

Everyone has the right to live free from violence

Violence is when someone does something that hurts another person



Violence can be physical

When someone:

- Hits or kicks you, or
- Pushes you, or pulls your hair, or
- Is rough with you



Violence can be abusive

When someone:

- Takes away your wheelchair, or
- Gives you too much medicine, or
- Takes away your phone



Violence can be emotional

- When someone calls you names, or says something that hurts your feelings or makes you feel bad, or
- When someone makes you feel like you are doing wrong things



Violence can be sexual

- When someone touches you when you don't want to be touched



Violence can be financial

When someone:

- Takes your money or
- Stops you from using your money, or
- Won't let you decide how to use your own money



Violence can be psychological

When someone tries to scare you by telling you they will hurt:

- You
- Your pet
- Your family or your friends

It might happen once or it might happen again and again

People who are violent can be anyone doing the wrong thing

**ALL VIOLENCE
IS **WRONG**
AND IS
NOT ALLOWED**

We want you to tell us if someone is hurting you or making you feel bad



We want you to tell us if you see someone hurting someone else

We want you to know that **we will listen to you**



You can tell anyone who makes you feel safe, like your family or friends



You can call the Disability Services Commissioner
Phone **1800 677 342**



You can speak to Victoria Police
Go to the police station or phone **000**

Ring **1800 737 732** for help