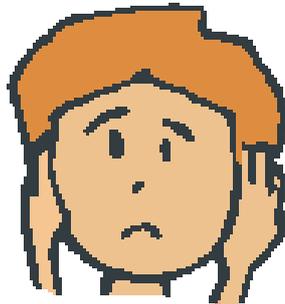


# What to do if someone hurts you or does bad things to you



**Information about Gender-Based Violence  
for People with Disabilities**

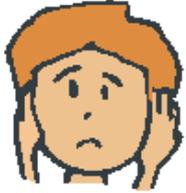
**March 2015**





This document is about:

- people hurting you or doing bad things to you
- what to do if this happens to you



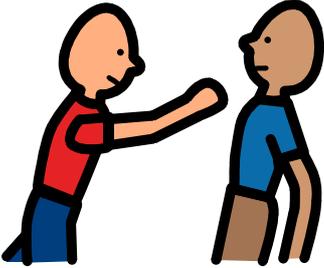
When someone does bad things to you because you are a woman or girl, it is called **Gender-Based Violence**.



This can happen to men and boys too.

## How can someone hurt you or do bad things to you?

It is wrong for anyone to do things like this to you.



### Hurt your body

- Like hit, punch or kick you



### Make you feel very bad or upset

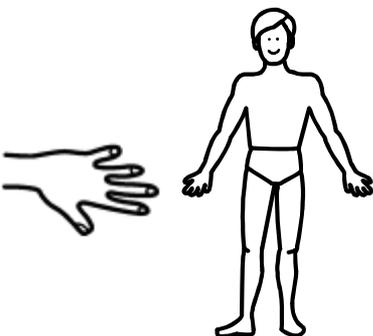
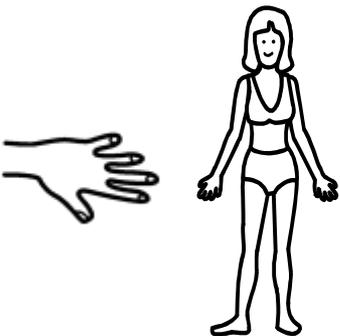
Like:

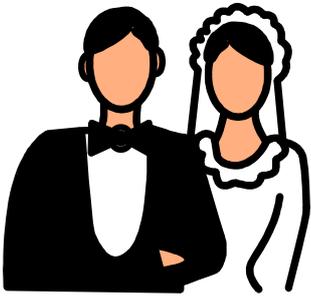
- shout at you a lot or call you names
- say they will do bad things to you if you do not do what they ask

### Do sexual things to you

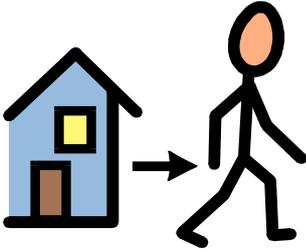
Someone may try to:

- kiss you when you do not want them to
- have sex with you when you do not want to
- touch private parts of your body or make you touch theirs
- touch private parts of their body in front of you
- cut or hurt you between your legs if you are a woman or girl





**Force you to marry someone  
you do not want to marry**

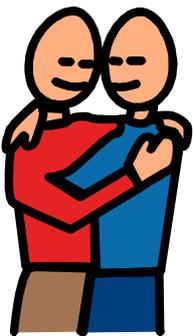


**Make you feel scared or worried**

Like, stop you from doing things,  
like leaving the house or going to school

## **Touching**

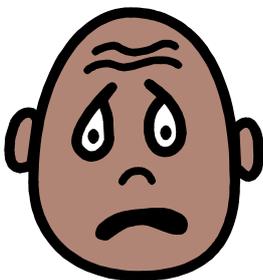
There are good and bad ways  
to touch someone.



### **Good touches**

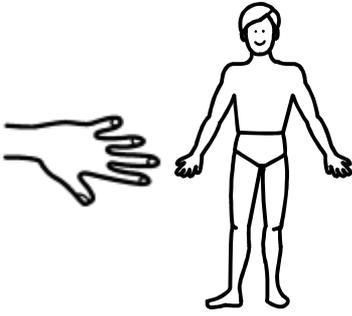
Someone may touch, hug or kiss you  
in a way that is nice and kind.

It can make you feel loved and cared for.



### **Bad touches**

Someone may touch you  
in a way that makes you feel  
upset, scared or worried.



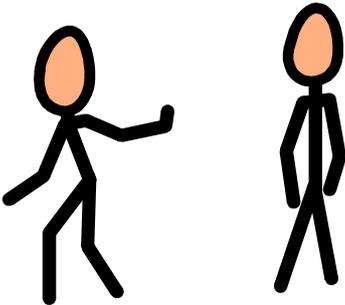
It is wrong for someone to:

- touch you when you do not want them to
- touch your private parts or make you touch theirs
- tell you to keep it a secret or say they will hurt you if you say no



If this happens, tell someone you trust.

**It is always OK to say no.**



It is OK to say no even if:

- you know the person well
- you are married to them
- they are part of your family
- they take care of you

## How to get help

It is important to get help if someone does bad things to you.



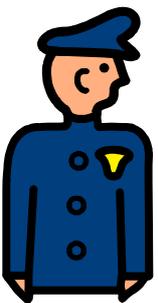
You can tell:

- someone you trust like a friend, someone in your family, a teacher or a nurse
- the police



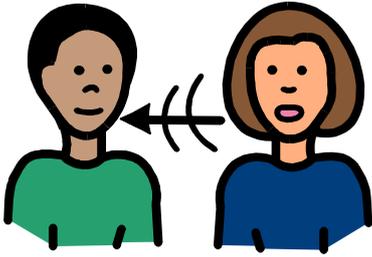
Someone you trust can speak up for you if you find this hard.

## What the police will do



There may be special police men and women to help with problems like this.

You can take someone you trust with you when you go to the police.

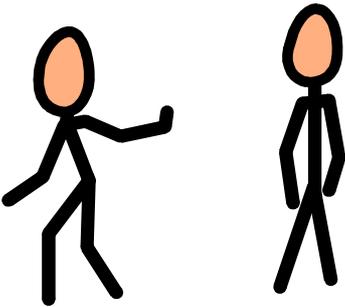


The police should:

- treat you in a good way
- talk to you about what happened
- make sure you are safe
- help you get medical care if you need it
- find out what happened and do something about it



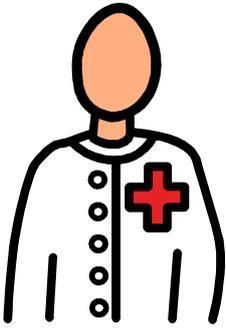
The person who hurt you may go to court.



You can get help to keep safe if this happens.

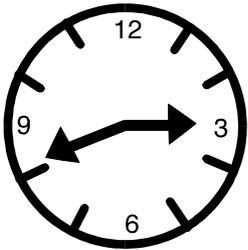
For example, the court can keep the person who hurt you far away from you.

They can help you find a safe place to stay.



## Your health

It is very important to see a doctor or nurse if someone has hurt you or forced you to do something sexual.



You need to do this very quickly.

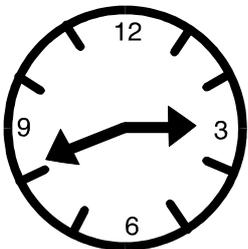
You may need medicine or tests very quickly.



They may need to check your body to see if you are hurt.

They may need to see your private parts if someone has forced you to do something sexual.

But they will ask you if it is OK first.



You have 3 days to take medicine to help stop you from getting an illness called HIV.

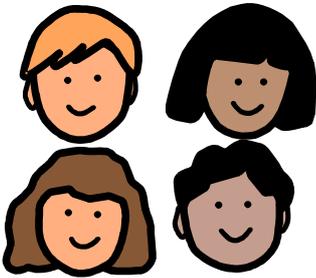
You have 5 days to take medicine to help stop you from getting pregnant.

## Other help

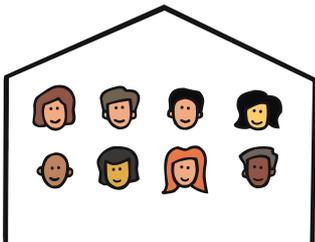
Here are some other things you can do:



- Phone a helpline.  
These are numbers you can call for free.  
You can get help or advice.  
You can talk to them in private.



- If you are a girl or boy under 18 years old,  
you can ask for help  
from people who help children.



- Get help from groups in your area.  
For example, there may be groups  
near you that help  
women and children in danger  
or people with disabilities.



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