



Crime Victims With Disabilities Know Your Rights

About Crime Victims With Disabilities

How Often People Become Crime Victims

People with intellectual and developmental disabilities* (IDD):

- Are more likely to be victims of crime
- Are more likely to be victims of sexual assault

1 in 5 people with disabilities believed that others picked them on purpose to hurt because they had a disability.

Why Victimization Happens

- As a crime survivor, you may have:
 - Been viewed as someone easy to hurt because you have a disability.
 - Not been listened to when you tried to tell someone.
 - Believed the person who hurt you was a friend.

**Underlined words have definitions that can be found at the end of this document.*



Different Types of Abuse

Abuse can happen when someone does something that hurts another person.



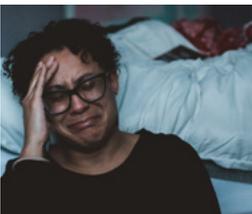
Physical abuse

Example: When someone hits you, kicks you, bites you, or holds you so you can't get up or move.



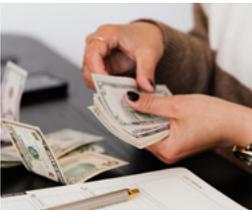
Neglect

Example: When someone can't or won't take care of your basic needs, like having food to eat, medicines you might need or other basic needs.



Sexual abuse

Example: When someone touches you in any kind of sexual way and you don't want them to. This includes rape, which is when someone forces you to have sex with them and you don't want to.



Financial abuse

Example: When someone uses your money without asking you or uses your money in a way you don't like and did not say was ok.



Emotional abuse

Example: When someone makes you feel sad or bad about yourself because they say hurtful things to you or bully you.



Common Barriers to Justice

- You might not be believed.
- You may not be able to get the services or information you need.
- You might not have been given basic information about sex and consent, what is safe, and how to advocate for yourself.
- Police, lawyers, and victim advocates often don't get any training on disability.
- There may be little or no follow up from the criminal justice system.

Know Your Rights as a Crime Victim

What Are My Rights as a Crime Victim?

- You have the right to live free from violence. No one has the right to hurt you.
- You have the right to get help, healing, and support. You can call the numbers below.
- You have the right to speak your truth. You should be believed and heard.

What Can I Do as a Crime Victim?

Being a survivor means you can:

- Tell someone you trust if someone is hurting you or has hurt you.
- Help others get help and healing they need. This is sometimes called peer support.
- Speak up for other crime victims.
- Work with your local or state chapter of The Arc to help educate people.

TheArc.org/find-a-chapter/



Where Can I Go for Help?

If you are in an emergency, call 911!

Victim Connect Resource Center

VictimConnect.org

National Domestic Violence Hotline

Call 1-800-799-7233

Rape, Abuse, and Incest National Network (RAINN)

Call 1-800-656-4673

National Organization for Victim Assistance (NOVA)

Call 1-800-879-6682

WORDS TO KNOW

Abuse: Something that hurts another person

Advocate: To support a cause by speaking up about it, writing about it, or other ways to make change

Barrier: Something that is in the way of what you are trying to do

Bully: To hurt or embarrass another person on purpose over and over again

Consent: To give permission for something

Crime: An act that is against the law and hurts others

Follow up: When someone contacts you again after an earlier conversation to talk more

Intellectual/developmental disability: A type of disability that may make it hard for someone to communicate, take care of themselves, and use social skills

Neglect: To ignore someone's needs or not take care of their basic needs

Sexual Assault: Being forced to touch someone sexually or being touched sexually without your permission

Victim: A person who has been hurt by a crime

Victimization: To treat someone unfairly or hurt them

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