



VICTIM SUPPORT

ACT Human
Rights Commission



What help can I get if a violent crime happens to me?



Easy English 2022

Easy Read

Hard Words



This book has some hard words.

The first time we write a hard word

- the hard word is in **blue**
- we will write what the hard word means.



You **can** get help with this book.

You **can** get someone to help you

- read this book
- know what it says
- find more information.



This book is about what help you can get if a **violent crime** happens to you or a person you know.

A **violent crime** is when a person



- hurts you



- scares you

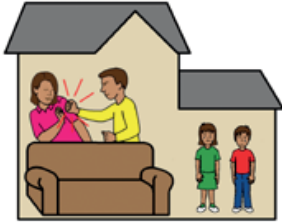


- makes you feel unsafe

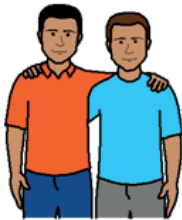


- tries to control you.

The person who hurts you could be



- a person in your family



- a friend, boyfriend or girlfriend



- a carer



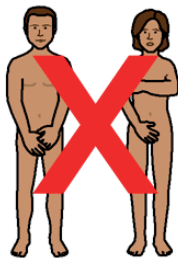
- a person you do **not** know.

There are different types of crime.

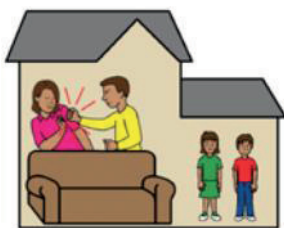
We are going to talk about



- **physical crime**



- **sexual crime**



- **family violence crime.**

A **physical crime** is when someone hurts your body.

This might be when another person



- hits, kicks or punches you



- uses an object to hurt you



- holds you down



- does **not** let you leave



- says they will hurt you.

A **sexual crime** is when a person says or does sexual things to you without your **consent**

This might be when another person

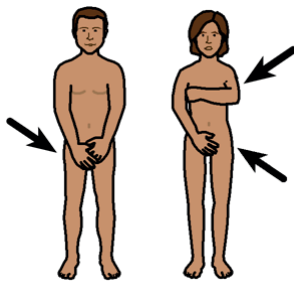


- makes you have sex with them



- touches the **private parts** of your body

Private parts can be your



- bottom
- vagina
- penis
- breasts

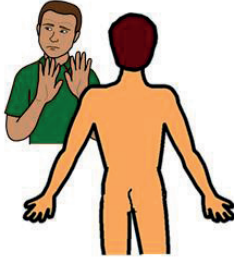


- makes you touch the private parts of their body.

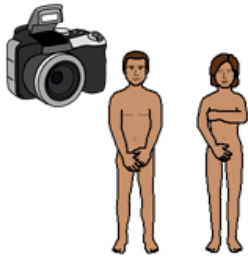


Consent means you say yes to something you want to do.

A **sexual crime** can also be when a person does something sexual without your **consent**



- shows you the private parts of their body or another person's body



- takes a naked or sexual photo of you



- shares naked or sexual pictures of you with another person



- shows you sexual videos or pictures.



When a sexual crime happens, sometimes the person will ask you **not** to tell anyone else about it.



This is **wrong**.

It is ok to tell



- us



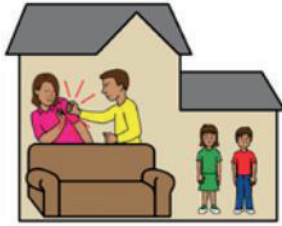
- a friend



- your family



- a person that you trust.



A **family violence crime** is when a person in your family hurts you.

A person in your family might be



- a person you are in a relationship with, like a partner, boyfriend or girlfriend

or

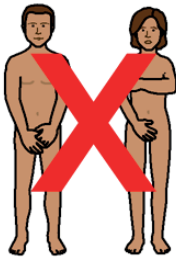


- a parent
- a parent's partner
- brother or sister
- step brother or step sister
- cousin
- aunt or uncle
- grandparent.

Family violence can include



- a physical crime



- a sexual crime



- **emotional abuse.**

Emotional abuse is when a person uses words or threats to hurt you.

The person might



- hurt you



- scare you



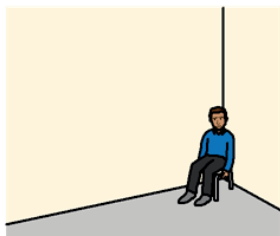
- say they will hurt you, a person you love, or your pets



- take or spend your money



- **not** give you your medicine or food



- say they will leave you alone with **no** help



- **not** let you go out or see your family or friends.



Victim Support ACT can help you if a crime happens.

We will



- listen to you
- give you information
- help you to talk to the police.



But you do **not** have to tell the police about the crime if you do **not** want to.

We can still help.

We can



- help you feel safe



- help you find a **counsellor**

A **counsellor** is a person you can talk to about how the crime made you feel

Legal Aid ACT

- link you with other services, like Legal Aid



- go to court with you.



Victim Support can also help you make a complaint if you are not happy with how a service treats you. For example, the police or the courts.

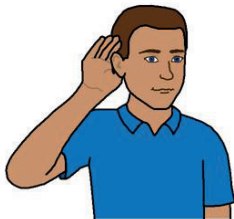
People at these places should



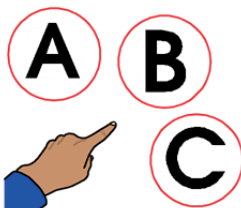
- be respectful



- help you feel safe



- listen to you



- let you know your options.

Financial Assistance Scheme

The Financial Assistance Scheme is money to help you pay for things you need if you are hurt by a crime.

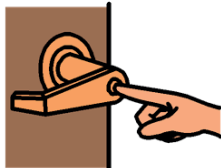
We can sometimes pay for



- doctors or dentists



- clothes or glasses damaged by the crime



- things to make your home safe, like new locks on doors



- help you move home, if your home is **not** safe.



You may also get a [recognition payment](#). A recognition payment is money to help you after the crime.

Victim Support ACT can help anyone.

We can help you



- if you are Aboriginal or Torres Strait Islander

You can ask to speak to our **Aboriginal Liaison Officer** when you call us



- if you are a migrant, refugee or asylum seeker

We have a **Multicultural Officer** and we can help you with an interpreter.

You can contact Victim Support ACT in different ways.



- You can call us on

1800 822 272

or

(02) 6205 2222



- You can email us at

victimsupportintake@act.gov.au



- You can come and visit us at

**ACT Human Rights Commission
56 Allara Street, Canberra City**



- You can also visit our website at

www.victimsupport.act.gov.au

Advocacy for Inclusion made this Easy English resource

Contact details

2.02 Griffin Centre, 20 Genge Street Canberra City ACT 2601

Phone: 6257 4005

Email: info@advocacyforinclusion.org

ABN: 90 670 934 099

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Content acknowledgements

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