



What is physical abuse?



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Abuse is when someone does or says things that:



- hurt you



- upset you



- scare you.



Physical abuse is when someone hurts your body.

They might:



- hit you or kick you



- spit at you



- pull your hair



- burn you



- stab you



- push you or shake you



- pinch you.



All of these things are wrong.

Anyone could abuse you, including:



- family



- friends



- carers or other people who support you



- neighbours or people you live with



- people you work with



- members of your community.



The person abusing you might not know what they're doing is wrong.

You might feel too scared to:



- speak out



- stop them.



You might not know how to get help.



They might make it hard for you to tell anyone.



If physical abuse happens to you, it is important to speak out.



You should tell someone you trust as soon as you can.

Who can help you?



If you are:

- in danger now, call the WA Police on **000**
- not in danger right now, call the WA Police on **13 1444**

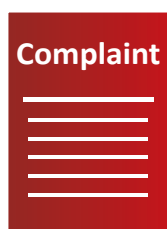


If you want to report physical abuse, call the Disability Abuse and Neglect Hotline on **1800 880 052**



An advocate is a person who can help you or speak up for you.

If you would like support from an advocate, call People With Disabilities WA on **(08) 9420 7279**
or
1800 193 331



If you want to make a complaint about a disability service, contact the NDIS Quality and Safeguards Commission:
1800 035 544
contactcentre@ndiscommission.gov.au
www.ndiscommission.gov.au



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