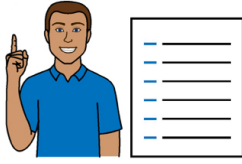


What you can do about image based abuse



Easy English

Hard words



This book has some hard words.

The first time we write a hard word

- the word is in **blue**
- we 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 this book is about
- find more information.



About this book

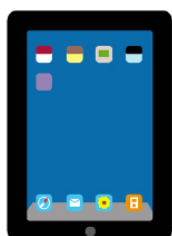


The **eSafety Commissioner** wrote this book.

When we say **we** it means the eSafety Commissioner.



The eSafety Commissioner wants to help make your time **online** safe.



Online means when you use

- the internet

- phone apps



- games



- social media.

For example, Facebook or Instagram.

This book is about **image based abuse**.

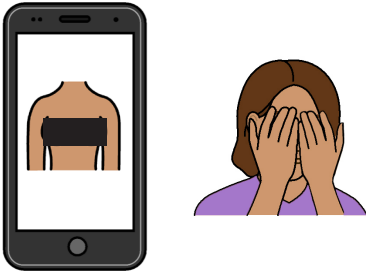


Image based abuse means someone puts an **intimate image** of you online **without** your **consent**.



Intimate images can be photos or videos of

- you naked
- your private body parts
- you doing something private.

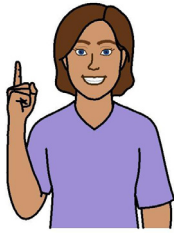


For example,

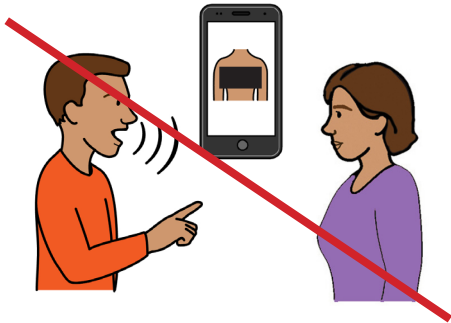
- having sex
- having a shower.



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



You must understand what you say **yes** to.

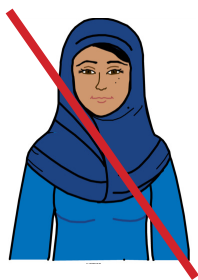


It is **not** consent if you

- are scared to say **no**
- feel forced to say **yes**.



It is **not** OK if someone puts your intimate image online **without** your consent.

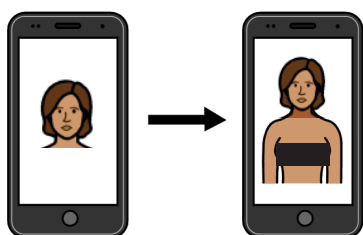


Intimate images can also be photos or videos of you **not** wearing religious or cultural clothes that you wear in public. For example, a hijab.

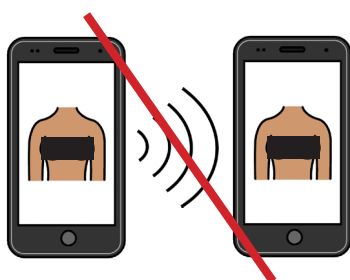


Image based abuse is also when someone

- makes a threat that they will put an intimate image of you online



- puts an intimate image online that has been changed to make it look like you.



If someone sends you an intimate image

- it is **not** OK for you to send it to other people

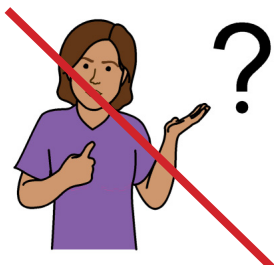


- it can be a crime to share it.



Image based abuse is

- **not** OK



- **not** your fault



- against the law.



Image based abuse can happen to anyone.



Image based abuse can make you feel

- embarrassed



- upset



- like you have done something wrong.

How to get help



Use the form on our website to tell us what happened.

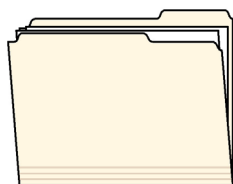
www.esafety.gov.au/report/image-based-abuse



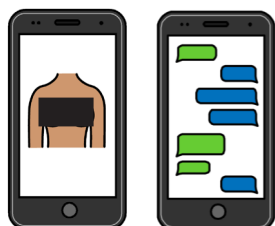
We can help get the intimate images off the internet.

Sometimes we can help in other ways.

When you tell us what happened



It can help us to work out what happened if you have **evidence**.

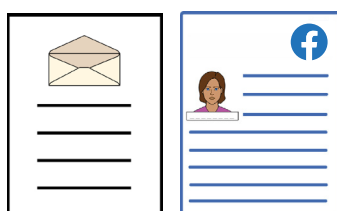


Evidence can be

- screenshots



- saved voicemail messages



- printed emails and social media posts



- a diary of what has happened.



You can get more information on our website.

www.esafety.gov.au/report/image-based-abuse/collecting-evidence

More places to get help

Tell someone what has happened.



You can tell

- a friend
- someone you trust
- an **advocate** or support worker.



An advocate is someone who can help you talk to us about what happened.

You or someone you trust can contact people who can help you.

How to get help from the police



If you do **not** feel safe or are in danger right now call the police on 000.

If it is **not** an emergency

- call the Police Assistance Line
on 131 444
- visit your local police station.



How to get help from an advocate



An advocate can help you tell us about the abuse.

You can find an advocate using the National Disability Advocacy Program.



Australian Government
Department of Social Services

[www.disabilityadvocacyfinder.dss.gov.au/
disability/ndap/](http://www.disabilityadvocacyfinder.dss.gov.au/disability/ndap/)

How to get support

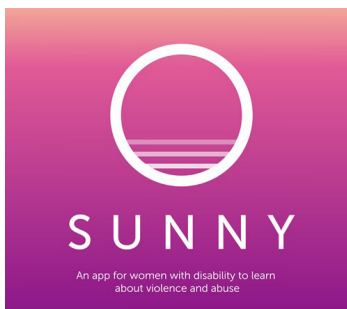


1800RESPECT

A free service for people who have had violence or abuse happen to them.

Call 1800 737 732

www.1800respect.org.au



Sunny

Sunny is a free app for your phone made by 1800RESPECT.

It helps women with disability learn about violence, abuse and their rights.

Find the app at

www.1800respect.org.au/sunny



Our Site

A website for women and girls with disability.

Help with resources and information about

- safety from all forms of violence
- human rights
- women's health
- how to make choices
- how to be part of your community.

oursite.wwda.org.au



Daisy

Daisy is a free app for your phone made by 1800RESPECT.

It tells you about local support services for people who experience violence or abuse.

Find the app at

www.1800respect.org.au/daisy



Job Access

Driving disability employment

National Disability Abuse and Neglect Hotline

A free, independent and confidential service for reporting abuse and neglect of people with disability.

Anyone can call, including family, friends, service providers or a person with disability.

Call 1800 880 052



**NDIS Quality
and Safeguards
Commission**

NDIS Quality and Safeguards Commission

The NDIS Commission helps with complaints about supports and services you get from NDIS providers.

Call 1800 035 544

www.ndiscommission.gov.au/about/complaints



**First Peoples
Disability Network
Australia**

First Peoples Disability Network Australia

Supports the needs and interests of Australia's First Peoples with disability.

www.fpdn.org.au



**Australian
Human Rights
Commission**

Australian Human Rights Commission

Australian Human Rights Commission has a list of disability legal and advocacy services.

www.humanrights.gov.au/our-work/disability-rights/disability-rights-disability-legal-services



Lifeline

Call 13 11 14

www.lifeline.org.au

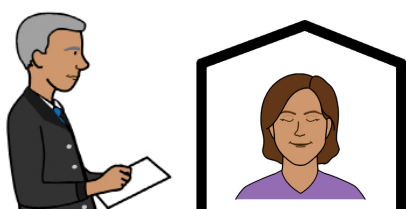


Beyond Blue

Call 1300 22 4636

www.beyondblue.org.au/getsupport

How to get legal help



A lawyer can help you find other ways to keep safe.

For example, a protection order to stop abuse.



Community Legal Centres Australia

Community Legal Centres give free legal help.

www.clcs.org.au/findlegalhelp



More information

You can find more information about image based abuse on our website.



www.esafety.gov.au/women



If you need help to speak or listen

Use the National Relay Service.

communications.gov.au/accesshub/nrs

Call 1800 555 660



Translating and Interpreting Service

Help in languages other than English.

Call 131 450

Acknowledgements

With thanks to VALID for sharing their knowledge. www.valid.org.au

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Scope (Aust) Ltd produced this Easy English version with the eSafety Commissioner in May, 2020.

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