these steps to end the hurt

1. Just say "No!"
2. If you think you are being abused, don't talk to the person who is hurting you.

Talk to someone you trust:

- family
- friend or neighbour
- support worker
- doctor, teacher, co-worker
- police officer

It's okay to have someone stand by you for support.

3. If these people can't help you, call 911 or go to the hospital.



**You can stop the hurt.**



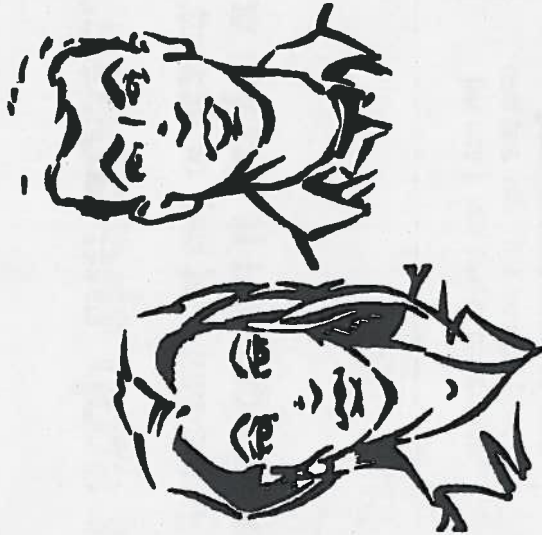
**Community Living** in support of people with an intellectual disability

The Self-Advocates Council of the Ontario Association for Community Living is made up of individuals with an intellectual disability who fight for the rights, freedoms and responsibilities that many of us take for granted.

Ontario Association for Community Living is a provincial organization made up of more than 100 local organizations dedicated to providing supports, services and advocacy for individuals and their families.

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# STOP ABUSE

**What you can do to end the hurt**

**Self-Advocates Council of the Ontario Association for Community Living**

People with an intellectual disability **speaking out**



Abuse can make you feel afraid, angry, or sad.



Abuse is against the law.

You have the right to be safe and happy.

## What is abuse? Here are some examples...

**Physical abuse** is when someone hurts you by doing things that cause bruises or cuts, like hitting, pinching, grabbing, kicking or biting. Physical abuse hurts your body.

**Physical abuse** is also when someone stops you from being healthy by not giving you the food your body needs or by not taking you to the doctor when you are sick.

**Emotional abuse** is when someone calls you names, teases you, talks down to you, orders you around or does not respect what you have to say.

**Emotional abuse** hurts your feelings.

**Financial abuse** is when someone takes your money from you to use for themselves.

**Sexual abuse** is when someone touches the private parts of your body in any way you don't like.

**Sexual abuse** is also when someone makes you touch their body, or look at sexual videos or pictures that make you uncomfortable.

**Sexual abuse** hurts your body and your feelings.

## If you are being abused...

...you could feel scared all the time

...you could feel sick, like you want to cry or throw up

...you could feel bad inside

...or someone could be doing something you don't like, and then threatening to hurt you if you tell

**“NO!”**  
 No one has the right to hurt you or make you feel bad or scared.  
 You can stop the abuse.



Rights are important.  
Don't let anyone  
take yours away.

## HOW DO YOU FIGHT FOR YOUR RIGHTS?

1. If you think someone is taking away your rights, speak up and say "No!"
2. Tell the person how you feel. If they won't listen, then take action.
3. Talk to someone you trust:
  - family
  - friend or neighbour
  - support worker
  - doctor, teacher, co-worker
  - police officer

It's okay to have someone stand by you for support.



No one has the right to hurt you or disrespect you. You have the right to live a happy, healthy life.



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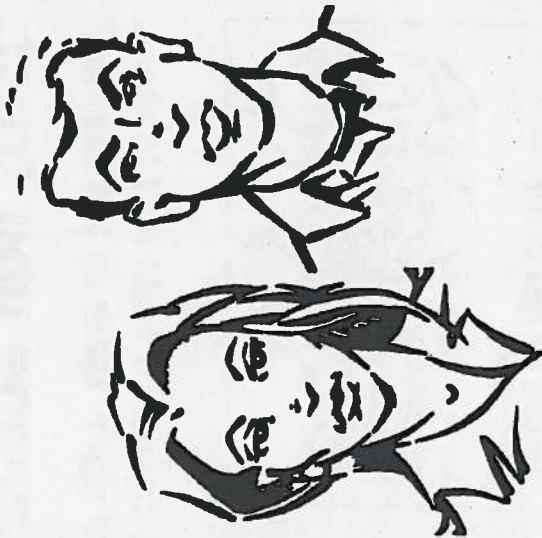
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# YOU HAVE RIGHTS!

Self-Advocates Council  
of the Ontario Association for Community Living

People with an intellectual disability  
**speaking out**

# KNOW YOUR RIGHTS PROTECT YOUR RIGHTS

All people have the same rights.  
Your rights are protected by the law.


## Rights and Responsibilities. These are just a few...

You have the right to make choices and decisions.

You have the responsibility to understand what can happen when you make choices or decisions.

You have the right to be listened to.

You have the responsibility to say what you think and listen to what others have to say.




You have the right to be treated fairly and to be respected.

You have the responsibility to respect others and to treat them fairly.

You have the right to be healthy and live safely.

You have the responsibility to tell someone you trust if you feel sick or unsafe.




You have the right to have a job or go to school.

You have the responsibility to show up on time and do your best.

You have the right to love and be loved.

You have the responsibility to respect and care for your loved ones.



# “NO!”

When you're not allowed to make choices, it could lead to abuse.  
If you think someone is taking away your rights, speak up and say "No!"

## Talk to someone you trust.