

# You have rights.



A guide for women with disability experiencing family and domestic violence.



PATRICIA GILES  
Centre for  
**Non-Violence**



MODIFIED  
SERVICE  
DELIVERY



## What is in this book



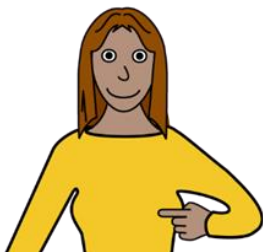
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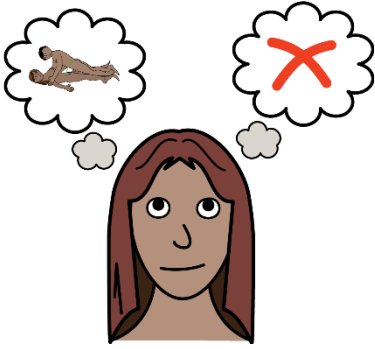
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PATRICIA GILES  
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**Non-Violence**

## About this book

This book is written by Patricia Giles Centre for Non-Violence. When you see the word **we** it means Patricia Giles Centre for Non-Violence.

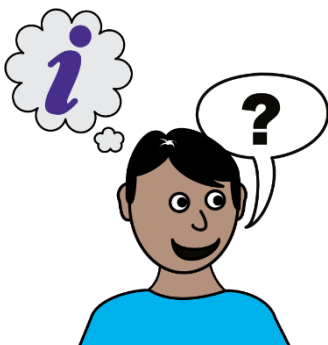


This book is written so it is easy to read. The first time we use hard words we write them in **blue**. Then we explain what the word in **blue** means.



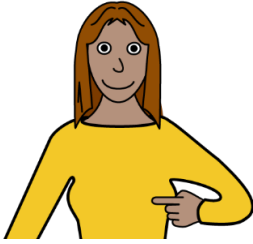
You can get someone to help you:

- read this book
- know what this book is about.



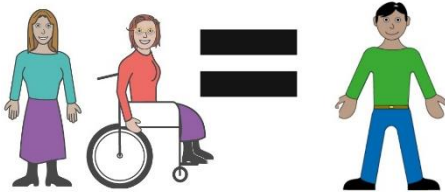
You can ask for more information.

## What are rights?

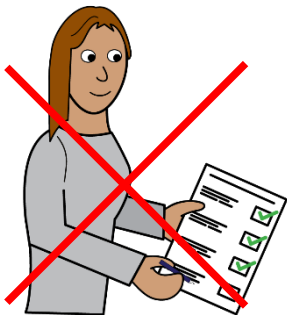


Everyone has **rights**.

**Rights** are rules about how everyone should be treated.



Women and girls with disability have the same rights as everyone else.



It is the law that no one can take away your rights.

## Your rights

You have the right to:



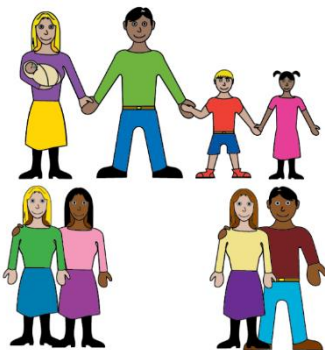
- make choices



- choose where you live



- choose who you live with



- be with your family and friends



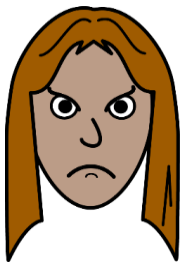
- be a parent and care for your child



- have your own thoughts



- have your own money

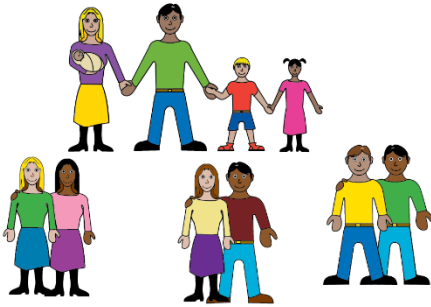


- have feelings - and being angry and sad



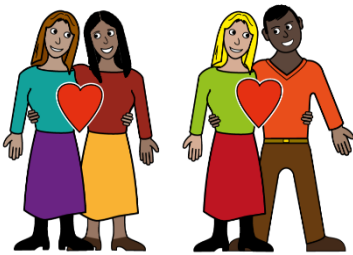
- disagree with people.

## The right to be safe in relationships

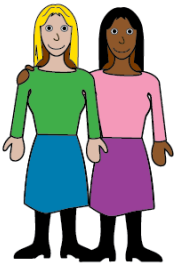


Your **relationship** with someone is how you are connected to them.

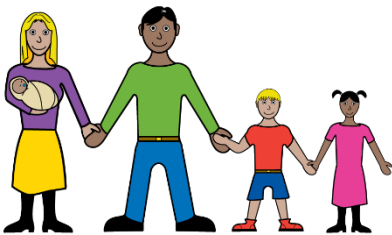
You have **relationships** with:



- a boyfriend, girlfriend or partner



- friends



- family





- people who help you

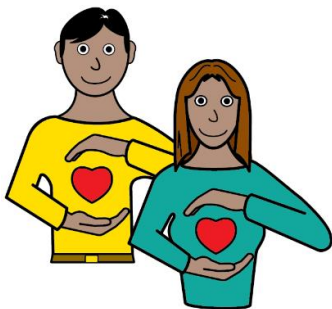


- people you work with

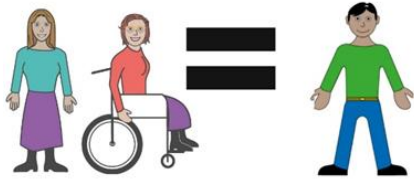


- people you live with.

A **safe** relationship is when you are:

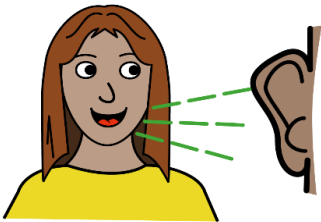


- loved and cared for

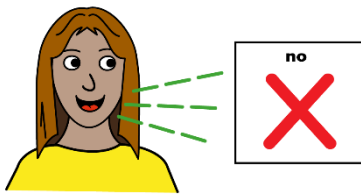


- treated equal.

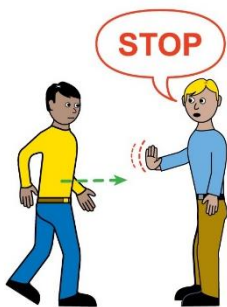
In your relationships you have the right to:



- speak and be heard



- say no



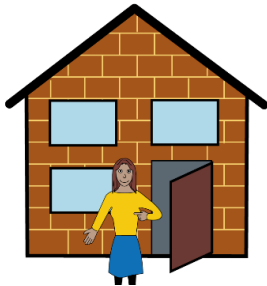
- protect yourself



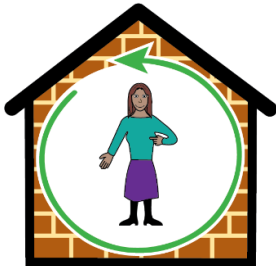
- not be hurt



- tell someone that you do not feel safe



- leave your relationship or your home

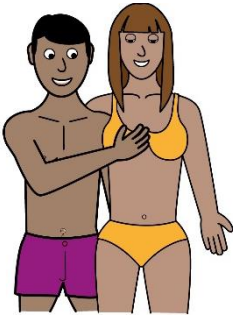


- stay in your relationship or in your home



- change your mind.

## The right to decide about sex

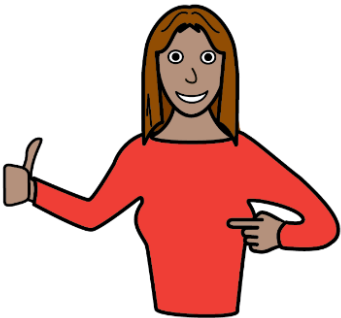


**Sex** is when people touch or kiss each other's body and private parts.

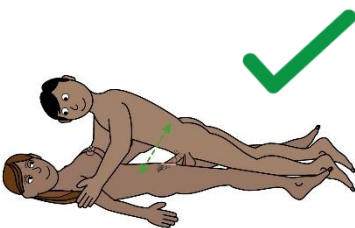


You have the right to choose:

- If you have sex
- Who you have sex with
- When you have sex.



**Consent** is when you want someone to do something to you and you tell them it is okay.



**Sexual consent** is when people agree to have sex.

## You do not give consent if you:



- say no or say stop.



- say it hurts.



- are yelling, screaming or upset.



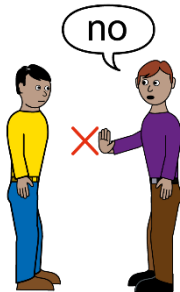
- do not know what is happening.

## The right to get good support

You have the right:



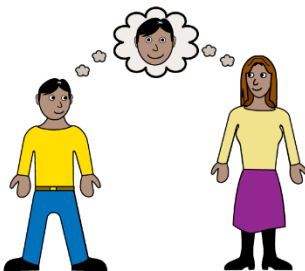
- to ask for help



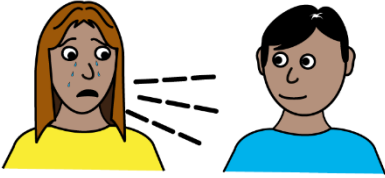
- to say that you don't want help



- to have information that you can understand



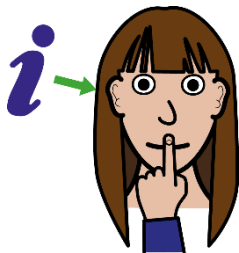
- to choose who helps you and how you are helped



- to tell someone if you don't feel safe



- to talk to a lawyer



- to privacy and **confidentiality**.

**Confidentiality** means that what you say will not be shared with anyone without you knowing.

**It is not your fault if someone hurts you.**

## Where to get help



If you are in danger now you can call the police.

Call 000



Women's Domestic Violence Helpline

Call 1800 007 339

**1800RESPECT**  
NATIONAL DOMESTIC FAMILY AND  
SEXUAL VIOLENCE COUNSELLING SERVICE  
**1800 737 732**

1800 RESPECT

Call 1800 727 732

Text 0458 737 732

Online Chat

<https://www.1800respect.org.au/>



## Contact Us



PATRICIA GILES

Centre for  
**Non-Violence**

If you have questions you can:

Call (08) 9300 0340

<https://www.patgilescentre.org.au/>



If you need help to speak or listen use the National Relay Service to access services.

Speak and Listen 1800 555 727

TTY 133 677



If you need an interpreter or translator call the National Translating and Interpreting Service to access services.

Call 13 14 50

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This document was co-designed by women with disability and mothers of children with disability, who have lived experience of family and domestic violence.