

# THE TIPPING FOUNDATION

A Bill Tipping legacy working together with Vista

**ZERO  
TOLERANCE  
TO ABUSE**



We work  
together so  
everyone has  
a fair go



# How to use this booklet

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This booklet has been written by The Tipping Foundation. When you see the word 'we', it means Tipping.

We want to make sure that all the people we support:

- are safe
- feel looked after
- are free from all types of:
  - abuse
  - neglect
  - discrimination.

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This booklet tells you what you can do if you are:

- being abused
- being neglected
- being discriminated
- at risk of abuse.

If you think you are being abused in any way, you should tell someone.

This booklet explains:

- how to tell someone
- what will happen next.

# What's in this booklet?

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# The rights you have

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Everyone has the right to:

- live their life safely
- be free from:
  - abuse
  - violence
  - neglect
  - fear
  - discrimination
- make choices about their life
- be treated with respect and dignity by others at all times.

# The rights you have

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Everyone has these rights, including:

- people with disability
- older people
- young people and children
- carers
- people from different:
  - cultures
  - religions.

**We are here to protect your rights.**

# What is abuse?

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Abuse is when someone:

- does or says things to you that make you feel upset or frightened
- tries to take away your rights

You may be scared to speak out or stop them

Abuse can be when you do not agree with what is happening to you or other people around you

Some people may not realise they are hurting you

Some people hurt others on purpose.

**Either way, abuse is wrong.**

# Whose fault is it?

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It is not your fault if someone abuses you.

Some people feel guilty if they are abused.

You might feel that:

- it is your fault
- you have done something to make it happen.

**If you feel like that, talk to someone you trust.**

# Who might abuse you?

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Anyone could abuse you.

It might be:

- someone you know
- a stranger.



# Where can abuse happen?

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Abuse could happen anywhere, including:

- At home
- At a day care centre or school
- At work
- In a hospital
- In aged care
- At a club
- In the community.

**Most places are safe.**

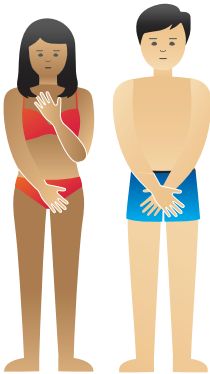
# Types of abuse

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There are different types of abuse:



- Physical abuse



- Sexual abuse



- Neglect



- Emotional abuse



- Financial abuse



- Discrimination

# Physical abuse

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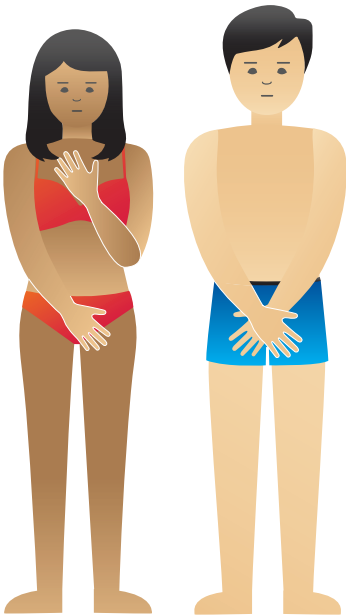
Physical abuse is when someone hurts your body.

This can be:

- Hitting you
- Kicking you
- Pulling your hair
- Scratching, pinching, shaking or pushing you
- Giving you too much medication or not enough
- Restraining you – holding you tightly so you can't move.

# Sexual abuse

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Sexual abuse is when someone:

- makes you do sexual things you don't want to do
- touches you where you don't want to be touched, such as on your private parts.

Your private parts include:

- your bottom
- your breasts and vagina if you are female
- your penis and testicles if you are male.

# Sexual abuse

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## Other types of sexual abuse can include:

- someone making you touch their private parts when you don't want to
- undressing for someone when you don't:
  - want to
  - need to
- having sex when you don't want to
- being made to watch or say sexual things when you don't want to.

## Sexual abuse can make you feel:

- sad
- angry
- ashamed
- frightened.

# Emotional abuse

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Emotional abuse is when someone:

- says bad things to hurt your feelings
- shouts at you
- threatens you.

Emotional abuse can include:

- Calling you names
- Laughing at you
- Blaming you for things that are not your fault
- Ignoring you
- Treating you like a child.

# Neglect

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Neglect is when your care and support is not enough to meet your needs.





## Neglect can include:

- Not being taken to a doctor when you are sick
- Being hot or cold a lot of the time
- Not having enough clothes to wear or only having dirty clothes to wear
- Being hungry a lot
- Not having important things when you need them, such as:
  - hearing aids
  - walking frames
  - wheelchairs
- Being put in danger.

# Financial abuse

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Financial abuse is when someone takes your money or things you own without asking.

# Financial abuse

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Financial abuse can include:

- Stealing:
  - your money
  - things you own
- Making you buy something you don't want to buy
- Using your money to pay for things other people want
- When you don't have a say about how your money is used
- Spending your money without asking you.

# Discrimination

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Discrimination is when you are treated unfairly because you are different. It could be what someone says or does.



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It could be because of:

- The colour of your skin
- Your religious beliefs
- Whether you are male or female
- Your sexuality – if you are lesbian or gay
- The language you speak
- Your age
- Your disability.

# What can you do about abuse?

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If you think you are being abused in any way, you should tell someone as soon as you can.

## You could tell:

- your family
- the police
- a carer, worker or staff member who supports you
- a friend
- your doctor
- a religious leader.

**Make sure you tell someone you trust.**

# What happens next?

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The person you tell should listen carefully

You won't get into trouble for telling someone what happened – it is your right to tell someone

You will be made safe if you are in danger

If you are talking about someone else being abused, they will be made safe if they are in danger

The person you tell will make sure an official person knows

Trained staff or community members will find the best way to stop the abuse or neglect

You will be given information and advice so you can get the best help

You will be given support to make any decisions.

# Where can you get more information?

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There are organisations that can support you.

They have websites where you can get more information.

Office of the Public Advocate  
[www.publicadvocate.vic.gov.au](http://www.publicadvocate.vic.gov.au)

Victorian Advocacy League for Individuals with Disability  
[www.valid.org.au](http://www.valid.org.au)

Domestic Violence Resource Centre  
[www.dvrcv.org.au](http://www.dvrcv.org.au)

Independent complaint bodies:

Disability Services Commissioner  
[www.odsc.vic.gov.au](http://www.odsc.vic.gov.au)

Office of the Health Services Commissioner  
[www.health.vic.gov.au](http://www.health.vic.gov.au)

The Ombudsman Victoria  
[www.ombudsman.vic.gov.au](http://www.ombudsman.vic.gov.au)

Child Safety Commissioner  
[www.ccyp.vic.gov.au](http://www.ccyp.vic.gov.au)

National Disability Insurance Agency  
[www.ndis.gov.au](http://www.ndis.gov.au)

Department of Health and Human Services  
[www.dhhs.vic.gov.au](http://www.dhhs.vic.gov.au)

## Contact us

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 [www.tipping.org.au](http://www.tipping.org.au)

We work together so everyone has a fair go

We are a Child Safe organisation