

# Tell Someone: Deciding Who to Tell

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An After-Abuse Easy Reader for Missourians with Disabilities



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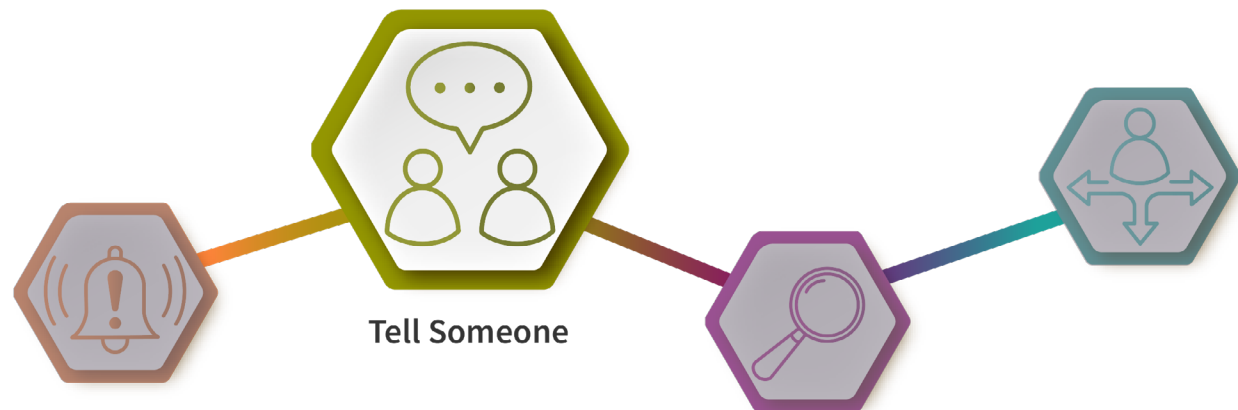
## What is This and Who is it for?

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, **Tell Someone: Deciding Who to Tell**, is for when abuse has happened to you.

It will help you know about people you can tell.



## 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.

## What is Disclosure?



When you have been abused, you can choose to tell someone.



This is called **disclosure**. Disclosure means to tell or make known.



Here it means telling about or making the abuse known to others.

## Deciding Who to Tell



It can feel scary to tell someone about abuse.



You get to decide who you tell.



It's important to think about who you want to tell.

## Mandated Reporters



There are some people who are mandated reporters like teachers, doctors and social workers.



This means that when you tell them, they must make report to the state Adult Abuse and Neglect Hotline.



They must report the abuse even if you don't want them to because it is the law.

## Telling Someone I Trust



You can tell a person you trust about what happened to you.



This might be a family member or friend.



You could also tell someone like a case manager. They might also be called a service coordinator.

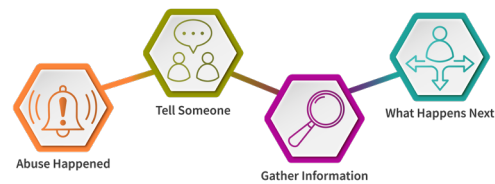
## What is a Victim Advocate?



You can tell a victim advocate.



It is their job to advocate or stand up for you.



They can help explain what is happening along the way.

## Adult Protective Services



You can call Adult Protective Service through the Missouri Adult Abuse and Neglect Hotline.



You can tell them about what happened to you.



They will look into what happened to you and can connect you with services you may need.

## Telling the Police



If you think the person who hurt you broke the law, you can tell the police.



Sometimes this means the person who abused you might get in trouble with the law.



You can have a trusted person or victim advocate with you when you talk to the police.

## Telling the Police



The police may want to look at your body for proof of the crime.



You have the right to ask for the person looking to be the gender of your choice.

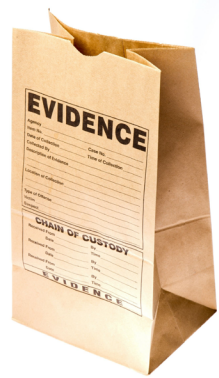


They should tell you what they are doing at all times.

## What to Expect



The police may want to keep your clothing.



What you were wearing when the abuse happened can be used in court as evidence.



You can bring an extra set of clothes just in case.

## Going to the Hospital



If your body was hurt by the abuse, you can go to the hospital.



You can bring a trusted person with you.



The hospital might want to keep your clothes to use for evidence.

## What to Expect



The hospital may want to examine, or look at, your body to see where and how you've been hurt.



You have the right to ask for the person looking to be the gender of your choice.



They should explain what they are doing at each step of the way.

## When You Tell Someone



No matter who you tell, you should be treated with respect.



When you tell someone, they should believe you.



If the person you tell doesn't believe you, then tell someone else.



## How the Person You Tell Should React



The person you tell should react in an understanding way.



You should be able to ask them questions.



They should be sensitive to how you are feeling.

## 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 if you need to talk right away to a 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/](https://health.mo.gov/safety/abuse/).

### Missouri Coalition Against Domestic and Sexual Violence

Find a local victim advocate by clicking on the Missouri map of victim service organizations near you. [mocadsv.wpengine.com/how-to-get-help/](https://mocadsv.wpengine.com/how-to-get-help/)

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



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Find more tools and resources at  
**[afterabuseMOguide.com](https://afterabuseMOguide.com)**

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