

WHAT CAN YOU DO?

Talk to someone. Don't just take it!
Here are some people you might talk to

- A friend or family member
- Your nurse or doctor
- Your pastor, rabbi, or other faith leader
- A social worker
- Call STAND! Against Domestic Violence at 1.888.215.5555 for resources/support.
- Call San Bernardino County Adult Protective Services at 1.877.565.2020
- Call the police (9-1-1) if you are in immediate danger.



REMEMBER

- It's YOUR life!
- You CAN get help.
- You have the right to be free from harm.
- No one deserves to be abused!

San Bernardino Community College
District Police Department
Phone | 909.384.4491



Rev 03/13

YOU DESERVE TO BE SAFE!



Empowering Adults with Disabilities

NO ONE DESERVES TO BE ABUSED



WHAT IS ABUSE?

- When someone yells, insults, threatens, neglects you, or steals from you.
- Physical, sexual, verbal, emotional, or financial mistreatment.
- Being hurt by a family member or loved one, personal assistant, service provider, a driver or a friend.

WHAT DOES ABUSE LOOK LIKE?

Does a family member, attendant or helper ever:

- Yell, scream, insult you, gossip, threaten or manipulate you?
- Steal/ use your belongings?
- Show up for work drunk or high?
- Neglect you or ignore your needs?
- Pressure you to eat fast or go to bed early so he or she can leave?
- Keep you from controlling your wheelchair, phone or equipment?
- Handle you roughly, hit, kick, slap you or threaten you?
- Pressure or touch you sexually in unwanted ways?
- Limit your independence, isolate or control you?

If yes, you are being abused and need help!



www.sbccd.org/police

TIPS TO REDUCE ABUSE

- Stay in charge of your keys, wallet and phone.
- Check references of a new employee.
- Make a written agreement on the tasks, hours and pay.
- Give clear instruction on what you expect and give positive feedback. If something is not right, talk about it.
- Have door locks that can be easily changed.
- Do not give your ATM card and PIN# to anyone. Use direct deposit for your monthly checks.
- Talk with others about what is going on.
- Take an attitude of "I won't put up with abuse!"

YOU SHOULD KNOW

- *NO ONE* deserves to be abused.
- You have the right to be safe and treated well.
- You *CAN* get help!
- It is against the law for someone to hurt you.