

**Speak Up** and be Safe from Abuse



### About the book

Open the book with 2 pages open. The words on the left are core words. These are on the left side throughout the book. The book is arranged in categories with an index page at the front.

Always begin with the index page (and you can go back to the index page if you are unsure).

Each category has a colour and number (each category page has a, b, c, etc., to help with navigation).

### How to use the book

Place/hold the book where I can see it/point to it. The book is heavy. You may need to create a stand if you are holding it up for a long time.

Direct access - The person will turn the pages and point to the relevant pictures, letters, numbers and words in this book.

Supported, direct access – You turn the pages and the person points to the relevant pictures, letters, numbers and words in this book.

### Indirect access

- Look where the person is looking at the book.
- Ask the person row by row where the word is. When the person indicates "yes", ask the person column by column where the message is.

Give the person extra time to answer questions.

If the person can spell, there is an alphabet board in category 12.

This may help with specific information, such as names.

If a word is not in that category, go back to the index page.

### How to start the conversation

"I've noticed you..." (e.g. seen in the car, not sleeping well, not eating)

"You asked to talk about something, what has happened?"

Ask open-ended questions. For example, "What happened? / Tell me more"

Confirm with simple yes/no questions "You told me – at home – is that correct".

Summarise/repeat to check if you have understood correctly.

Speak in short sentences.

Talk about one idea at a time.

If the person struggles to initiate, you may need to specifically ask for information from each category in the book, e.g. Actions, places, people, etc. Only use this method if the person is unable to spontaneously provide the information.

Offer support to the person

### Prompts

"Do you feel safe?" "What can I do to help you feel safe?"

"What would you like me to do next?"

### Record sheet

**Use the Speak Up and be Safe from Abuse record sheet to record information about your conversation.**

I, me, my



help



no



yes



you, your, yours



do/did/does



I don't remember



I'm not sure



her/him/them



here



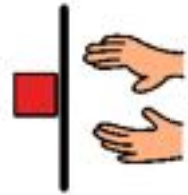
I have a question



I don't know



want



there



maybe



who



I don't understand



see/saw



Would you repeat that please



where

now



what



when



where



go back to index page



It's not on this page



I'll spell it.

Go to tab 12







# Index

chat/talk

don't tell anyone

something else

now

heard

safe

unsafe

later

actions

body parts

people

places

time & numbers

things

feelings

health and wellbeing

thoughts

relationships/ emotional

I need help

alphabet & other words





















## ABC

no

yes

It's not in this book

I, me, my 	help 	no 	yes 
you, your, yours 	do/did/does 	I don't remember 	I'm not sure 
her/him/them 	here 	I have a question 	I don't know 
want 	there 	maybe 	who 
I don't understand 	said/ask 	see/saw 	Would you repeat that please 
how 	what 	when 	where 
go back to index page 	It's not on this page 	I'll spell it. Go to tab 12 	stop/wait 




 <div style="display: inline-block; border: 1px solid black; padding: 5px;"> <b>Actions</b> <span style="border: 1px solid black; padding: 2px;">1a</span> </div>				<div style="border: 1px solid black; padding: 2px; display: inline-block;"> <b>1a</b> actions         </div> 
hit 	force feed 	putting the brakes on 	abuse about sexuality 	
threaten 	drunk 	trap 	abuse about your religion 	
follow 	hold down 	steal 	financial abuse 	
burn 	touch 	pinch skin 	psychological/emotional abuse 	
previous page 			next page 	



I, me, my 	help 	no 	yes 
you, your, yours 	do/did/does 	I don't remember 	I'm not sure 
her/him/them 	here 	I have a question 	I don't know 
want 	there 	maybe 	who 
I don't understand 	said/ask 	see/saw 	Would you repeat that please 
how 	what 	when 	where 
go back to index page 	It's not on this page 	I'll spell it. Go to tab 12 	stop/wait 

 <div style="float: right;"> <b>Actions</b> <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">1b</span> </div>			
rough handling 	kick 	sex 	beat/punch 
neglect 	kiss 	poke 	slap 
cuddle 	lick 	attack 	given the wrong medication 
was not given medication 	was given too much medication 	accidental 	on purpose 
previous page 			next page 

I, me, my 	help 	no 	yes 
you, your, yours 	do/did/does 	I don't remember 	I'm not sure 
her/him/them 	here 	I have a question 	I don't know 
want 	there 	maybe 	who 
I don't understand 	said/ask 	see/saw 	Would you repeat that please 
how 	what 	when 	where 
go back to index page 	It's not on this page 	I'll spell it. Go to tab 12 	stop/wait 

 <div style="float: right;"> <b>Actions</b> <span style="border: 1px solid black; padding: 2px;">1c</span> </div>			
was not given food 	was not given drinks 	swear 	look 
could not use the toilet 	sleazy 	restraint 	ignore 
bully 	dress 	undress 	shower 
change 	intimidate 	break things 	locked away 
previous page 			next page 











I, me, my 	help 	no 	yes 
you, your, yours 	do/did/does 	I don't remember 	I'm not sure 
her/him/them 	here 	I have a question 	I don't know 
want 	there 	maybe 	who 
I don't understand 	said/ask 	see/saw 	Would you repeat that please 
how 	what 	when 	where 
go back to index page 	It's not on this page 	I'll spell it. Go to tab 12 	stop/wait 


 <div style="float: right;"> <b>Actions</b> <span style="border: 1px solid black; padding: 2px;">1d</span> </div>			
cyber bullying 	phone 	smart phone 	pay me back 
close door 	open door 	put on 	take off 
someone heard 	someone saw 	being lied to 	sexting 
fall over 	playing sport 	review plan 	<b>7a</b> feelings 
previous page 			next page 



I, me, my 	help 	no 	yes 
you, your, yours 	do/did/does 	I don't remember 	I'm not sure 
her/him/them 	here 	I have a question 	I don't know 
want 	there 	maybe 	who 
I don't understand 	said/ask 	see/saw 	Would you repeat that please 
how 	what 	when 	where 
go back to index page 	It's not on this page 	I'll spell it. Go to tab 12 	stop/wait 

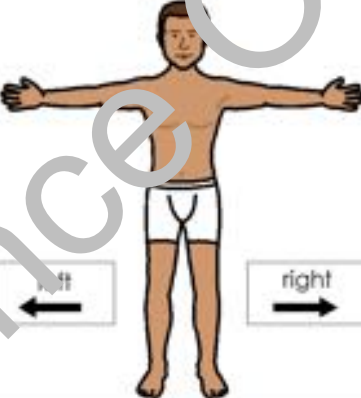
	Actions <span style="border: 1px solid black; padding: 2px;">1e</span>		
pushed against 	swearing 	watching TV 	12a alphabet & other words <b>ABC</b>
bored/ nothing to do 	biting 		
previous page 			next page 

I, me, my 	help 	no 	yes 
you, your, yours 	do/did/does 	I don't remember 	I'm not sure 
her/him/them 	here 	I have a question 	I don't know 
want 	there 	maybe 	who 
I don't understand 	said/ask 	see/saw 	Would you repeat that please 
how 	what 	when 	where 
go back to index page 	It's not on this page 	I'll spell it. Go to tab 12 	stop/wait 

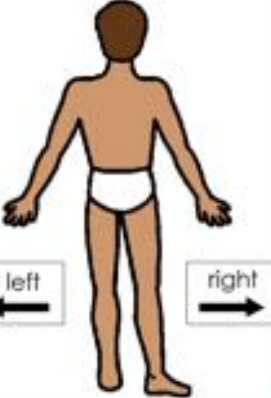











Body Parts - male 2a


Front




Back



head/face 	mouth 	arms 	hands/fingers 
chest 	stomach 	penis (dick/cock) 	bottom 
legs/feet 			

previous page  


next page  


2a

body parts


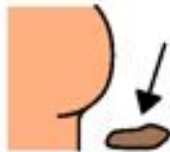





I, me, my 	help 	no 	yes 
you, your, yours 	do/did/does 	I don't remember 	I'm not sure 
her/him/them 	here 	I have a question 	I don't know 
want 	there 	maybe 	who 
I don't understand 	said/ask 	see/saw 	Would you repeat that please 
how 	what 	when 	where 
go back to index page 	It's not on this page 	I'll spell it. Go to tab 12 	stop/wait 



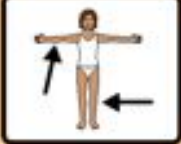
Body Functions - Male 2b

erection 	some 	sticky 	wee 
masturbation 	poo 	intercourse 	condom 

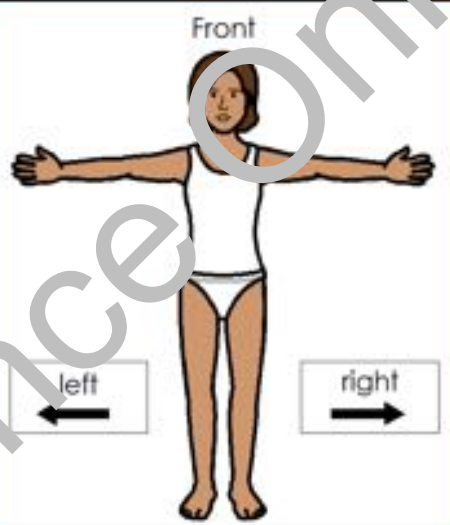
previous page  

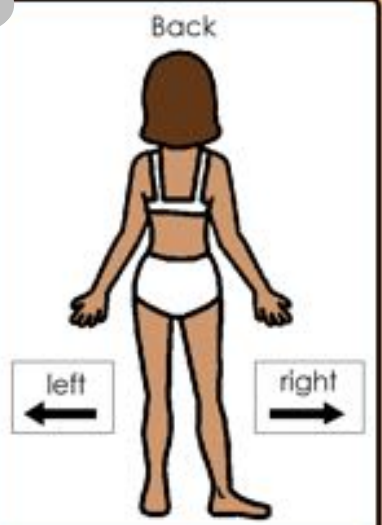

next page  











I, me, my 	help 	no 	yes 
you, your, yours 	do/did/does 	I don't remember 	I'm not sure 
her/him/them 	here 	I have a question 	I don't know 
want 	there 	maybe 	who 
I don't understand 	said/ask 	see/saw 	Would you repeat that please 
how 	what 	when 	where 
go back to index page 	It's not on this page 	I'll spell it. Go to tab 12 	stop/wait 





Body Parts - Female 2c

Front  


Back  


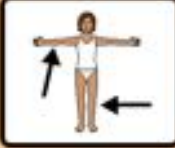
head/face 	mouth 	arms 	hands/fingers 
breasts 	stomach 	vagina (pussy) 	bottom 
legs/feet 			

previous page  


next page  






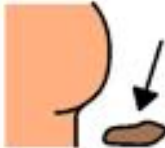



I, me, my 	help 	no 	yes 
you, your, yours 	do/did/does 	I don't remember 	I'm not sure 
her/him/them 	here 	I have a question 	I don't know 
want 	there 	maybe 	who 
I don't understand 	said/ask 	see/saw 	Would you repeat that please 
how 	what 	when 	where 
go back to index page 	It's not on this page 	I'll spell it. Go to tab 12 	stop/wait 




## Body Functions - Female


2d

<p>pubic hair</p> 	<p>menstruation</p> 	<p>wee</p> 	<p>masturbation</p> 
<p>poo</p> 	<p>intercourse</p> 	<p> </p>	<p> </p>

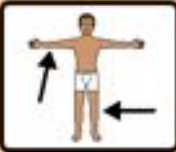
previous page



next page



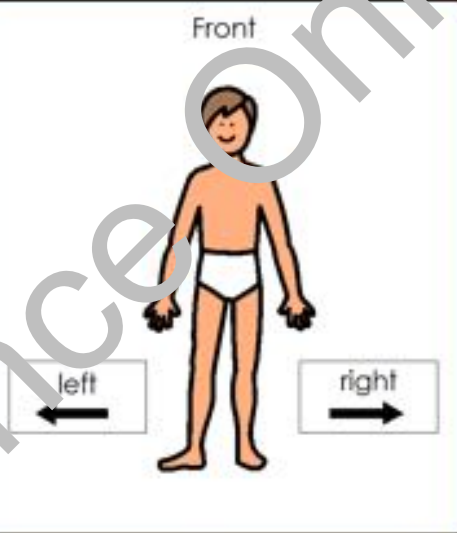
I, me, my 	help 	no 	yes 
you, your, yours 	do/did/does 	I don't remember 	I'm not sure 
her/him/them 	here 	I have a question 	I don't know 
want 	there 	maybe 	who 
I don't understand 	said/ask 	see/saw 	Would you repeat that please 
how 	what 	when 	where 
go back to index page 	It's not on this page 	I'll spell it. Go to tab 12 	stop/wait 



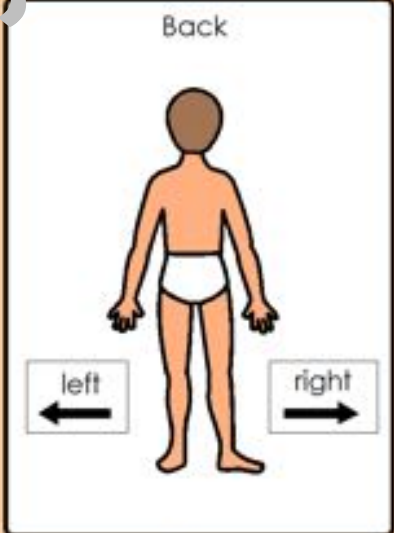
## Body Parts - Male


2e


Front





Back





head/face  



mouth  



arms  



hands/fingers  



chest  



stomach  


penis (dick/cock)  


bottom  



legs/feet  


previous page  


next page  




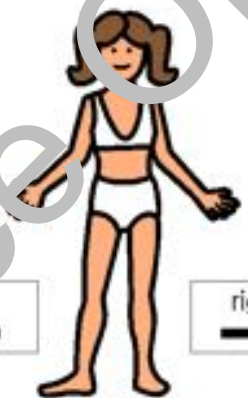
I, me, my 	help 	no 	yes 
you, your, yours 	do/did/does 	I don't remember 	I'm not sure 
her/him/them 	here 	I have a question 	I don't know 
want 	there 	maybe 	who 
I don't understand 	said/ask 	see/saw 	Would you repeat that please 
how 	what 	when 	where 
go back to index page 	It's not on this page 	I'll spell it. Go to tab 12 	stop/wait 



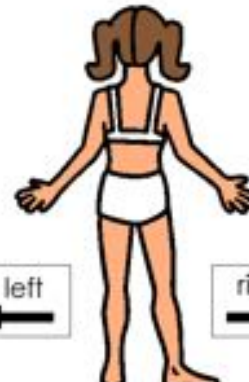
## Body Parts - Female












2f

Front




Back






















head/face 	mouth 	arms 	hands/fingers 
chest 	stomach 	vagina 	bottom 
legs/feet 	<div style="display: flex; justify-content: space-around; width: 100%;"> <div style="border: 1px solid black; padding: 5px; width: 45%;">previous page </div> <div style="border: 1px solid black; padding: 5px; width: 45%;">next page </div> </div>		

I, me, my 	help 	no 	yes 
you, your, yours 	do/did/does 	I don't remember 	I'm not sure 
her/him/them 	here 	I have a question 	I don't know 
want 	there 	maybe 	who 
I don't understand 	said/ask 	see/saw 	Would you repeat that please 
how 	what 	when 	where 
go back to index page 	It's not on this page 	I'll spell it. Go to tab 12 	stop/wait 



People 3a

people who get supports 	person I know 	Person I don't know 	man/he/him 
woman/she 	mother/mum 	father/dad 	doctor 
nurse 	family member 	brother 	sister 
female support person/carer 	male support person/carer 	casual female support person/carer 	casual male support person/carer 
previous page 	next page 		

3a people  






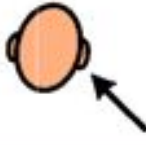








I, me, my 	help 	no 	yes 
you, your, yours 	do/did/does 	I don't remember 	I'm not sure 
her/him/them 	here 	I have a question 	I don't know 
want 	there 	maybe 	who 
I don't understand 	said/ask 	see/saw 	Would you repeat that please 
how 	what 	when 	where 
go back to index page 	It's not on this page 	I'll spell it. Go to tab 12 	stop/wait 


People 3b


key worker 	teacher 	housemates 	work mates 
neighbours 	friend 	partner 	advocate 
Police 	taxi driver 	bus driver 	witness 
children 	someone in my life now 	someone from my past 	pets 
previous page 			next page 

I, me, my 	help 	no 	yes 
you, your, yours 	do/did/does 	I don't remember 	I'm not sure 
her/him/them 	here 	I have a question 	I don't know 
want 	there 	maybe 	who 
I don't understand 	said/ask 	see/saw 	Would you repeat that please 
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go back to index page 	It's not on this page 	I'll spell it. Go to tab 12 	stop/wait 


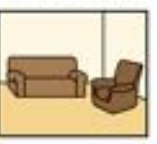










 <div style="border: 1px solid black; padding: 5px; display: inline-block;">       People <span style="float: right;">3c</span> </div>			
teacher 	teacher aide 	principal 	someone else 
someone at church 	person at work 	person at home 	friend of someone 
Centre Against Sexual Assault (CASA)			
previous page 			next page 




I, me, my 	help 	no 	yes 
you, your, yours 	do/did/does 	I don't remember 	I'm not sure 
her/him/them 	here 	I have a question 	I don't know 
want 	there 	maybe 	who 
I don't understand 	said/ask 	see/saw 	Would you repeat that please 
how 	what 	when 	where 
go back to index page 	It's not on this page 	I'll spell it. Go to tab 12 	stop/wait 



Places 4a

bedroom 	kitchen 	lounge room 	bathroom 
dining room 	hall 	inside 	home 
outside 	office 	work 	group home 
other room 	school 	in the car 	garage 
previous page 	left 	right 	next page 

4a  
places  


I, me, my 	help 	no 	yes 
you, your, yours 	do/did/does 	I don't remember 	I'm not sure 
her/him/them 	here 	I have a question 	I don't know 
want 	there 	maybe 	who 
I don't understand 	said/ask 	see/saw 	Would you repeat that please 
how 	what 	when 	where 
go back to index page 	It's not on this page 	I'll spell it. Go to tab 12 	stop/wait 



Places 4b

park 	garden 	street 	shopping centre 
city 	swimming pool 	country/bush 	police station 
hospital 	doctor's clinic 	cinema 	bowling 
church 	hotel 	pub 	disability service 
previous page 	left 	right 	next page 



I, me, my 	help 	no 	yes 
you, your, yours 	do/did/does 	I don't remember 	I'm not sure 
her/him/them 	here 	I have a question 	I don't know 
want 	there 	maybe 	who 
I don't understand 	said/ask 	see/saw 	Would you repeat that please 
how 	what 	when 	where 
go back to index page 	It's not on this page 	I'll spell it. Go to tab 12 	stop/wait 



Places 4c

holidays 	online 	public transport 	taxi 
here 	there 	Office of the Public Advocate 	Victorian Ombudsman 
Communication Rights Australia 	Centre Against Sexual Assault (CASA) 	under 	over 
in 	out 	somewhere else 	other places 
previous page 	left 	right 	next page 