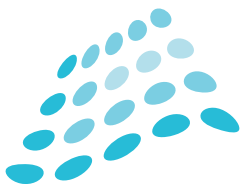


# Abuse and Neglect

## A Guide for Self Advocates



LANGLEY ASSOCIATION  
FOR COMMUNITY LIVING



## Introduction

The Self Advocate Committee of the Langley Association for Community Living made this plain language guide to help Self-Advocates understand abuse and neglect.

People can be abused by staff, neighbors, family members, boyfriends or girlfriends and strangers.

Neglect happens when people are supposed to help you and they don't.

People with developmental disabilities can be vulnerable and can easily be abused and neglected.







People with developmental disabilities need to know their rights and learn how to speak up to protect themselves.

Talk to someone you trust about the information and pictures in this book.

**This guide will help you.**



**Physical Abuse** is when someone hurts me and causes pain to me.

<b>Hitting</b>	<b>Punching</b>	<b>Kicking</b>
		
<b>Hair Pulling</b>	<b>Push / Pull</b>	<b>Slapping</b>
		

**What other types of abuse can happen to you?**

**Emotional Abuse** is when someone hurts my feelings by saying mean things to me.



- Yelling
- Swearing
- Name calling
- Using threats
- Telling lies about me
- Laughing at me
- Talking “dirty” to me when I don’t want to hear it
- Cyber bullying (Face book, Twitter and email)

What other types of emotional abuse can happen to you?

**Financial Abuse** is when someone takes my money without my permission or when someone makes me pay more money for something than I should.



**Taking money from my wallet**



**Taking money from my purse**

**What other types of financial abuse can happen to you?**

**Neglect** is when someone does not take care of me when I need it.



**People letting you down when they are supposed to help you, like....**

- Not feeding me when I'm hungry
- Not getting me new clothing when I need it
- Not helping me clean myself
- Leaving me alone for too long
- Not taking care of me when I'm sick
- Not taking me to my doctor
- Not having clean clothes to wear

**What other types of self neglect can happen to you?**

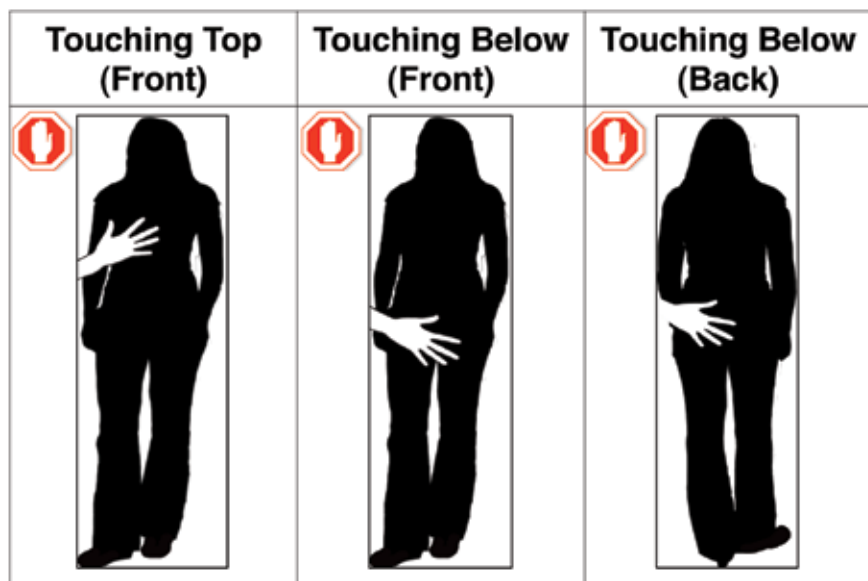
**Self Neglect** is when I don't do things for myself that I deserve.



- I don't stand up for myself
- I don't eat healthy foods
- I don't visit my doctor when I am sick
- I don't talk to my doctor when I am having bad thoughts about myself
- I don't visit my dentist when I have tooth pain
- I don't wear clean clothes
- I don't shower
- I don't get enough sleep or I spend too much time in bed
- I don't spend time with friends and family
- I don't have enough money to keep me safe

What other types of self neglect can happen to you?




**Sexual Abuse on Women** is when someone touches my private areas without my permission.



**What other types of unacceptable touching can happen to you?**



**Sexual Abuse on Men** is when someone touches my private areas without my permission.

Touching Top (Front)	Touching Below (Front)	Touching Below (Back)
 <p>A black silhouette of a man is shown from the front. A white hand is reaching from the left side and touching the chest area. To the left of the silhouette is a red octagonal icon with a white hand and a downward-pointing arrow, indicating a prohibited action.</p>	 <p>A black silhouette of a man is shown from the front. A white hand is reaching from the right side and touching the groin area. To the left of the silhouette is a red octagonal icon with a white hand and a downward-pointing arrow, indicating a prohibited action.</p>	 <p>A black silhouette of a man is shown from the back. A white hand is reaching from the right side and touching the buttock area. To the left of the silhouette is a red octagonal icon with a white hand and a downward-pointing arrow, indicating a prohibited action.</p>

**What other types of unacceptable touching can happen to you?**

If you are being abused by someone -  
Tell the person to **“STOP”**




You can **get up and walk away** or **leave the room** or **run away** or **scream** or you can go to someone you know for support.

**It's important to tell someone what happened.**

If you think you are being abused or neglected in any way, tell someone you trust. You can tell your parents, your caregiver, your doctor, and you can also tell the police.

**No one** has the right to treat you with disrespect or to hurt you in anyway.

If you are in immediate danger call **911**. Or you can call the police at **604-532-3200** to talk about the abuse that is happening to you. The police will help you.



If you attend a day program or receive a service from the Langley Association for Community Living and you think you are being abused or neglected, you can talk to staff, your supervisor and other people in charge.

**Someone will help you to stop the abuse.**



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