

Stopping violence against women and girls with disability

What we learned from our research

Easy Read report



How to use this report



This report was written by:

- Our Watch
- Women with Disabilities Victoria.



When you see the word 'we', it means:

- Our Watch
- Women with Disabilities Victoria.



We wrote this report in an easy to read way.

We use pictures to explain some ideas.

Bold
Not bold

We have written some words in **bold**.

This means the letters are thicker and darker.



We explain what these bold words mean.

There is a list of these words on page 31.



This Easy Read report is a summary of *Changing the landscape: A national resource to prevent violence against women and girls with disabilities*.

This means it only includes the most important ideas.



You can find the other report on our website at

www.ourwatch.org.au.



You can ask someone you trust to help you read this report.



In this report, we talk about some things that might upset some people.



If you get upset and need support, there is a support service you can contact.



You can find their contact details on page 29.

But if you are in danger now:



- call Triple Zero
000



- ask for the police.

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What is this report about?



We know that women and girls with disability experience **violence** more than other people.



Violence is when someone hurts you.



There are different types of violence.

We talk about different types of violence on page 10.



We want to know why violence happens.



So we did some research.

This report explains:



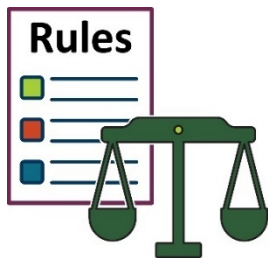
- what we learned



- what everyone can do about violence.



Women and girls with disability have a **human right** to be safe from violence.



Human rights are rules about how everyone should be treated fairly.



It is important to talk about how women and girls with disability experience violence.

This can help women and girls with disability understand:



- their human rights



- that they have the right to be safe.

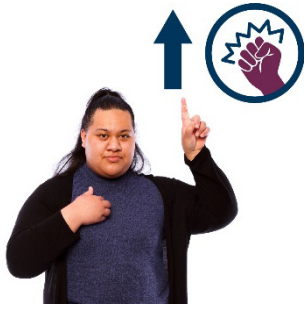
It can also help other people understand that:



- violence is not ok

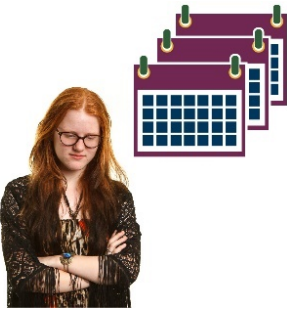


- everyone can help make our communities safer for women and girls with disability



At the moment, women and girls with disability experience more violence than other people in our communities.

This includes experiencing violence:



- for longer periods of time



- from more people in their lives.

The different types of violence

There are different types of violence.



Physical violence is when someone:

- hurts your body
- is rough with you.



Emotional violence is when someone:

- says things that make you feel bad or scared
- controls what you do.



Sexual violence is when someone gets you to do sexual things that you don't want to do.



Financial violence is when someone:

- controls your money when you don't want them to
- takes your money when you don't want them to.



All of these types of violence are wrong.

Violence is never ok.

Why did we write this report?

We wrote this report to help everyone:



- understand why violence happens



- stop violence from happening in the future.

This report talks about:



- how violence affects women and girls with disability



- why violence happens



- how to stop violence.

Reasons why violence might happen

3

We learned about 3 main reasons why women and girls with disability might experience more violence than other people.

1. Our communities are not fair for women and girls



At the moment, our communities aren't fair for all women and girls.



Women and girls with disability might experience violence because of **sexism**.



Sexism is when people don't treat women and girls as well as they treat men.



They do this because they think women and girls aren't as important as boys and men.



People in our communities don't pay enough attention to how women and girls with disability are treated.

Some people think it's ok to treat women and girls with disability:



- badly



- with violence.

Some people:



- think it's ok for women and girls with disability to experience violence



- control the choices women and girls with disability make



- don't let women and girls with disability be **independent**.



When you are independent, you are in control of your own:

- life
- choices.

2. Our communities are not fair for people with disability



Sometimes people with disability are not treated:

- fairly
- the same as other people.



Sometimes people use violence against people with disability.



People treat people with disability like this because of their **attitudes**.



People's attitudes are what they:

- think
- feel
- believe.



When people have bad attitudes towards people with disability, it's called **ableism**.



Ableism is the attitude that people without disability are better than people with disability.



These attitudes can make some people treat people with disability unfairly.

This is also called **discrimination**.



Discrimination is when someone is treated badly because of something they can't change, like their disability.



Sometimes, these attitudes stop people paying attention to violence that happens to women and girls with disability.

Women and girls with disability might also be unsafe because:



- they don't get support to speak up for themselves



- they aren't allowed to make their own decisions



- they're left out of the community



- people don't pay attention to how women and girls with disability are treated.

3. Experiences of different groups of women and girls with disability

Women and girls with disability can have different experiences of violence based on their:



- age
- background
- race
- **gender identity**
- **sexuality**
- **culture**
- religion.



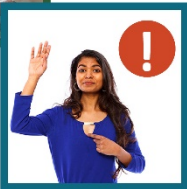
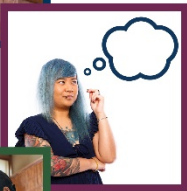
Your gender identity is not about your body being male or female.

It is about who you feel you are as a person.



Your sexuality is who you are attracted to.

Your culture is:



- your way of life
- how you think or act now because of how you grew up
- your beliefs
- what is important to you.

What can everyone do to stop violence?



There are things everyone in the community can do right now to stop violence.

We call these important actions.



These important actions can help keep women and girls with disability safe.

What can communities do?



Everyone in the community must start doing these important actions straight away.

Everyone can make our communities fairer for women and girls with disability.

Everyone can talk about:



- why violence might happen



- what different types of violence look like.





Everyone can make sure they know violence against women and girls with disability is always wrong.



Everyone can change their attitude towards women and girls with disability.



Everyone can make sure all women and girls with disability are included in the community.



Everyone can understand that women and girls with disability can be independent.



Everyone can make sure women and girls with disability can take part in decisions about their lives.

What can men and boys do?



Men and boys can understand woman and girls have the human right to be safe.



Men and boys can understand that violence is never ok.



Men and boys can change how they act.

This includes:



- never using violence against women and girls



- showing respect for women and girls.

What can organisations do?



Organisations can treat women and girls fairly.

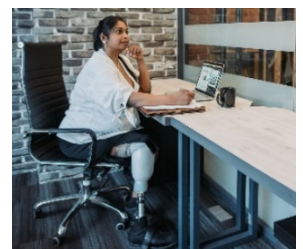
Organisations can:



- hire more women and girls with disability



- make sure there is no discrimination against women and girls with disability



- make sure their place of work is safe and **accessible**.



When something is accessible, everyone can use it.



Organisations can learn more about the human rights of women and girls with disability.

What can governments do?

When we say governments, we mean:



- state and territory governments



- the Australian government.

Governments can:



- make sure there are laws to stop violence from happening



- give money to organisations that help stop violence against women and girls with disability



- make sure people and organisations respect the human rights of women and girls with disability.

Our guiding principles



Principles are important ideas that everyone should always think about.



These principles should guide people's work to stop violence.



If people follow our principles, it will help improve their work to stop violence.



People should ask women and girls with disability what they:

- think
- feel
- have to say.

People should make sure women and girls with disability are able to:



- be independent



- make their own decisions



- be in control of their own life.

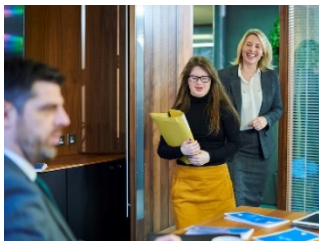


People should think about the **strengths** of women and girls with disability when they support them.



Your strengths are things you:

- are good at
- have learned to do well.



People should include women and girls with disability in work that is about them.

People should know:



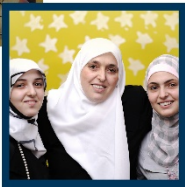
- what to do if a woman or girl with disability tells them about their experience of violence



- how to work in ways that keep women and girls with disability safe



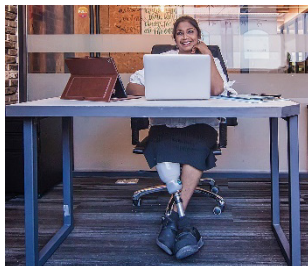
People should ask women and girls with disability about what would keep them safe.



People should also respect other people's:

- disability
- race
- gender identity
- sexuality
- culture
- religion.

People should think about being more:



- accessible for women and girls with disability.



- **inclusive** of women and girls with disability.
When something is inclusive, everyone can take part.

People should:



- share their research with other people



- do more research in the future.

Support for you



1800RESPECT is a phone service for people around Australia who experience violence.



1800 737 732



Online chat

chat.1800respect.org.au



24 hours a day

7 days a week



www.1800respect.org.au



They also have an app for women with disability called Sunny.

www.1800respect.org.au/sunny



You can download Sunny to your phone or tablet.

Sunny can help you:



- find people who can help you



- know what your human rights are.

Word list

This list explains what the **bold** words in this document mean.



Ableism

Ableism is the attitude that people without disability are better than people with disability.



Accessible

When something is accessible, everyone can use it.



Attitude

People's attitudes are what they:

- think
- feel
- believe.



Culture

Your culture is:

- your way of life
- how you think or act now because of how you grew up
- your beliefs
- what is important to you.



Discrimination

Discrimination is when someone is treated badly because of something they can't change, like their disability.



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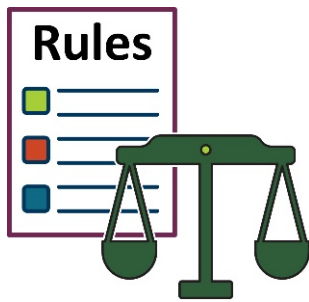
- controls your money when you don't want them to
- takes your money when you don't want them to.



Gender identity

Your gender identity is not about your body being male or female.

It is about who you feel you are as a person.



Human rights

Human rights are rules about how everyone should be treated fairly.



Inclusive

When something is inclusive, everyone can take part.



Independent

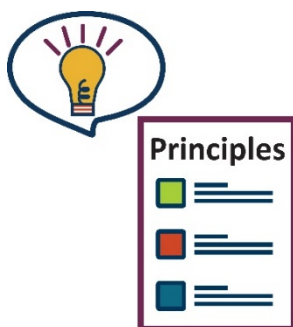
When you are independent, you are in control of your own:

- life
- choices.

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Principles

Principles are important ideas that people should always think about.



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Sexual violence

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Sexuality

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Strengths

Your strengths are things you:

- are good at
- have learned to do well.



Violence

Violence is when someone hurts you.

Contact us

Our Watch



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