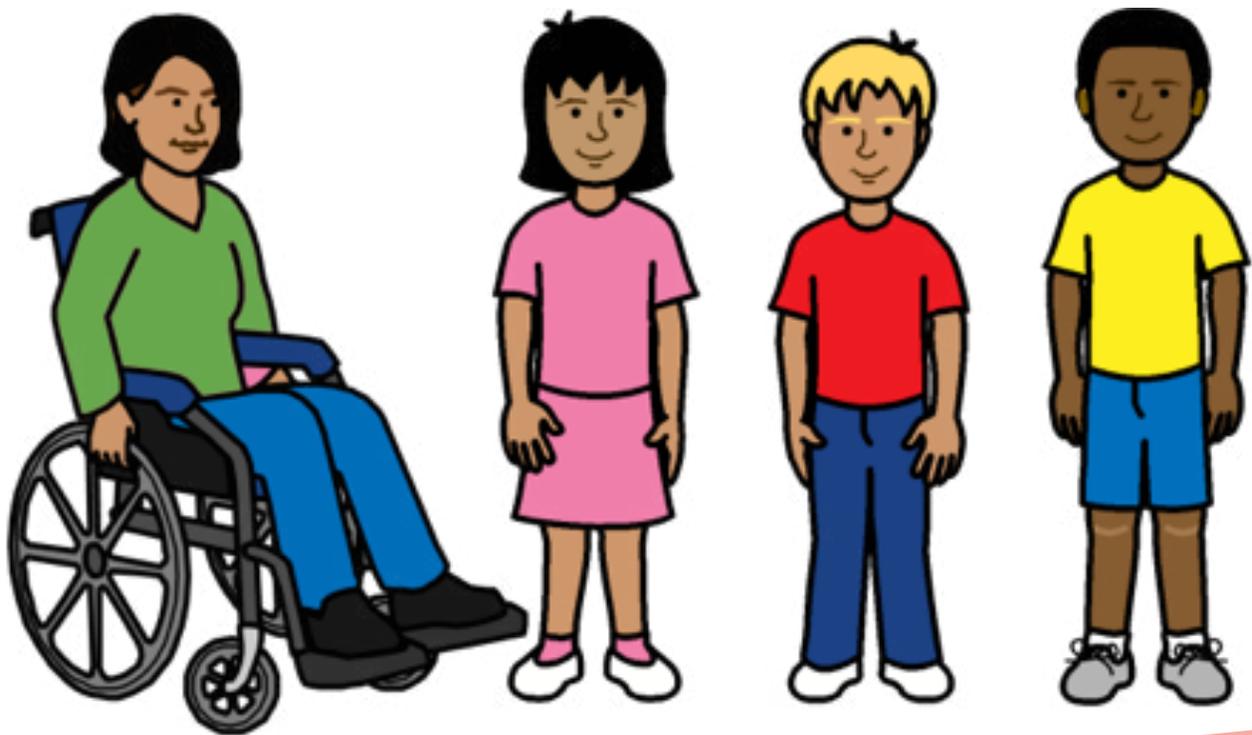


Your rights:

- ▶ when you get support because someone has been violent to you.
- ▶ when you get support with your body, sex, relationships and having children.



Information for women and young people with disabilities



What is in this information?

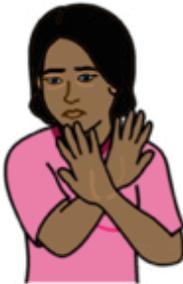
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About this information

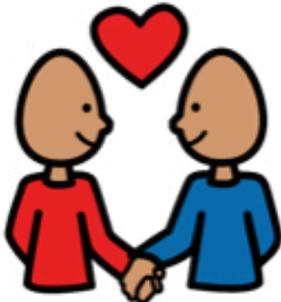


This information is for women and young women and men with disabilities.

This information is for you if you live with your family, by yourself, or in a home for people with disabilities.



It is about support you can get if someone is violent to you. This means someone hurts you or your body.



It is also about support you can get to do with your body, sex, relationships and having children.



You may get help from **support services**. This is when staff give you health care or information.



This information tells you about:

- What support you might need.
- What should happen when you get support.
- Your rights.

Support if someone is violent to you

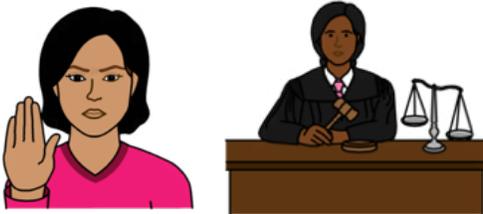


You can get support if someone is violent to you.



Violence is sometimes called **gender-based violence**.

Gender-based violence is violence that happens to people because they are a woman, a man, a girl or a boy.



What support might you need?

You might need:

- Support to stop the violence and keep safe.
- Health care from a doctor or nurse.
- Help from the police or courts.



You might need:

- Help to cope and feel better.

For example, someone to talk to about how you feel.

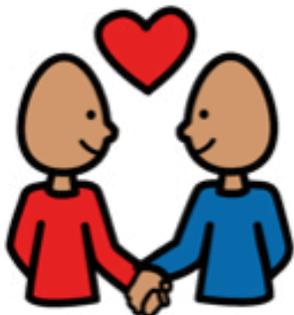


There is a leaflet with more information about your rights to do with violence.

It is on this website:

<https://bit.ly/2xYWM7V>

Support to do with your body, sex, relationships and having children



You have rights to do with your body, sex, relationships and having children.

This is called your **sexual and reproductive health and rights**.



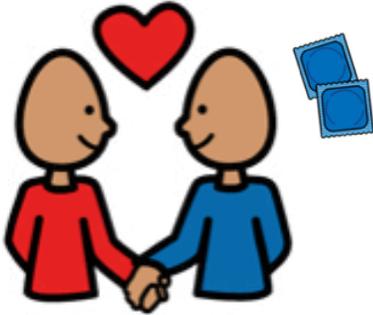
You may need support and information about:

- Pills and other things to stop you getting pregnant. They are called **contraceptives**.



- Health care if you are pregnant and when you have your baby.

Support to do with your body, sex, relationships and having children



You may need support and information about:

- Learning how to have sex in a safe and healthy way.

Sometimes sex may be unsafe.

For example, sometimes you can get an illness from having sex, like HIV.

Or someone may try to force you to have sex when you don't want to.



- Tests and medicine to treat any illness you might get from having sex.



There is a leaflet with more information about your rights to do with your body, sex, relationships and having children.

It is on this website:

<https://bit.ly/2PcwKED>

Your rights



Rights are things that should happen for everyone.

For example, everyone has the right to be safe and healthy.



People with disabilities have the same rights as everyone else.

There is a list of some of your rights starting below.

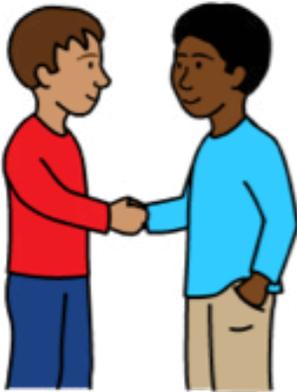


If violence happens to you

You have the right to:

- Be safe from violence always.
- Get help from the police, courts, doctors, nurses, and other people.

Your rights



Treating you fairly

People who give you support should treat you in a good way.

This means **all** staff who work for the support service.

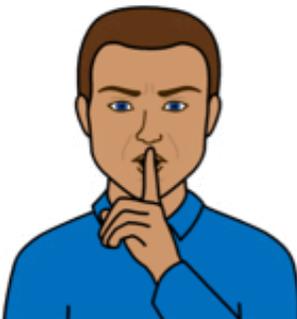
You should not be treated badly because of your disability.



People who give you support should have good training about people with disabilities.



You should always feel safe.



People who give you support should keep what you say private.

They should not share your information unless you say yes first.

Your rights



Extra support

Sometimes there are support services just for people with disabilities.

But you also have the right to use the same support services as everyone else.

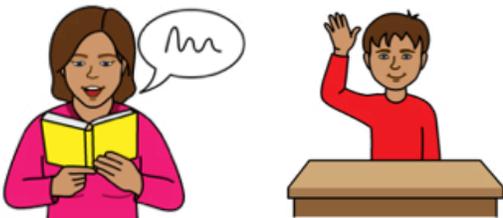


The support you get should be good and easy for you to use.



For example:

- The place you get support from should be easy to get into and move around in.



- The information people give you should be easy for you to understand.

Your rights



You have the right to get extra support if you need it.

For example, you might need:

- A doctor or nurse to spend more time with you.

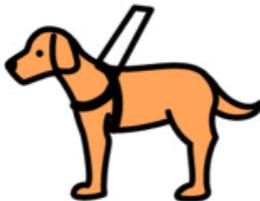


- Help to understand information.

Or information in a way that you find easy to understand.



- Someone to come with you to support you.



- Things to help you. For example, a dog that helps you if you cannot see.



You can ask for the extra support you need.

The people who give you support should help you as much as they can.



Making your own choices

The people who give you healthcare or support should:

- Make sure you understand what support, medicine or treatment they want to give you.
- Make sure you are happy with any support, medicine or treatment they want to give you.

You can say no if you want.

You should only get support, medicine or treatment if you agree first. This is called giving your **informed consent**.



- Make sure you can ask questions.



You can decide what is right for you.

You can get support to decide. That is your right.

But people **should not** tell you what to do or choose for you.

Your rights



Support that is right for you

People should help you get support that is right for you.



If possible:

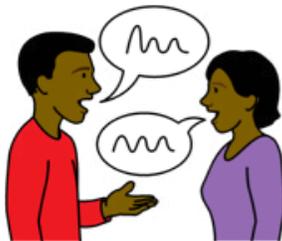
- The support should be near where you live.



- There should be transport that is easy for you to use to get there.



The support you get should be free. Or it should not cost much money.



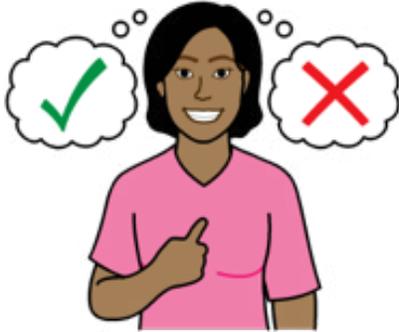
Having your say

You have the right to speak up if you are unhappy with the support.

Or if you feel unsafe.

The people who give you support should try to make things better if there is a problem.

What your government and support services should do



The government and people who run support services should make sure that:

- People with disabilities get all their rights.



- People with disabilities can say what they want support services to be like.



- There is good information about people with disabilities and the support they need.



There should be good laws, plans and rules about this.

The government should stop unfair laws, plans or rules.