



Understanding Everyday Harm

About this document



This document talks about everyday harm.

We will explain what this means.



It is written in an easy-to-read way.

This means it uses simple language and pictures.



You can ask someone you trust to help you read it.

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What is everyday harm?



Everyday harm is something that:

- Can happen in everyday situations.
- Might not be noticed.
- Might not be on purpose.

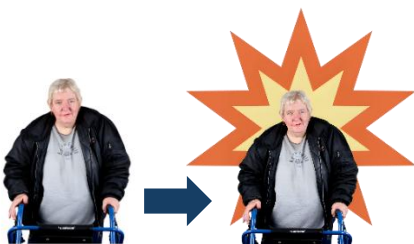


Anyone can experience everyday harm.

But people with disability experience everyday harm often.



It can be small things.



But small things can add up to have a big effect on people.

Everyday harm can hurt someone's:



Emotions.

Emotions are how you feel.



Mental health.

Mental health is how you cope with the stresses of life.



Physical health.

Physical health is about your body and how it feels.

For example if you are hurt or injured.



Growth and learning.

Growth and learning is being able to learn and do new things in your life.



Relationships.

Relationships are the connections that you have with other people.



Reputation.

Reputation is what people think and say about you.

Examples of everyday harm



These are examples of what everyday harm can be like in everyday life.

What happened?



A person tries to speak but is ignored by other people.

Why is this everyday harm?

The person is ignored.

What happened?



People talk about someone badly behind their back.

The person is not there to stand up for themselves.

Why is this everyday harm?

Good things about the person are not seen.

What happened?



A support worker talks about a person in front of them to the doctor.

They do not include the person.

Why is this everyday harm?

The person is left out.

What happened?



A support worker **assumes** that a person cannot do something.

Assumes means making a guess about a person and what they can do.

Why is this everyday harm?

The person is treated as someone who cannot do things.

What happened?



A person makes a decision about something.



But a support person makes a different decision without telling them.

They have ignored the person and their decision.

Why is this everyday harm?



The person's choice is not respected.

People should be able to make their own decisions.

Why should you learn about everyday harm



Learning about everyday harm is important.



Learning about everyday harm helps you to **notice** and stop it.

Notice means to know when something is happening.



Everyday harm might seem small, but it can have a big impact on a person.



Everyday harm is serious.

How to notice everyday harm



It is important that you know how to notice when everyday harm is happening.

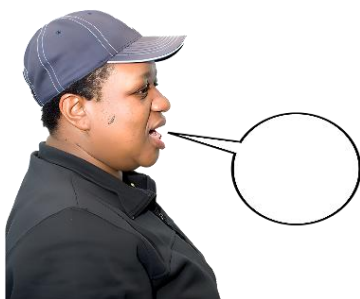


Noticing everyday harm helps to stop it from happening.

To notice everyday harm you can:



- Name it.
This means pointing it out when it happens.



- Describe it.
Talk about what happened and how it makes you feel.



- Talk to people you trust.
This can help you to be comfortable to name it.



- Get to know each other.
Learn how to communicate together.



- Learn about past harm.
Talk about people's experiences.

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