REPORTING ABUSE: A Fact Sheet for Self Advocates

**FACTS**

- Abuse can happen to anyone.
- An abuser can be stranger, but usually is someone you know.
- **4 out of 10** people with developmental disabilities experience some type of abuse.¹
- People with disabilities are less likely to report abuse.

**WHAT IS ABUSE?**

- Abuse is **WRONG!**
- Abuse is when someone hurts or harms another person on purpose.
- There are many types of abuse:
  - **Physical:** hurts your body on purpose.
  - **Sexual:** makes you do sexual things when you do not want to.
  - **Emotional:** says things that make you feel bad about yourself.
  - **Financial:** takes your money or credit card and uses without your OK.
  - **Intimidation:** acts in a way that causes fear or harm to you.

**YOU HAVE THE RIGHT TO:**

- Be safe from harm
- Report abuse (i.e. teacher, coach, boss, 911)
- Confront your abuser
- Get help from a trusted person
  (i.e. caregiver, family member, friend)

**REMEMBER**

- Call 911 if you are in danger and need help right away.
- You should tell someone even if you are not sure it is abuse.
- Abuse is never your fault.
- Abuse is not just wrong, its a crime too.

**ABUSE IS NEVER OK!**
