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**STAYING SAFE OUT AND ABOUT**

A picture containing text, person

Description automatically generated

When you see the words ‘we’ or ‘us’, it



means Quality Health Care (QHC).

Logo, company name

Description automatically generated

We have written this document in an easy-to-read way. We use pictures to explain some ideas.

This Easy Read document is a summary of other QHC documents. It reflects some of the policies that we have in place and NDIS Practice Standards that we follow.

You can ask for help to read this document. A friend, family member or support person may be able to help you.

A yellow sign with black text

Description automatically generated with medium confidence

Being Safe and feeling safe are important

A picture containing text, person, indoor

Description automatically generated

This document has some good tips to help you know how to keep safe

A group of people walking

Description automatically generated with medium confidence

**Bullying**   
is when a person or group of people say or do unkind things to you.

A picture containing person

Description automatically generated

**Harassment**is when someone does something on purpose to upset someone. It is something that is done more than once.

**Hate Crime**is when someone does something mean to someone because of who they are, or because f their disability.

A group of men

Description automatically generated with low confidence

**Mate Crime**is when someone makes you think they are your friend, but they are really just wanting to use you for something like stealing your money.

A couple of men posing for the camera

Description automatically generated with medium confidence

**HOW TO KEEP SAFE WHEN YOU ARE OUT AND ABOUT?**

A group of people posing for a photo

Description automatically generated

Most of the time people are safe and don’t have any problems when they are out and about.

But if something scary or bad happens it can be very stressful and upsetting

A picture containing person

Description automatically generated

A person with his mouth open

Description automatically generated with medium confidenceA picture containing person

Description automatically generated

You can follow the tips in this document to stay safe

A group of men in wheelchairs

Description automatically generated with medium confidence

**TO STAY SAFE - DO**

Plan your journey – you can ask for someone’s help  
know where you are going  
know how you will get there

Diagram

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Icon

Description automatically generatedA group of people dancing

Description automatically generated with low confidence

Keep to busy and well-lit areas  
Let someone you trust, know where you are

Graphical user interface, application

Description automatically generated

Trust how you feel.   
If you don’t feel safe, ask for help or go to a safe place

Icon

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**TO STAY SAFE – DON’T**

A red and white sign

Description automatically generated with low confidenceA person with no shirt

Description automatically generated with low confidence

Don’t try to look threatening or scary.   
People might think you are looking for a fight

A red and white sign

Description automatically generated with low confidenceA person holding a phone

Description automatically generated with low confidence

Don’t show other people your valuables like your phone or money.   
Keep them hidden.

A knife with a handle

Description automatically generated with medium confidenceA red and white sign

Description automatically generated with low confidence

Don’t carry a weapon.   
You might end up getting hurt or arrested yourself.