

Violence and Abuse can be...

Physical



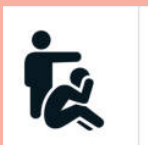
Hitting, kicking, biting, hair pulling, hurting someone with an object, denying someone medical care and forcing someone to drink alcohol or use drugs.

Sexual



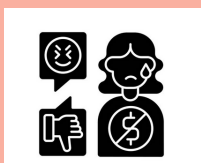
When someone coerces or tries to coerce any sexual touch or activity without your consent, rape, marital rape, attacks on the sexual parts of your body, forcing sex after physical violence, and sexual harassment.

Emotional and Psychological



When someone calls you names, constantly criticizes you, threatens to hurt you, your loved ones or your pets, destroys your belongings or relationships, or makes you feel scared or intimidated.

Economic



When someone takes your money, withholds from you the money you earned, controls how you spend your money, or does not let you go to work or school.

HER VOICE

It is important to get help and support when you need it rather than keep it a secret.

Everyone has the right to get help to stop violence and abuse, even if the abuser is a family member, friend or someone you know.

WHERE TO GET HELP:

You can contact:

- **Gender-Based Violence Command Centre:** 0800 428 428 or *120*7867 on any cellphone.
- **People with disabilities SMS 'help'** to 31531.
- **Stop Gender Violence:** 0800 150 150
- **Rape Crisis 24 hour Helpline:** 021 447 9767 to get counselling and advice about the next steps after rape.
- **Childline:** 0800 055 555, offers support to abused children and their families.

For counselling and emotional support:

- **National Counselling Line:** 0861 322 322
- **Suicide Helpline:** 0800 567 567

Organizations that offer help and support:

- **People Opposing Women Abuse (POWA):** offers counselling, temporary shelter and legal help, 011 591 6803
- **TEARS Foundation:** offers free confidential services for all victims, 010 590 5920 or SMS *134*7355#



THINGS TO KNOW ABOUT:

VIOLENCE AND ABUSE

Against Adolescent Girls and Young Women with Disabilities



What is Consent?

✓ **Consensual** touch or sexual activities is touch or an activity both people agree to, not just the one person. This is what we want.

✗ **Non-consensual** is when there is no agreement for the touch or activity and it is forced or coerced. This is wrong.

This does not include personal care provided by your caregiver like help with dressing, sanitary products, or bathing. However, you still have the right to give permission for personal care and to be as independent as possible.

It is never okay to pressure someone to have sex!



Steps to get Consent

1. **Ask** permission.
2. **Listen** to the person's answer like 'Yes' or 'No'.
3. **Respect** the person's answer.



EVERYONE has the right to consent to any kind of touch and activity and to stop touch or an activity that they no longer enjoy or want. This includes sexual touching even if the person is your partner.

Know your Rights!

- You have the right to equality before the law and access to justice. Meaning the right to go to the police, open a case, and get judicial help!
- You have the right to protection and safety, even in your own home.
- You have the right to equality and protection from discrimination on the basis of your gender, age, race, disability or sexual orientation.

Any sexual touch between an adult and a child and a teacher and a student, even if the student is 18 years old, is sexual abuse and illegal!

TO AVOID ABUSE OR UNWANTED TOUCH REMEMBER: NO, GO, TELL.

NO: if someone is hurting you or making you feel uncomfortable, you can say "NO!"

GO: sometimes people do not listen or stop when we say no. If so, try to leave and go to someone you can trust.

TELL: tell someone you trust what happened. If they do not believe you, tell a counselor so they can help you with the next steps to take.



Risks and barriers for young women and girls with disabilities

- **Gender inequality and patriarchy.**
- **Disability stigma and discrimination.**
- **Lack of knowledge** about rights and sexual-reproductive health.
- **Dependency** on others and social exclusion.
- **Young women and girls with communication and intellectual impairments** are more vulnerable to violence and abuse because of the idea that they cannot communicate the abuse.



Did you know...

- Women with disabilities are **2 times more likely to experience violence from an intimate partner** compared to women without disabilities.
- This risk of violence and abuse increases with the severity of disability.