

Speaker 1: Abuse prevention. What does abuse look like? Presented by the DDS Health Tool Kit.

So what is abuse? Well, abuse can take many forms, it can be physical abuse, sexual abuse, neglect, emotional or psychological abuse, or financial exploitation. Let's look at each one a little bit closer. Physical abuse. Physical abuse can be someone punching or hitting you, someone throwing objects at you, pushing or shoving you, or using physical restraints. Sexual abuse. Sexual abuse is being forced into sexual activity or touched inappropriately. Neglect is not providing the adequate food, clothing or the medical care an individual needs. Emotional or psychological abuse can be insults, threats, bullying, or isolation. Lastly, financial exploitation. This can be someone you know or don't know stealing or misusing your assets.

This is why it's important to know your rights. You have the right to equal treatment, safety, privacy, choices, being treated with dignity and respect, [inaudible] relationships, community inclusion, independent living, employment, education, health care, and advocating for one's rights. If you are experiencing abuse or know someone that is experiencing abuse, you can report it to your direct support professional or someone you trust, police, a local law enforcement agency, or adult protective services. For more information on abuse prevention and other topics, please visit [ddshealthtoolkit.org](http://ddshealthtoolkit.org).