

# MY RIGHT TO FEEL SAFE

**STOP IT**  
BEFORE IT STARTS  
keeping people safe and free from abuse

“I feel safe,  
supported and  
empowered when  
I am...”

**LIFE  
WITHOUT  
BARRIERS**



- free to be **whoever I am**
- listened to, understood and my **privacy** respected
- aware of my **rights** and know what to do if things feel wrong
- encouraged to be as **independent** as possible
- **asked** how I feel and encouraged to express my feelings
- **informed** about physical contact before it occurs
- able to **consent** to physical contact before it is provided
- using my preferred **communication style**
- given **enough time** to prepare or get ready
- making choices about what I **eat** and when I **exercise**
- participating in regular **health check-ups**
- making choices about how and when to spend **my money**
- planning for **my future**
- supported to **explore** my interests and try different things
- supported to see and contact **friends and family**
- making choices about the sorts of **relationships** I want
- aware of clear **professional boundaries** with staff
- free to express my religious, political and cultural **beliefs**
- able to **experiment** and change my mind
- involved in the **community**



# MY RIGHT TO FEEL SAFE

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“I feel  
uncomfortable  
and vulnerable  
when I am...”

**LIFE  
WITHOUT  
BARRIERS**



- talked about instead of spoken to
- denied privacy when people don't knock
- denied physical privacy during personal supports
- treated with disrespect about my gender or sexuality
- not given support to do things on my own
- discouraged from expressing my opinion
- not included in conversations
- not informed about physical contact before it occurs
- misunderstood or my requests are ignored
- not supported to communicate through my preferred style
- discouraged from exercising and eating food I don't like
- not participating in regular health check-ups
- not in charge of how my money is being spent
- not asked before a staff member borrows my possessions
- not able to take ordinary risks
- not encouraged to contact my friends or family
- not supported to explore relationships
- wearing clothes that don't fit or are not clean
- not encouraged to explore options for education or work
- unable to celebrate my cultural or religious beliefs



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“I feel neglected and abused when I am...”

**LIFE WITHOUT BARRIERS**



- not respected and denied my **privacy**
- ignored, manipulated, **bullied**, intimidated or teased
- not able to **communicate** through my preferred style
- handled **roughly** during physical supports
- hit, **punched**, kicked or shaken
- **force-fed** or forced to take medication inappropriately
- left **alone** when I need assistance
- locked-in, **restrained** or denied access to supports
- not taken to a **doctor** for a medical condition or injury
- left in **one position** for too long
- made to **sign** or consent to things I don't understand
- **stolen** from – my money or my possessions
- the subject or unwanted **sexual** comments, stares or touches
- forced to watch or participate in **sexual acts**
- involved in any sexual acts with a **staff member**
- not given the opportunity to **interact socially**
- not provided with clean clothing, **nutrition** and hygiene
- **prevented** from following my religious and cultural traditions
- **denied access** to information or education
- restricted from making **decisions**

