

Abuse

An Easy Read Guide



You have the right to be treated with respect.

You have the right to feel safe.

It is not ok for someone to hurt or abuse you.

What is abuse?

Abuse is

- someone hitting or pushing you
- someone calling you names or yelling at you
- someone bullying you
- someone keeping you from your family and friends
- someone taking money or medicine from you
- someone touching you in ways that you do not want to be touched





What can I do?

Tell someone you trust. That could be

- a friend
- someone in your family
- someone you live with
- your teacher or your boss

Or if you are in danger, call 911.



Sometimes the first person you tell does not know how to help you.

Don't give up! Tell someone else.

Keep telling people until the abuse stops!



If you think someone with a disability is being hit, bullied or picked-on you can call

- the abuse hotline at your county board of developmental disabilities
- or the abuse hotline at the Ohio Department of Developmental Disabilities, at 1-866-313-6733.