## **Abuse Awareness**

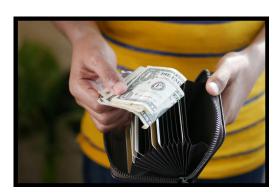
## Remember your Rights!

- To be safe at home, work, and in the community
- To be treated with respect by family, staff, and others
- To make choices about your own life
- To say no if something makes you uncomfortable or not feel safe.
- To speak up and be heard



## What is **Abuse**?

- Hitting or pushing you
- Screaming, name-calling, threats, or bullying
- Touching you without permission
- Keeping you from family and friends
- Stealing your money, belongings, or medicine
- Not giving you food, medicine, or help you need



## What You Can Do ...

- **Tell someone** you trust.

  This can be a family member, friend, staff, Support Administrator, or advocate
- Keep asking for help until you feel safe
- Call 911 if you are in immediate danger and need police.







Who Else Can you Call?

- Cuyahoga County Major Unusual Incident (MUI) Reporting Hotline: 1-440-333-6841
- Ohio Department of Developmental Disabilities Abuse Hotline:
   1-800-617-6733