



Feeling Safe, Being Safe

Ways you can stay safe



Disability Safe Week ☎ 1800 193 331

www.disabilitysafeweek.org.au

When do you feel safe?

You might feel safe when you are:



- in your home



- with friends and family



- with people who care about you



- with people who listen to what you:
 - o need
 - o want



- not being hurt



- out of bad weather.

When don't you feel safe?

You might not feel safe when you:



- are with people you don't:
 - know
 - like



- are with people who don't listen to what you:
 - need
 - want



- are yelled at



- feel left out



- feel lost



- think someone might hurt you



- are outside in bad weather.

People who can make you feel safe



It is important to have a list of 5 people you can go to so you can feel safe.



If the first person you go to can't help you, then you can try someone else on your list.



You can count the 5 people on your hand to help you remember who they are.

The people in your life who can make you feel safe might be:



- friends



- family



- support workers



- doctors



- police



- neighbours



- people you work with.

What can you do to feel safe?

There are lots of things you can do to feel safe.

You can:



- talk to your
 - o friends
 - o family
 - o support workers



- visit your doctor



- find a police officer



- move away from someone who is scaring you



- tell someone you trust how you feel



- find people who make you feel safe.

How can you feel safe outside your home?

There are lots of ways you can feel safe outside your home. You could:



- join a local group near your home



- learn about services near your home that could help you



- get to know your neighbours



- get to know places in your community like:
 - o libraries
 - o gyms
 - o shops
 - o parks



- find out before you leave:
 - o where you are going
 - o how to get where you are going



- work out what to do if you need help when you are out



- ask for help or go to a safe place



- go to a place where there are people:
 - o you know
 - o who know you.

Where to get help



There are places in your community you can call to help you feel safe.

PWdWA

You can call PWdWA for help with **advocacy**.

Advocacy is when someone speaks up for someone who can't speak up for themselves.

Call PWdWA if you need help to:

- make a complaint
- stand up for your rights.



(08) 9485 8900

1800 103 331



Developmental Disability WA

You can call Developmental Disability WA for advocacy too.

(08) 9420 7203



Local Government, Sport and Cultural Industries – Sport and Recreation

You can call Local Government, Sport and Cultural Industries – Sport and Recreation to find local groups to join in your area.

(08) 9492 9700

Act, Belong, Commit



You can call Act, Belong, Commit to find out how to be happy and healthy.

Their advice includes:

- being active
- joining a club
- volunteering.

(08) 9266 4648



Inclusion WA

You can call Inclusion WA to find out more about taking part in your local community.

(08) 9201 8900



SECCA



You can call SECCA to find out more about sex, healthy relationships and sexual abuse.

(08) 9420 7266



Your local council

You can call your local council to find out more about the support services offered in your community.

They could include:

- delivered meals services
- personal care help
- community buses
- accessible arts and recreation programs.

Contact us



(08) 9485 8900



Suite 1 Oasis Lotteries House
37 Hampden Roadw
Nedlands WA 6009



info@pwdwa.org



www.pwdwa.org



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