

Abuse and violence are always wrong. We don't have to put up with it.

We all deserve to ask for help when we need it. Anytime we feel hurt or unsafe, we have the right to tell someone we trust. We can try to stop the abuse ourselves, by telling the person to STOP. If that does not help, we deserve support.

Reporting Abuse and Violence:

National Domestic Violence Hotline:

1-800-799-SAFE (7233) or
1-800-787- 3224 (TTY line for Deaf/hearing impaired). Free, confidential assistance 24/7 to victims of domestic violence. Multilingual and may connect you with a local program that can provide assistance.

National Human Trafficking Resource

Center: 1-888-373-7888 or www.traffickingresourcecenter.org. Available to answer calls from anywhere in the country, 24/7. More than 200 languages.

RAINN (Rape, Abuse, Incest National

Network): 1-800-656-HOPE (4673) or www.rainn.org. Free, confidential assistance 24/7 to victims of sexual assault. This hotline will connect you with a local program that can provide assistance. RAINN is multilingual via phone and the RAINN website has a "chat" feature that you can use to talk with an advocate.

We have a right to report abuse



None of us deserves to be hurt or abused in our relationships – or by anyone. We have a right to be in relationships and have the support we need to live our full lives. We also have the right to ask for help when we do not feel safe. Sometimes we may even want to report what is happening to police or to someone we trust.

We deserve to set our own **boundaries** on what we want and don't want. We have the right to our own **choices** without anyone controlling us. We have value and should not be afraid to disagree. Our **humanity** matters and no one should take advantage of our disability. We have the right to the **care** that we need and deserve to feel safe. If we ever feel unsafe, we can ask for help. These rights always need to be respected:

Boundaries: When I want anyone to stop... they need to stop.

We can tell someone to stop anytime and in any way we can. This is important for things like touching, kissing, or sex. It also means how people care for us and the things they say to us. Boundaries always need to be respected.

Choices: I get to be myself... without anyone trying to control me.

All of us get to be who we really are. No one has the right to control what we do or say. We get to make our own choices

unless we are hurting someone else - or ourselves. Even if someone is helping us, we get to decide how that happens.

Value: I get to disagree... and still be respected.

It is ok for us to have different ideas or beliefs. We still deserve to be treated with respect when we disagree with someone. All of us have value. Our ideas and beliefs can be different, without being treated as less important.

Humanity: "I want to be seen as a person and not as a disability."

No one has the right to take advantage of me.

Our disability is just one part of us. It is not all of who we are. No one has the right to use our disability to control us. We deserve to be treated and understood as full human beings.

Care: I deserve the services I need... without feeling hurt or afraid.

None of us should have to choose between being safe and having what we need. If we have a caregiver or receive services, we still have our rights. Our care needs to happen how we want it to happen.