

What is Abuse??

Abuse is any repeated behavior used to control you physically, sexually, or emotionally.

ABUSE can happen to ANYONE, regardless of age, sex, race or ability.

As a person with a disability, you may be at greater risk because you may:

- Be less able to defend yourself
- Not able to speak or sign your experiences
- Be less able to escape abuse
- Rely on your abuser for support and care
- Fear that you will not be taken seriously
- Fear what will happen to you if abuse is reported

KNOW THESE POSSIBLE SIGNS OF ABUSE:

Does someone close to you....

- Hit, slap, push or hold you down?
- Call you names, yell at you, or threaten you?
- Damage your home or property?
- Steal from you?
- Give you looks or act in ways that make you feel uncomfortable?
- Control access to your phone, home, money, information, medication, doctors or other health professionals, friends, family, or money as a way to control or punish you?
- Touch you in a sexual way without your permission?

WHAT CAN YOU DO??

Talk to someone you TRUST:

- A family member
- Service provider
- Nurse or Doctor
- Employer
- Neighbor
- Minister, Priest or Rabbi
- Friend
- Policeman
- Teacher



YOU HAVE THE RIGHT TO BE SAFE AND RESPECTED IN YOUR HOME AND IN YOUR COMMUNITY.

NO ONE DESERVES TO BE ABUSED.

Remember, abuse can happen by people we love, we trust, or who provide us with care.

This may be your mom or dad, sister or brother, husband or wife, boyfriend or girlfriend, close friends, staff, or others who regularly care for you.

YOU HAVE THE RIGHT TO FEEL SAFE:

- In your home
- At your job
- In your relationships
- With your family
- With your staff

**YOU HAVE THE RIGHT
TO FEEL RESPECTED.**

STOP ABUSE BY REPORTING ABUSE!

Call the crisis line at
800-522-SAFE (1-800-522-7233)



This message provided by the Oklahoma Developmental Disabilities Council, in cooperation with the OKDHS Domestic Violence Task Force

You Have the Right to be Safe!



Learn to Identify Abuse
Learn to Report Abuse
Learn to STOP Abuse

