

# 1800RESPECT

**NATIONAL** SEXUAL ASSAULT, DOMESTIC  
FAMILY VIOLENCE **COUNSELLING** SERVICE

**Learn about  
rights**

**BOOK 2**

Funded by the Australian Government

**1800RESPECT**  
**NATIONAL** SEXUAL ASSAULT, DOMESTIC  
FAMILY VIOLENCE **COUNSELLING** SERVICE



WOMEN  
WITH  
DISABILITIES  
AUSTRALIA  
(WWDA)



# LEARN ABOUT VIOLENCE AND ABUSE

These books have two sections:

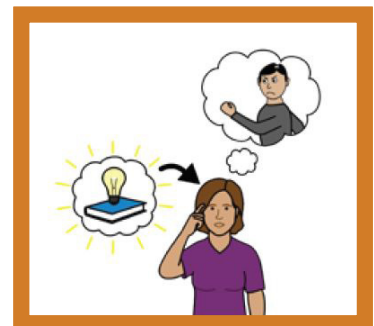
## Section One

The **first** section has a blue border and can help you understand **how to use these books**.



## Section Two

The **second** section has an orange border and can help you understand **what may have happened to you**.



## GET HELP

- Call **000** if you are in danger now
- Call **1800RESPECT** on **1800 737 732**
- Chat at [www.1800respect.org.au](http://www.1800respect.org.au).

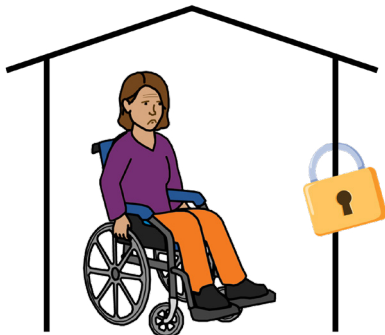
# HOW TO USE THESE BOOKS

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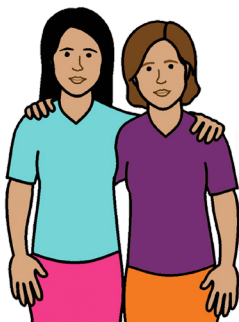
These books can help you:

- Learn about violence
  - Learn about rights
  - Get help from **1800RESPECT**.
- 



These books have pictures and words that can help you understand what has happened to you.

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You can ask someone you trust to help you with these books.

This might be a:

- Disability support worker
- A family violence support worker
- A carer
- A family member
- The police.



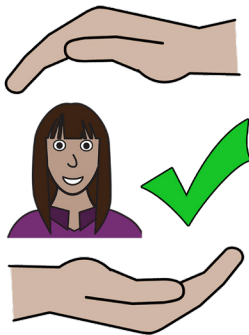
These books include words and pictures about violence that may:

- Make you feel sad, upset or confused
- Remind you of a bad experience.



There are 3 books in this series:

- Learn about violence - **Book 1**
- Learn about rights - **Book 2**
- Where violence can happen and who can do violence - **Book 3.**



### **Remember**

You have the right to be safe from violence.



### **Get Help**

**1800RESPECT** can help women with disability who experience violence.

# WHO TO USE THESE BOOKS WITH

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These books have pictures and words that can help you understand what has happened to you.

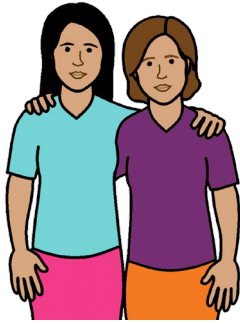
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You might be seeing these books for the first time with a:



- A disability support worker
- A family violence worker
- A carer
- A family member
- The police.

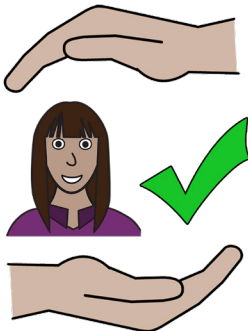
You can ask these people to help you if you are unsure of how you feel or have questions.



The person you are reading this with can help and support you.

You can ask someone you trust to help you call **1800RESPECT**.

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## REMEMBER!

You have the right to be safe from violence.

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## GET HELP

**1800RESPECT** can help women with disability who experience violence.

# YOU CAN CONTACT 1800RESPECT IN DIFFERENT WAYS

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You can get help

- Call **000** if you are in danger now
  - Call **1800RESPECT** on **1800 737 732**
- 



You can chat online on your computer or phone.

Go to chat at [www.1800RESPECT.org.au](http://www.1800RESPECT.org.au)

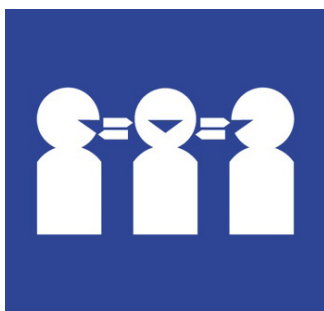
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If you need a relay service (NRS)

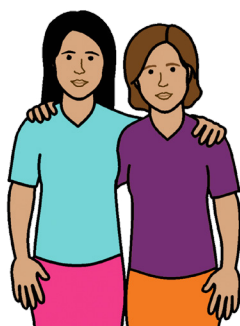
- Call **1800 555 677**
- or **TTY 133 677**
- Then ask for **1800 737 732**.





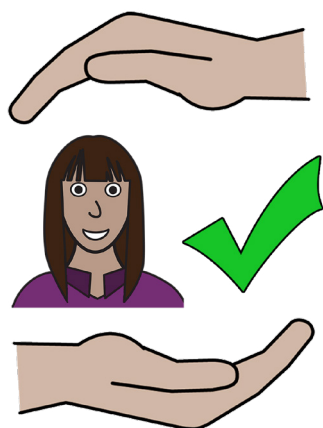
If you need a translator (TIS)

- Call **131 450**
- Then ask for **1800 737 732**.



**You can ask someone you trust to help you call 1800RESPECT.**

It is OK if you are not ready to get help yet.



**REMEMBER!**

You have the right to be safe from violence.

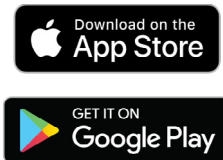
# DOWNLOAD SUNNY

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Sunny is a free app for your smartphone.

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Open the App Store or Google Play on your phone.

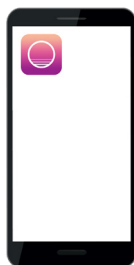
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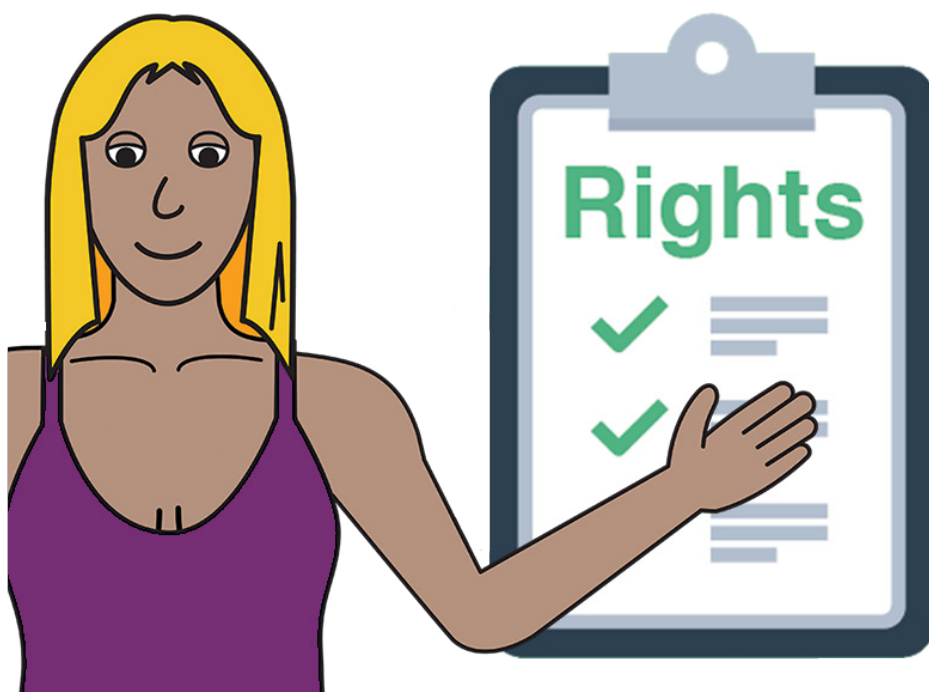
- Go to search and type in the name Sunny then press enter.
- 



- Tap on Sunny and then tap "Get or Install".
- 

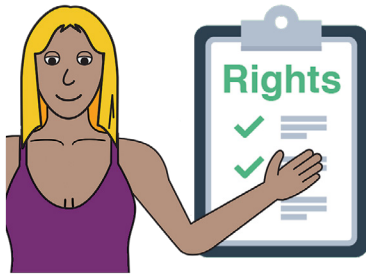


- Go to your home screen and open Sunny app.



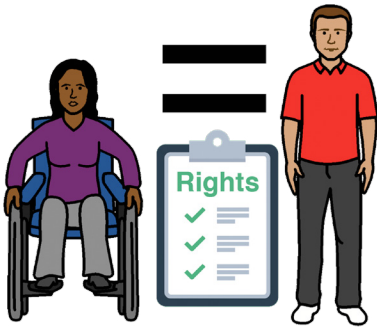
## WHAT ARE RIGHTS?





## WHAT ARE RIGHTS?

Rights are rules about what people have.



- All people have the same basic rights.



- No one can take away these rights.



- You have rights even if you do not know about them.



- Some rights are protected by Australian law.



- Some rights are also protected by international law.



- We have many rights, such as
- The right to be safe from violence.



- The right to choose what to wear or eat.



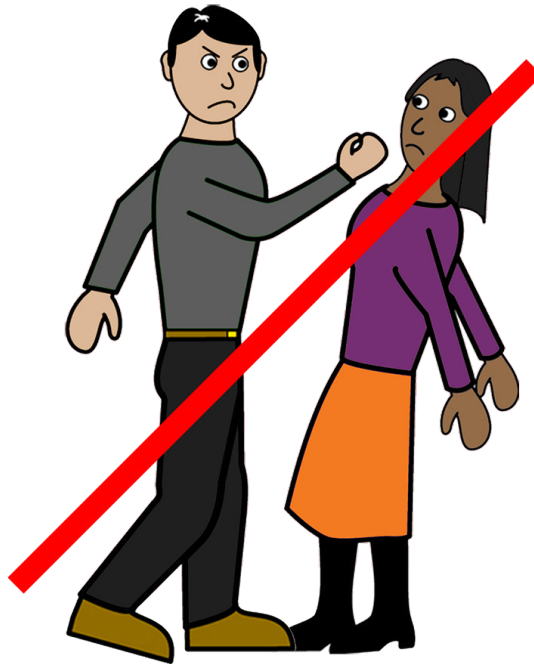
- You can learn more about rights in this book.



- You can ask for help to be safe and learn about your rights.



- Go to **Page 61** to get help and be safe.



## RIGHT TO BE SAFE FROM VIOLENCE



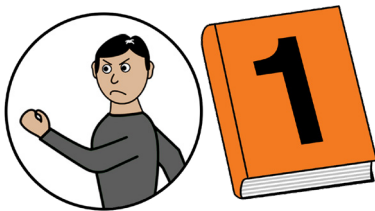


## RIGHT TO BE SAFE FROM VIOLENCE

We all have the right to be safe from violence.

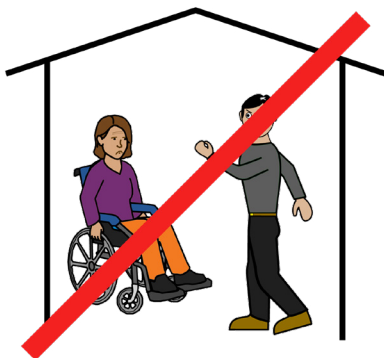


- Violence is when people hurt other people.



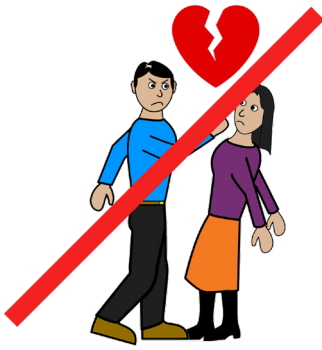
There are many sorts of violence

- You can learn about violence in **Book 1**.

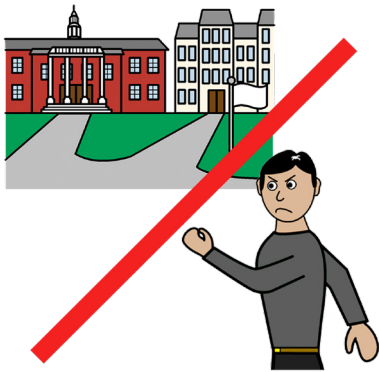


Violence must not happen

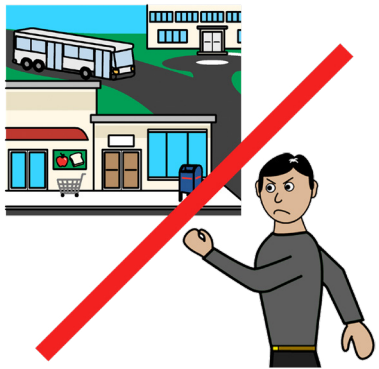
- Where you live.



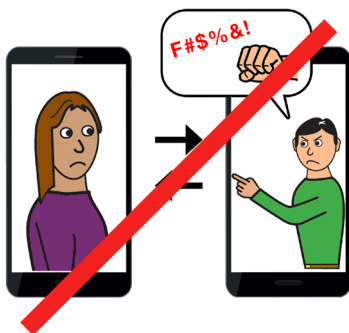
- In relationships.



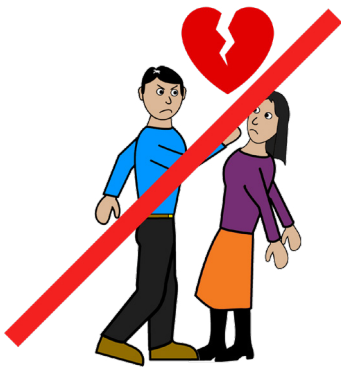
- Where you learn and work.



- In the community.



- Online.

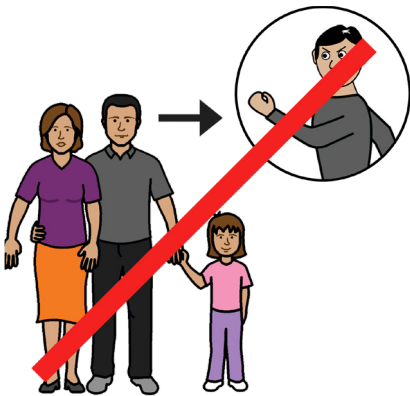


No one has the right to be violent.  
This includes:

- Partners.



- Support people
- NDIS worker
- Support worker
- Carers



- Family and friends.



- Strangers.



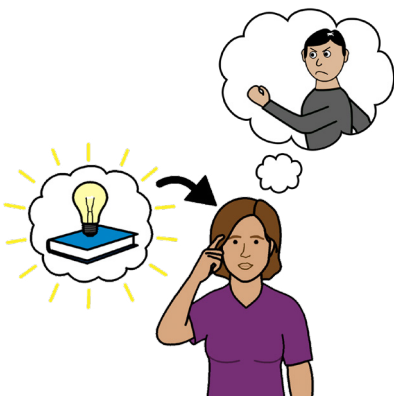
- Professionals.



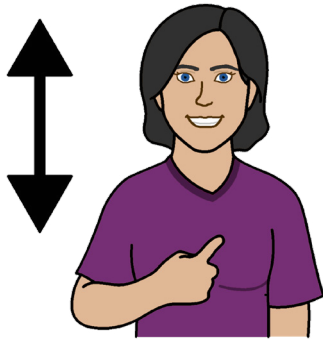
- People you work with.



- You can ask for help to:
- Stop violence.

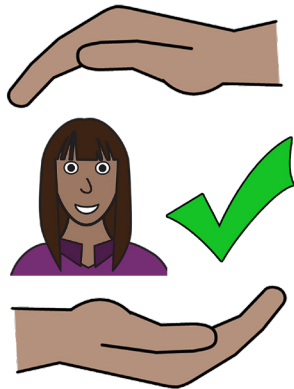


- Learn about violence.



You have a right to:

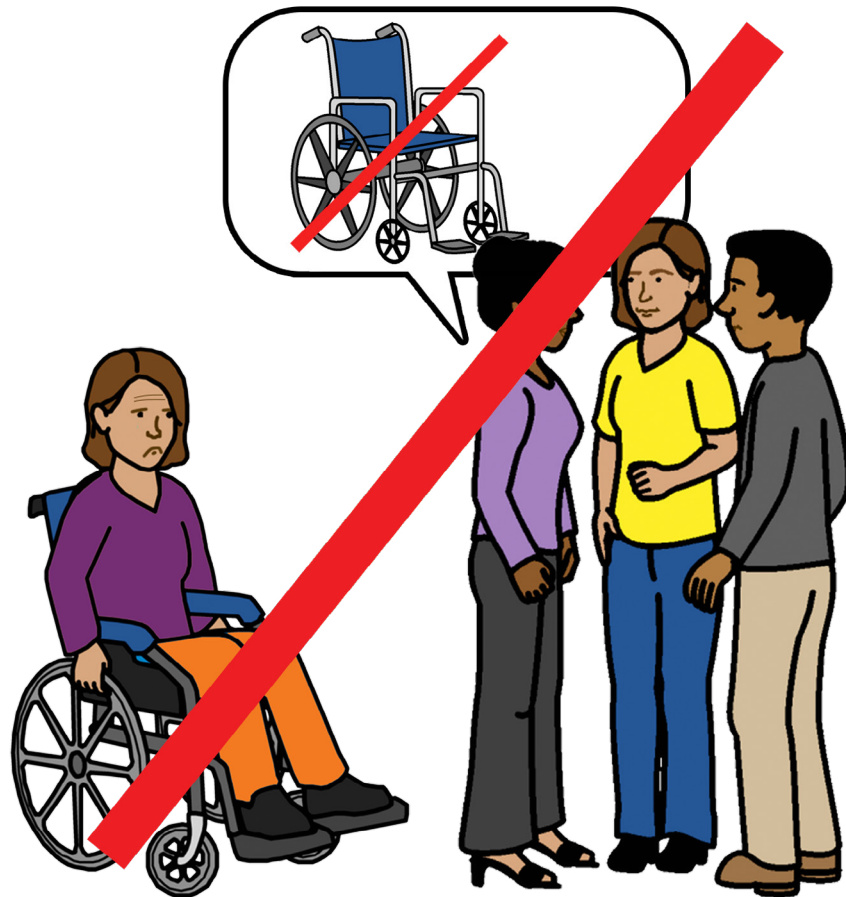
- Be believed about violence.



- Be safe from violence.



- Go to **Page 61** to get help and be safe.



## **RIGHT TO BE SAFE FROM DISCRIMINATION**



## RIGHT TO BE SAFE FROM DISCRIMINATION

We all have the right to be safe from discrimination.



- Discrimination is when people are unfair to other people because of who they are.



Being unfair is:

- Helping some people but not other people.



- giving some people information or choices, but not other people.



- giving some people information or choices, but not other people.



Discrimination is against the law.



It is against the law to discriminate because of

- disability or age.

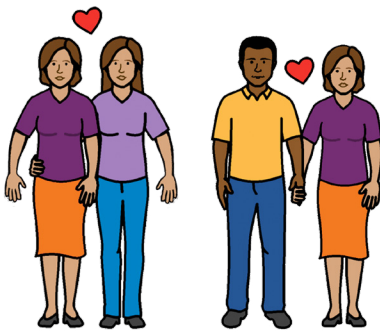


- religion or beliefs.

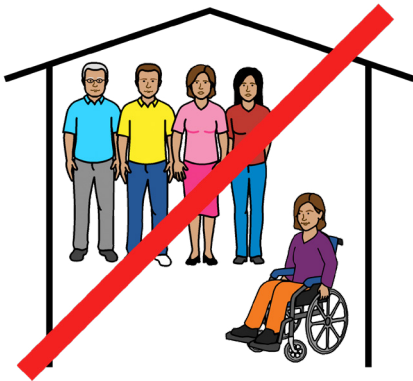




- culture, race or skin colour
- where people come from.

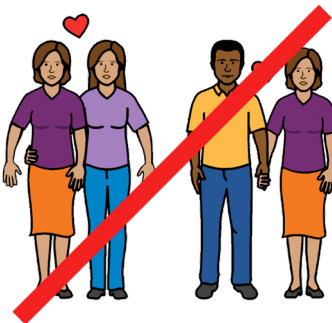


- who people love
- being a woman
- what sex a body is
- what a body looks like.

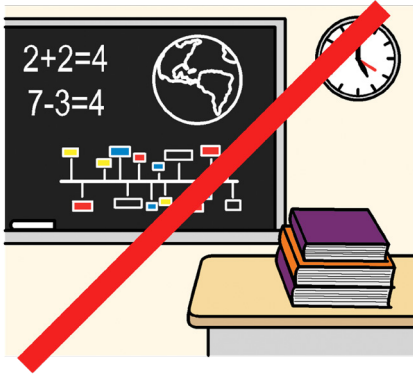


People must not discriminate against you

- where you live.



- in relationships.



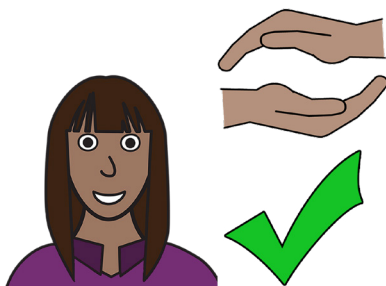
- where you work or learn.



- in the community.



- online.



You have the right to

- be safe from discrimination.



- have the same rights as other people.



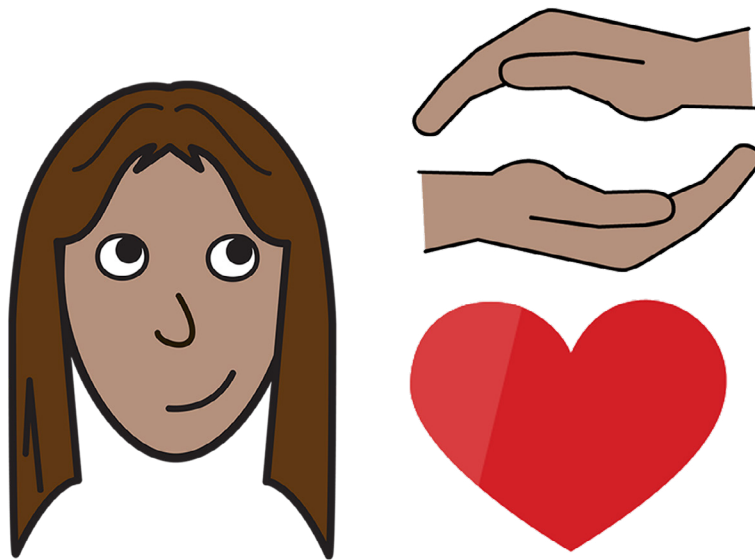
You can ask for help to learn about your rights.



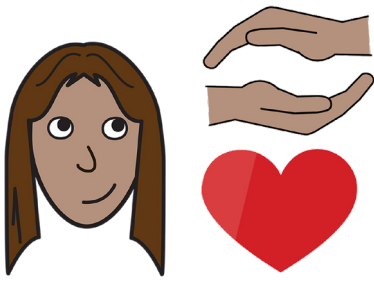
You can ask for help to be safe.



Go to **Page 61** to get help and be safe.

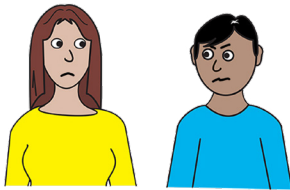
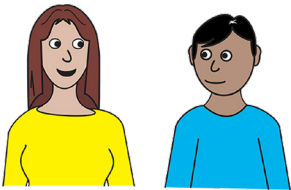


**RIGHT TO BE SAFE  
IN RELATIONSHIPS**



## RIGHT TO BE SAFE IN RELATIONSHIPS

We all have the right to be safe in relationships.

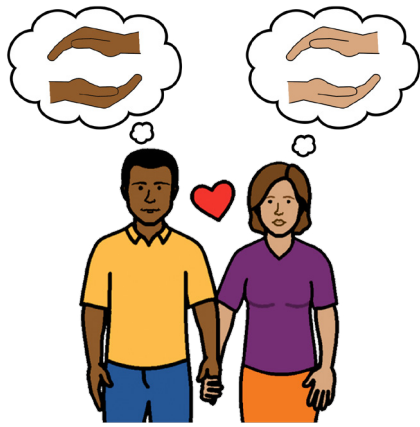


A relationship is how 2 or more people treat each other.

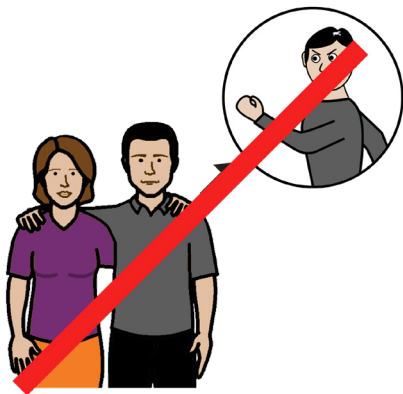


A safe relationship is where people:

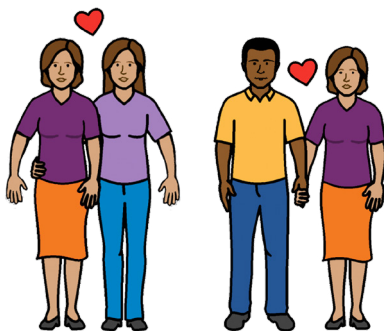
- treat each other with respect.



- trust and support each other.

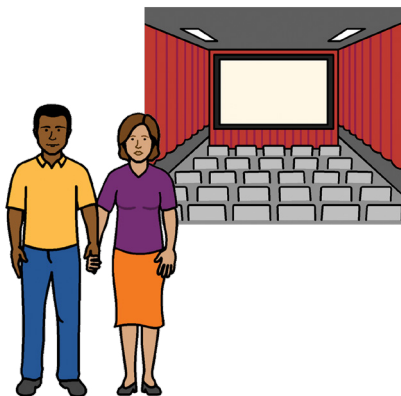


- do not use violence.

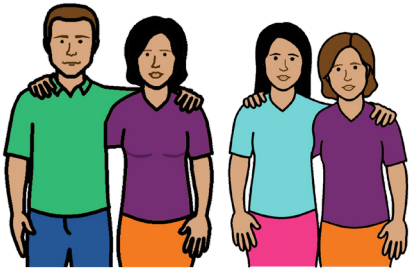


We can have different sorts of relationships with

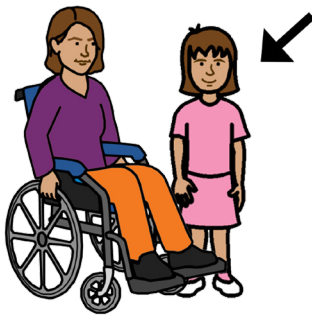
- a partner, boyfriend or girlfriend.



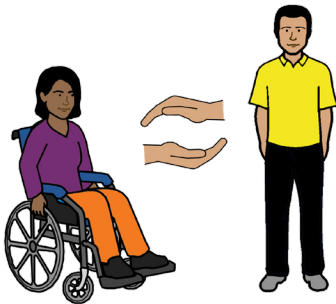
- someone you go on a date with.



- friends.



- your family and children.



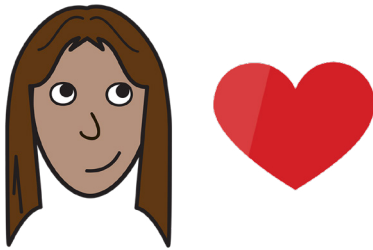
- support people.



- people at work or where you learn.

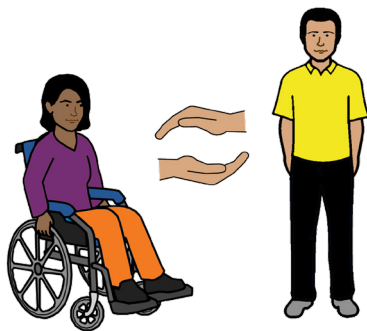


- people in the community or online.



A relationship can be about love

- between partners
- between friends
- between family.



A relationship can be about support

- from a doctor or professional
- from a teacher
- from a support person or carer.



You have the right to:

- make choices about who you have a relationship with.

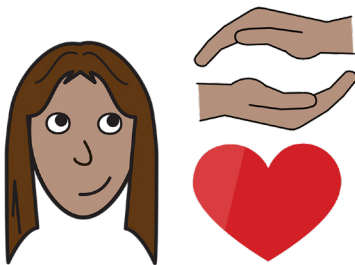




- get help with to stay safe in relationships.



- end or start a relationship.



You have the right to be safe in all relationships.



You can ask for help to learn about your rights.



You can ask for help to be safe.



Go to **Page 61** to get help and be safe.



## LEGAL RIGHTS



## LEGAL RIGHTS



We all have legal rights.



Legal rights are rights that are part of the law.



We all have to follow the law.

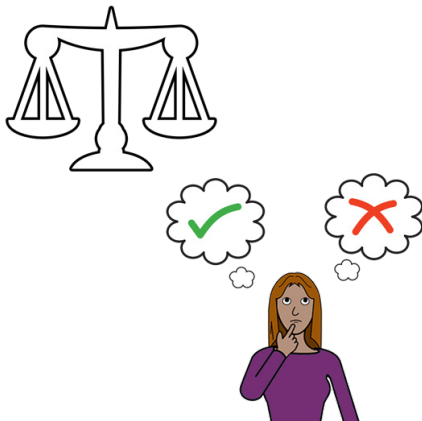


Legal rights include the right to

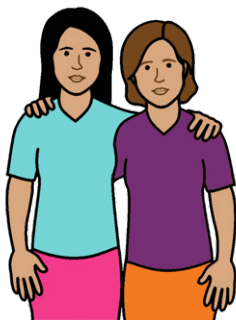
- be safe from violence.



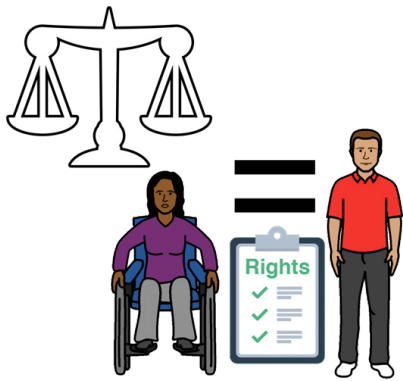
- be safe from discrimination.



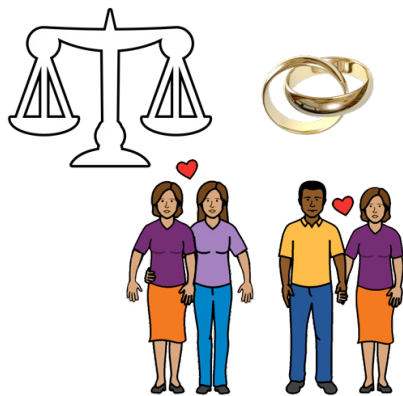
- make legal choices
- get help to make legal choices.



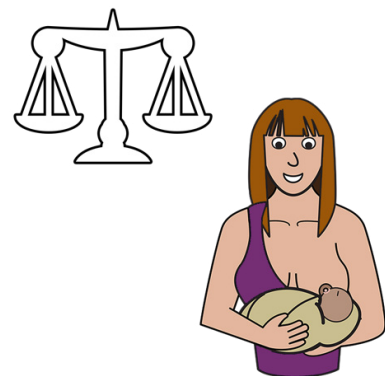
- live and express who we are.



- be treated the same as other people.



- get married.



- have a baby.



We all have legal rights, even when

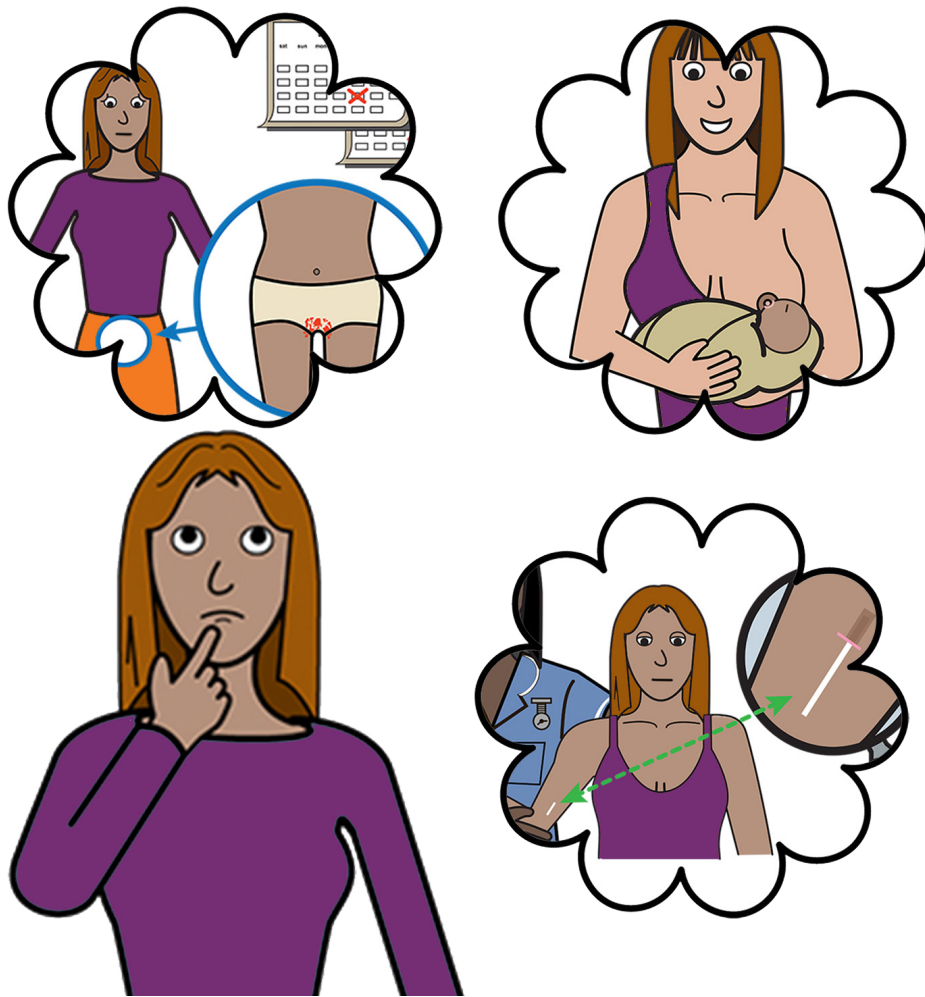
- we do not know what they are
- we do not understand them.



You can ask for help to learn about your legal rights.



Go to **Page 61** to get help and be safe.



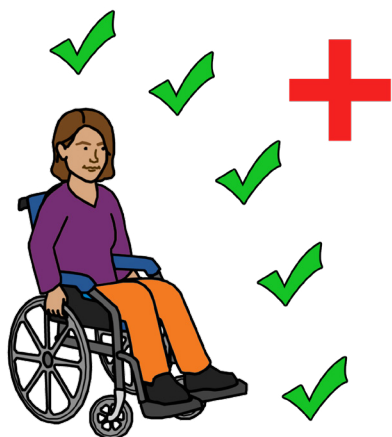
## SEXUAL HEALTH RIGHTS



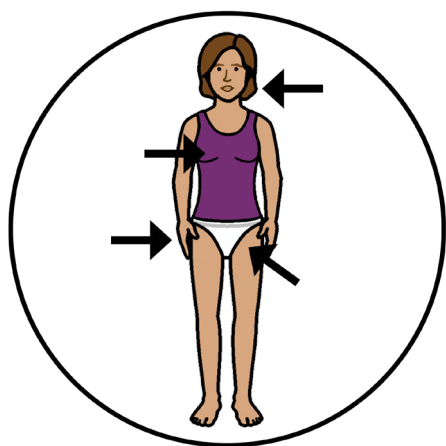


## SEXUAL HEALTH RIGHTS

We all have the right to make choices about our sexual health.



Sexual health is about being a healthy woman.



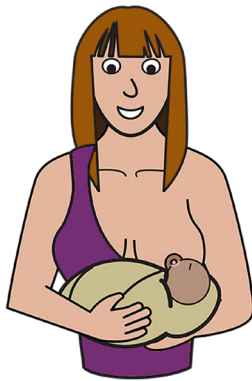
Sexual health is about

- how our body works
- how our private parts work (vagina, breasts, bottom, penis)
- good and bad sex.

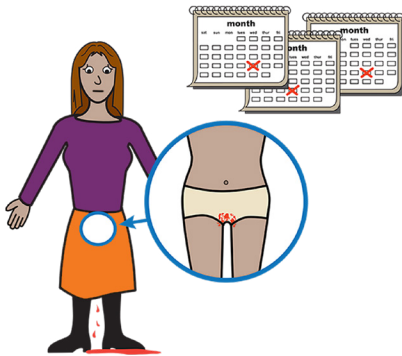


Sexual health choices are about

- what happens to our body
- our private parts (vagina, breasts, bottom, penis).



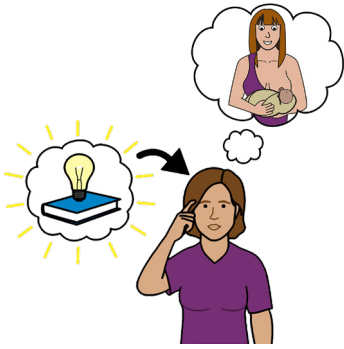
- having sex
- having a baby.



- getting your period.



- choosing who can help us with sexual health.



You have the right to

- learn about sexual health.



- control what happens to your body.



- get help to make choices.



You can ask for help to learn about your sexual health rights.



Go to **Page 61** to get help and be safe.



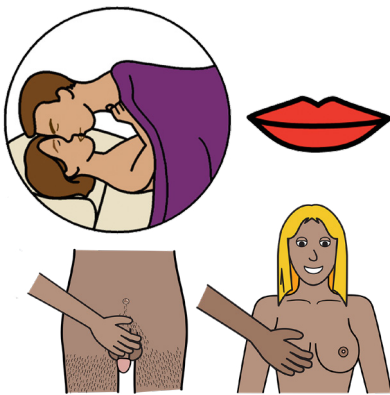
## SEX RIGHTS



## SEX RIGHTS

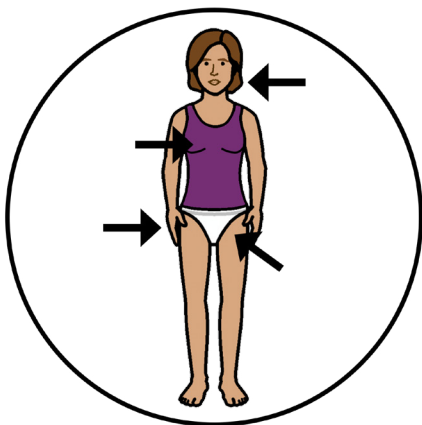


We all have the right to make choices about sex.



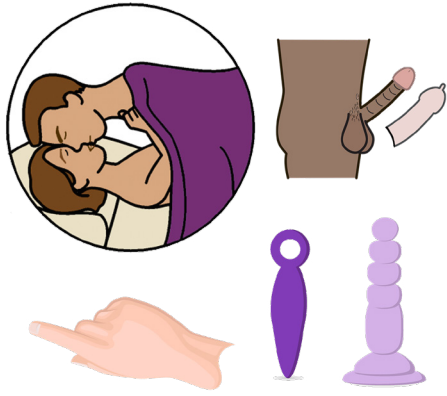
Sex is when people

- touch or kiss each other's body and private parts.



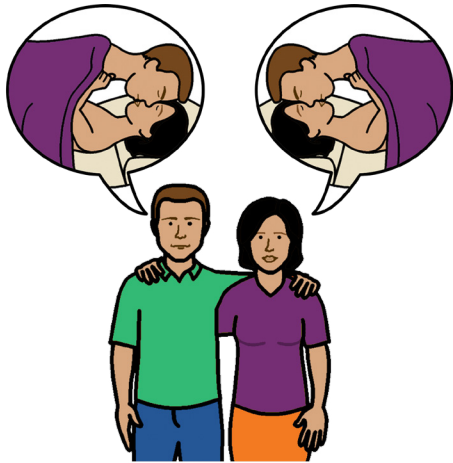
Private parts can be

- vagina and breasts
- bottom
- penis
- any other part of a body.



Sex is when people

- put their penis, finger, dildo or something else into another person's body.



- talk about sex things.

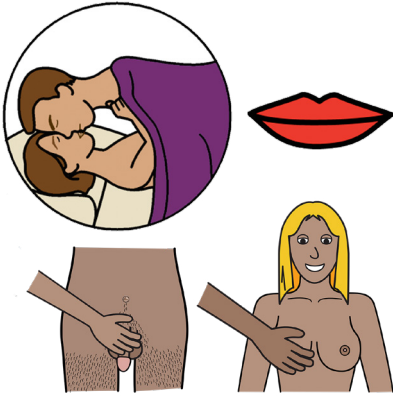


- watch sex things (porn) on TV or online.

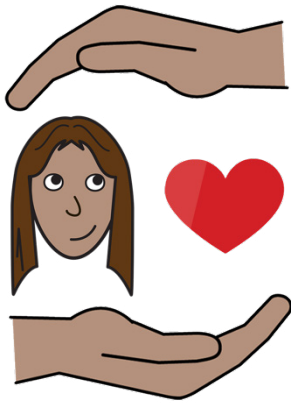


You have the right to make choices about

- who you have sex with
- how you have sex
- when or if you have sex
- where you have sex
- what sort of sex you watch online.



You have a right to have good sex.



Good sex

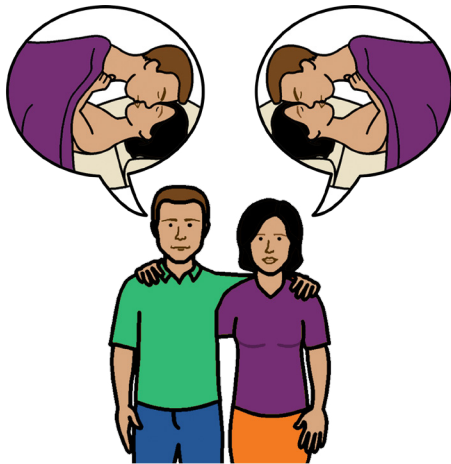
- makes you feel good.



- is respectful.



- is never violent.

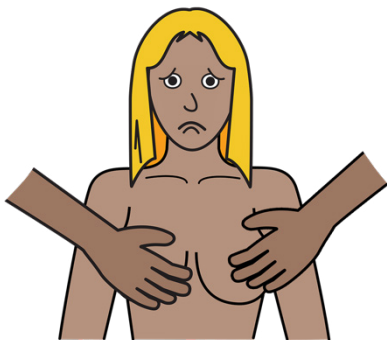


- is when both people make a choice and agree to have sex because they want to.



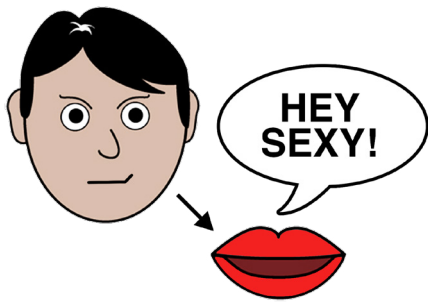
Sexual violence is when people

- make you do sex when you do not want to.

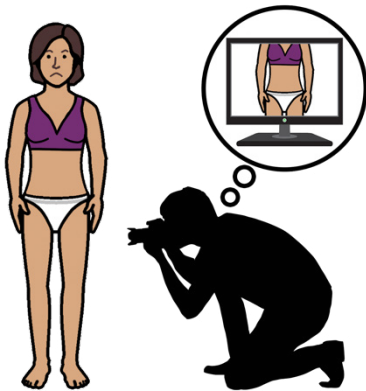


- touch your body when or where you do not want them to.





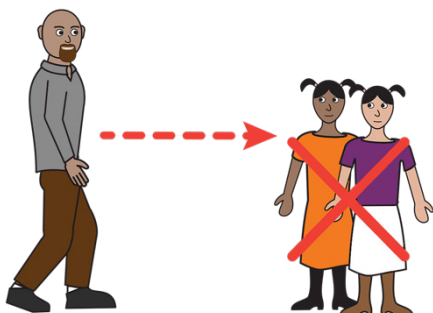
- say sex jokes or words that make you scared.



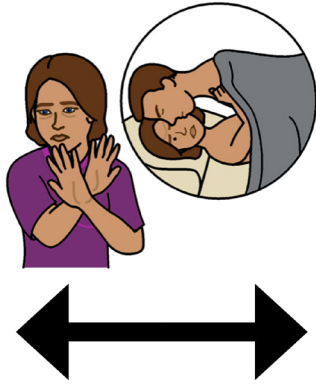
- take or share a naked photo of you when you do not want to.



- make you have sex for money.

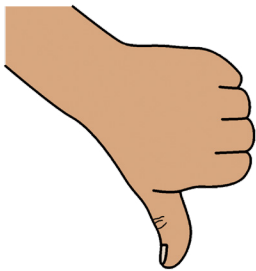


- do sex things to a child.



Sexual violence can also be called

- sexual abuse
- sexual assault
- rape
- sexual harassment.



Sexual violence is never ok.



You can ask for help to learn about sex and sex rights.



Go to **Page 61** to get help and be safe.



## RIGHT TO MAKE CHOICES



## RIGHT TO MAKE CHOICES

We all have the right to make choices.

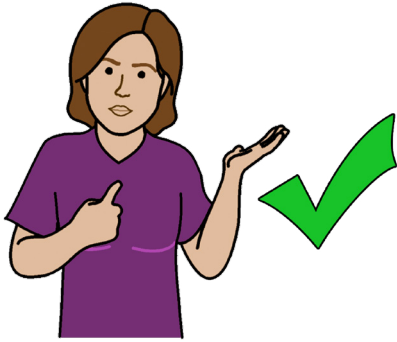


To make a choice is to select between 2 or more things.



Choices can be big or small

- a big choice is where you want to live
- a small choice is what you want to wear.

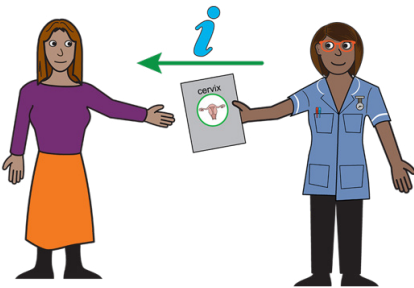


You have the right to

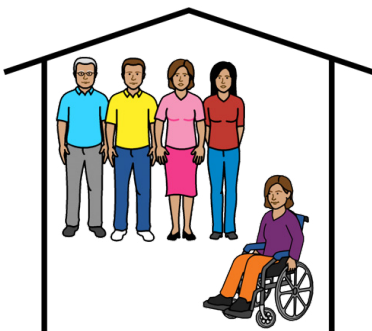
- make choices on your own.



- ask for help to make choices.

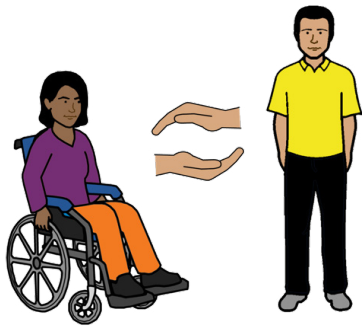


- get information to help you make a choice.



You have the right to make choices about

- where you live
- who you live with.



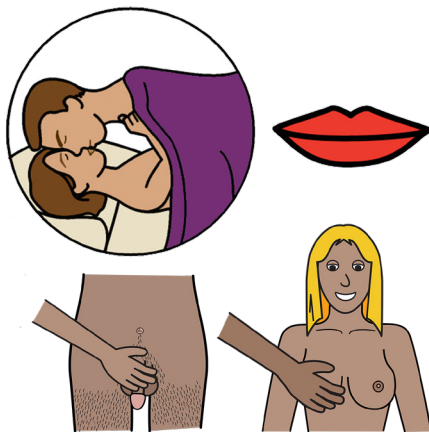
- who helps you when you need help.



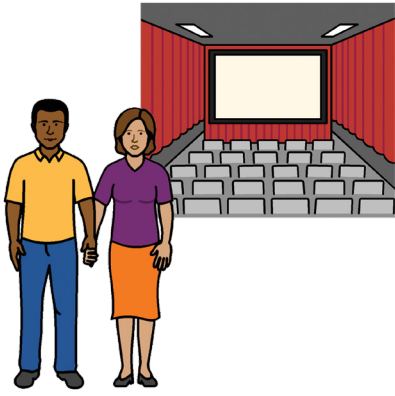
- where you work or learn.



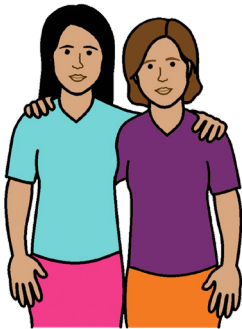
- how you spend your money.



- who can touch your body
- who you have sex with
- sexual health.



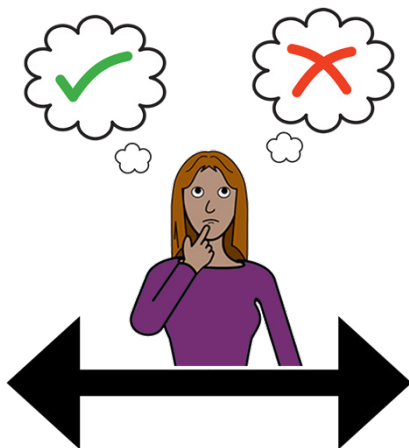
- who you go on a date with.



- who you are friends with.



- when, if and how you ask for help.



The right to make a choice is sometimes called the right to decision-making.



You can ask for help to learn about making choices.



Go to **Page 61** to get help and be safe.





# MONEY RIGHTS



## MONEY RIGHTS



We all have the right to make choices about our money.

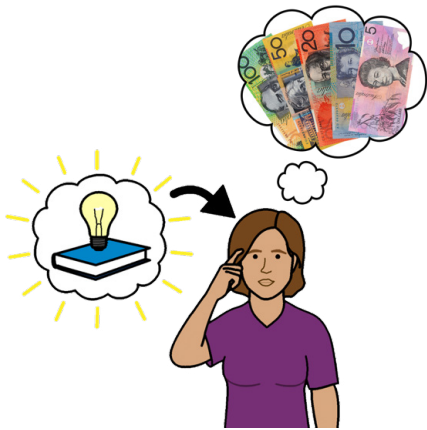


We use money to buy things we want or need.



You have the right to

- know how much money you have
- spend your money
- save your money.



- learn about money
- get help with money.



- make choices about money.



You have a right to spend money on

- things you want
- things you need.



People do not have the right to spend or steal your money.



You can ask for help to learn about money.



Go to **Page 61** to get help and be safe.



## GET HELP

**1800RESPECT** can help women with disability who experience violence.



Has someone:

- Done violence to you?
- Done violence to someone you know?



Are you:

- Scared about violence?
- Not sure if something is violence?
- Feeling sad or upset?
- Not sure about your rights?



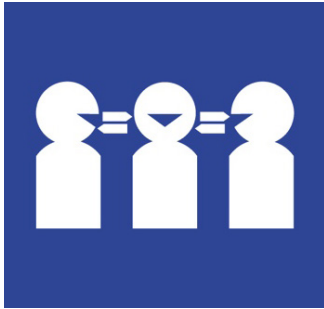
You can get help

- Call **000** if you are in danger now
- Call **1800RESPECT** on 1800 737 732
- Chat at [www.1800respect.org.au](http://www.1800respect.org.au).



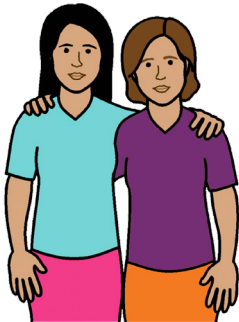
If you need a relay service (NRS)

- Call **1800 555 677**
- or **TTY 133 677**
- Then ask for **1800 737 732**.



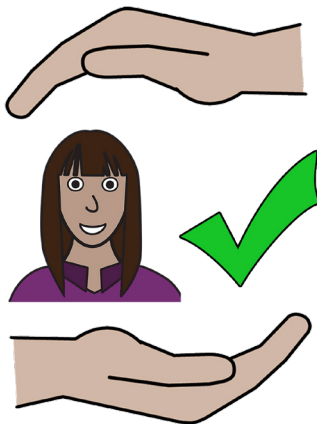
If you need a translator (TIS)

- Call **131 450**
- Then ask for **1800 737 732**.



**You can ask someone you trust to help you call 1800RESPECT.**

It is OK if you are not ready to get help yet.



**REMEMBER!**

You have the right to be safe from violence.

# ACKNOWLEDGEMENTS

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These booklets were produced as part of the Disability Pathways Project for 1800RESPECT, the National Sexual Assault and Domestic Family Violence Counselling Service.

IF YOU OR SOMEONE YOU KNOW IS IMPACTED BY SEXUAL ASSAULT, DOMESTIC OR FAMILY  
VIOLENCE, CALL **1800RESPECT** ON **1800 737 732**  
OR VISIT **1800RESPECT.ORG.AU** IN AN EMERGENCY, CALL **000**.