

### **Easy Read Series**



## **Staying Safe from Sexual Abuse**

For adults with Down's syndrome

Easy Read

#### **About this leaflet**



Down's Syndrome 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.







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



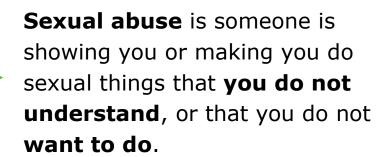
How to stay safe



How to get help if you are worried about sexual abuse

#### What is sexual abuse?







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