

You have the right to be yourself.

You have the right:


- to make decisions
- to choose how you live, where you live, and who you live with
- to be around family and friends
- to be a parent and care for your child
- to have your own opinion
- to trust your intuition or gut instinct
- to have your own finances
- to self-determination
- to have your own feelings including being angry
- to disagree with people
- to choose if and when you make a disclosure about family and domestic violence.

It is not your fault if someone hurts you.

You are not responsible for how other people think, feel or what they do.


If you need help, you can call these numbers 24 hours a day, seven days a week.

 Women's Domestic Violence Helpline: **1800 007 339**

 1800RESPECT: **1800 737 732**

This information was developed by people with disability and parents of children with disability. It is based on their own direct experiences of family and domestic violence.

Patricia Giles Centre for Non-Violence

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Government of **Western Australia**
Department of **Communities**

You Have Rights



A guide for women with disability and mothers of children with disability who have experience of family and domestic violence.



PATRICIA GILES
Centre for
Non-Violence



MODIFIED
SERVICE
DELIVERY

You have the right to be safe in your relationships.

You have the right:

- to make mistakes
- to protect yourself
- to not be threatened, punished or hurt
- to say no without explanation
- to set boundaries without having to justify them
- to remove yourself from dangerous situations
- to speak up and be heard
- to be emotionally fulfilled, loved, supported and cared for
- to feel equal in a relationship
- to end a relationship, even if the other person doesn't agree
- to leave, to stay or to change your mind
- to tell someone about family and domestic violence.

You have the right to decide who you have sex with and when.

If someone wants to have sex with you or touch you, they need your consent.

Consent means you agree or give permission without being pressured. When it comes to sex or sexual touching, consent needs to be enthusiastic. That means you want to do it.

You do not give consent if you:

- say no or don't
- say stop
- say it hurts
- are yelling or screaming
- are upset
- are trying to get away
- change your mind
- don't know what is happening
- don't participate freely and willingly.

You have the right to access good quality support.

You have the right:

- to ask for help
- to refuse help
- to have information that is accessible to you
- to be given information that you understand
- to choose who helps you
- to choose how you are supported
- to privacy and confidentiality
- to tell someone if you feel uncomfortable
- to take legal action.

