

Who Can I Tell?

Hotline

(705) 726-9082 ext. 2430



Doctor



Friends



Quality and Innovations Resource Advisor



Donna Penton | Extension 2251



For more information contact:

Quality and Innovations

705 726-9082 ext.2251

Self-Advocates email:

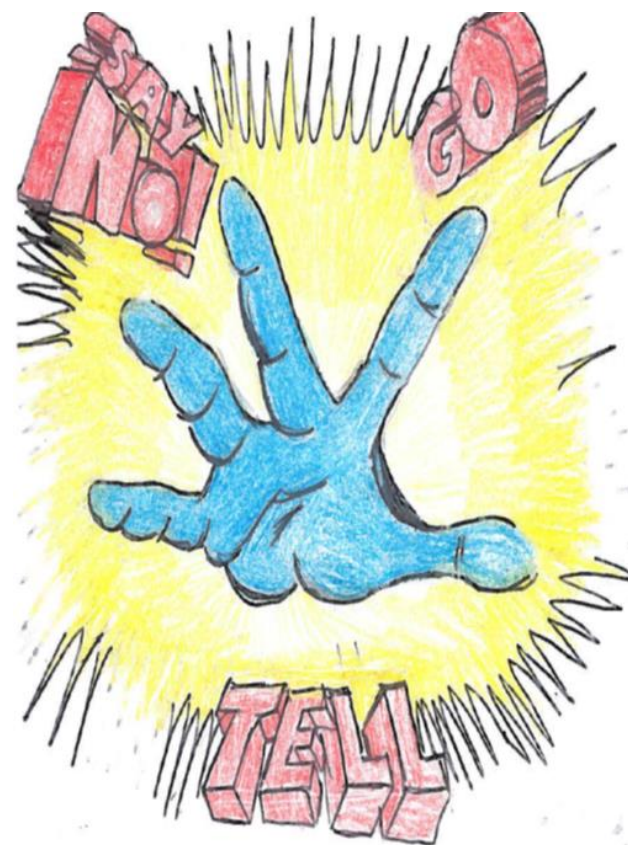
selfad@empowersimcoe.ca

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“No Abuse”

Know About Abuse



What is Abuse?

- When someone does something to hurt another person
- Misuse of power by someone in authority

Types of Abuse:

- **Verbal:** Name calling, swearing, yelling
- **Physical:** Hitting, kicking, pushing
- **Financial:** Taking your money
- **Sexual:** Touching or looking at your body in a way you do not like
- **Neglect:** Ignoring you, not providing support to you
- **Exploitation:** Taking advantage of you
- **Harassment and Bullying:** Physical or verbal actions to gain control or power over you

How does this make you feel?

Sad



Afraid



Angry



Sick



Ashamed



What Can I do?

- I say no
- Go tell someone I trust

Who Can I Tell?

Family Member



Police



Support Worker

