

YOUR HUMAN RIGHTS, YOUR RIGHT TO SAFETY



Domestic abuse is a severe human rights violation. You have a human right to safety!

Human rights recognise that each person in the world has value, regardless of your background, where you live, what you look like, what you think or what you believe. All Australians have human rights.

Human rights are based on values such as freedom, equality and dignity and seek to protect your quality of life. All of our human rights are equally important and should be respected by everyone.

You have human rights **to life and liberty, protection from violence, freedom from slavery and torture, freedom of opinion and expression, the right to work and education**, and many more. Everyone is entitled to these rights, without discrimination.

Domestic abuse is the one of the most widespread, persistent and devastating human rights abuses.

The **Universal Declaration of Human Rights**, adopted by the United Nations on 10 December 1948, sets out the basic rights and freedoms that apply to all people, including YOU!

The rights in the **Universal Declaration of Human Rights** include:

- the right to life, liberty and personal security
- freedom from torture and degrading treatment
- the right to seek and gain protection in other countries from persecution
- the right to equality before the law
- the right to a fair trial
- the right to privacy
- freedom of belief and religion
- freedom of opinion
- freedom of peaceful assembly and association
- the right to participate in government
- the right to social security
- the right to work
- the right to adequate standards of living
- the right to education.

Who is responsible for making sure that your rights are respected?

It is up to governments, schools, workplaces and individuals (including you) to make sure that every human right is respected.

You have a right to feel safe, to be safe and to be treated fairly and respectfully.

All individuals have the right to be free from violence. If you are experiencing domestic abuse, including violence, it is not your fault, it is the abuser who is responsible.

If someone who has a close personal relationship with you makes you feel afraid, powerless or unsafe, or if you are afraid to disagree or negotiate for what you want, this may be a sign of abuse.

You can reach out for help!

IF YOU ARE IN IMMEDIATE DANGER, PHONE 000 AND ASK FOR THE POLICE AND/OR AN AMBULANCE

1800RESPECT

is the 24-hour national domestic, family and sexual violence counselling, information and support service. Call 1800 737 732.

LIFELINE

is a non-profit organisation that provides free, 24-hour telephone crisis support service in Australia. Call 13 11 14.

Call **GOT YOUR BACK SISTA** on **02 4989 2777** during business hours to book an appointment with our Support Team or receive information and advice.