



What is sexual abuse?



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Abuse is when someone does or says things that:



- hurt you



- upset you



- scare you.

Sexual abuse is when someone makes you do sexual things you:



- do not want to do



- are too young to do.

They might:



- make you have sex with them



- make you touch them



- touch you in places you do not want to be touched

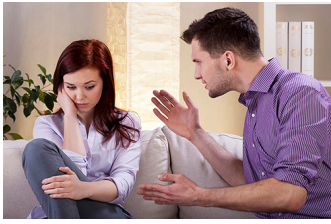


- make you watch other people have sex



- make you look at sexual images you do not want to see.

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 sexual 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 sexual abuse, call the Sexual Assault Resource Centre (SARC) on

(08) 6458 1828 in an emergency

or

(08) 6458 1820 for general information.



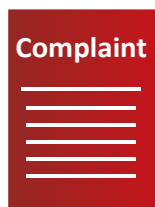
An advocate is a person who can help you or speak up for you.

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, call the NDIS Quality and Safeguards Commission:

1800 035 544

contactcentre@ndiscommission.gov.au

www.ndiscommission.gov.au



If you want someone to talk to about sexual violence or sexual assault and come up with a plan to be safe, call the Sexual Assault Resource Centre (SARC) on

(08) 6458 1828 in an emergency

or

(08) 6458 1820 for general information.



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