

Abuse Happened: Types of Abuse

An After-Abuse Easy Reader for Missourians with Disabilities



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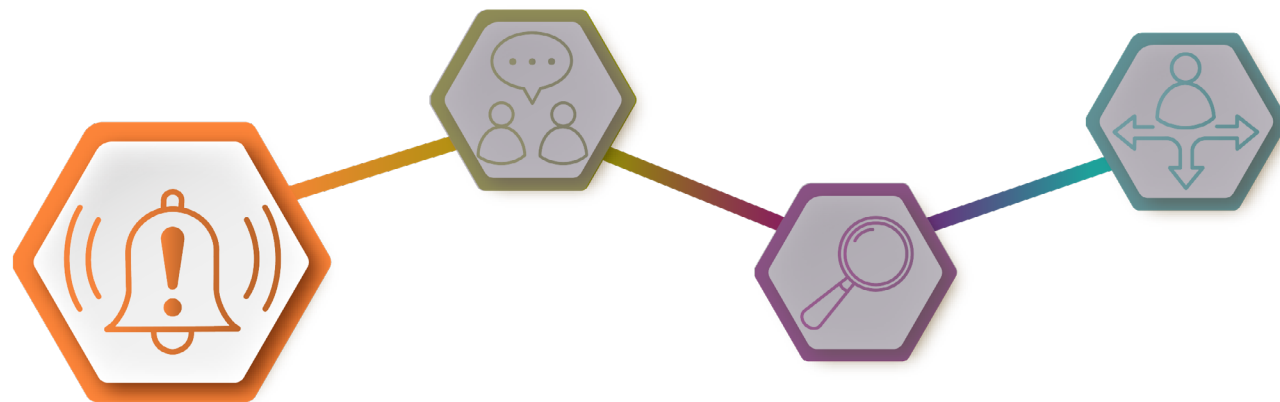
What is This and Who is it for?

This Easy Reader is one in a series of four booklets.

They are meant to help you learn about what happens after abuse.

This Easy Reader, **Abuse Happened: Types of Abuse**, is to help you learn what abuse means.

It will also help you know about the different kinds of abuse. You can use it to help you know if abuse has happened to you.



Abuse Happened

Using This Easy Reader



Easy Readers use words and pictures to help you understand what you need to know.



You might be able to read this booklet by yourself.



You can also ask someone to read it with you.

Why is it Important to Learn About Abuse?



People with disabilities are at a higher risk for abuse.



They are often not told what abuse is.



That makes it hard to know when it happens.

About Abuse



Abuse can happen to anyone.



You have the right to be free from abuse.



Learning about abuse can help you know when it is happening to you.

About Abuse



Abuse happens when a person mistreats or hurts you on purpose.



Abuse can happen one time or it can happen many times.



It can be done by a stranger or someone you know or are close to.

What is Abuse?



Abuse means that someone has hurt you in some way.



It might be something that hurts your body.



Abuse can also be something that hurts your feelings.

Different Kinds of Abuse



Verbal abuse is when someone hurts your feelings by talking mean to you.



It can also be when they call you a bad name or make fun of you.



Financial abuse is when someone takes your money or things without your okay.

Different Kinds of Abuse



Physical Abuse is when someone hurts your body on purpose. It is also when someone threatens to hurt your body.



Sexual abuse is when someone:

- Touches your body when you don't want them to
- Has sex with you when you don't want to
- Makes you do something sexual when you don't want to

If Abuse Has Happened to You



If you have been abused you might have a lot of feelings about it.



You might feel upset or angry.



You might feel that it is unfair that this has happened to you.

If Abuse Has Happened to You



You need to remember, it is not your fault.



You did not do anything to cause it to happen.



You get to decide what to do next.

Resources

Police

Call 911 if you are in danger right now or if you think someone broke the law.

Suicide and Crisis Lifeline

Call 988 to talk right away with a trained mental health counselor about how you're feeling.

Missouri Adult Abuse Hotline and Online Reporting

To report abuse to Missouri's adult abuse investigators, call the hotline or visit the online form. You can call the hotline at **800-392-0210** or visit

health.mo.gov/safety/abuse/

To learn more, check out the other booklets in this series.



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Find more tools and resources at
afterabuseMOguide.com

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