



**Down's Syndrome
Association**

A Registered Charity No. 1061474

Easy Read Series



Staying Safe from Sexual Abuse

For adults with Down's syndrome

Easy Read

About this leaflet



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➔ This leaflet is made by the **Down's Syndrome Association**.



➔ It is in **Easy Read**.

Easy Read means easy words with pictures to help everyone understand.



➔ We ask **Having a Voice** groups to help us make **Easy Read** information



➔ **Having a Voice** groups make sure the **Easy Read** information is easy to understand.

For People with Down's Syndrome : Having a Voice



The DSA runs a project called **Having a Voice**.

Having a Voice is about helping you **have your say**.

Having your say means being asked about **what matters to you and other people listening to you**.

Click on the buttons below to learn more.



➔ You can find out more about **Having a Voice** on the **Down's Syndrome Association** website



What is this leaflet about?

This leaflet is about **staying safe from sexual abuse.**

What you can learn:

You can learn about:



- **What is sexual abuse**



- **How to stay safe**



- **How to get help if you are worried about sexual abuse**

What is sexual abuse?



Sexual abuse is someone is showing you or making you do sexual things that **you do not understand**, or that you do not **want to do**.



It can make people **very unhappy**.



This might be someone sending **sexual pictures** to your phone or your computer.



This might be someone making **sexual comments** that make you **uncomfortable**.



This might be if someone **touches you** without your **consent**.



Sexual harassment is **never your fault**.

How to stay safe:



If someone sends you a sexual picture and **you do not want this**, you can tell them **no**.

If someone makes sexual comments to you and this makes you **do not want this**, you can tell them **no**.



If someone touches you without your **consent**, you can tell them **no**.

If someone does this, you need to **tell someone**.

Tell them everything that has happened.



You should show them any **pictures** or **messages**.

How to get help:



If someone has sexually abused you, you **must tell** someone about this.

Do not keep it a secret, even if you have been told to.



You should talk to someone you **trust**.

If you tell someone you trust and they are worried, they will have to talk to the **police**.

That does not mean that you are in trouble.



The police will **help** you.

It is **important** that you get **help**.



More information

If you are not sure about anything, ask your family or someone you trust to help you.

Thank you

Thank you for reading this leaflet!

How we can help

The Down's Syndrome Association has a **helpline** where we are happy to answer any questions you have.



The helpline is open Monday to Friday 10am until 4pm.

Call us on

0333 1212 300



You can also email us at:

info@downs-syndrome.org.uk