WORKING TOGETHER

Preventing Everyday Harm

Easy Read





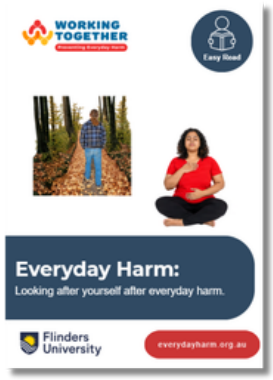
Everyday Harm:

Looking after yourself after everyday harm.

Flinders University

everydayharm.org.au

About this document



This document talks about everyday harm.

We will explain what this means.

Easy Read

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 when you are hurt by someone's:

- Words.
- Actions.
- Decisions.



Everyday harm can be when someone:

- Does not listen to you.
- Makes decisions for you.
- Leaves you out.
- Does not talk to you nicely.
- Does not give you the support you need.
- Makes you feel unsafe.



Everyday harm can happen in everyday situations.

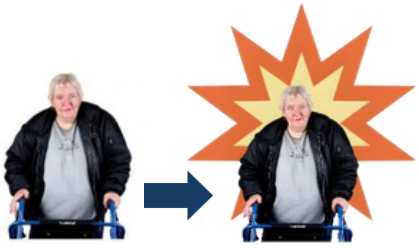


Anyone can experience everyday harm.

But people with disability experience everyday harm more often.

Everyday harm can seem like a small thing.

But small things can add up.



They can have a big impact on people.

Looking after yourself



Everyday harm can happen to anyone.



If it happens to you, it is important to look after yourself.



There are different ways you can look after yourself after everyday harm happens.

You might do an activity to help you feel calm and happy like

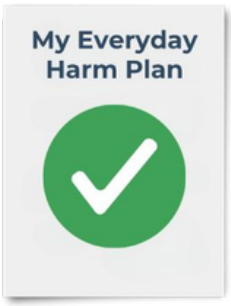


- Talk to someone you trust.
- Mindfulness.
- Go outside.
- Do your hobbies.

You might have other activities that make you feel calm and happy.



You might want to **reflect** on what happened. Reflect means to think about what has happened.



You might want to make a plan for if everyday harm happens again.

This booklet has some ideas and activities that you can do to help look after yourself after everyday harm happens.



You might have other ideas that work for you as well.

Reflecting



If everyday harm happens to you, it might be helpful to **reflect** on what happened.

Reflect means thinking about what happened and finding ways to move forward.



It can be helpful to reflect with someone you trust.



You can use the questions on the next page to help you think about what happened.



You can draw or write your thoughts.

Activity

My everyday harm story

Instruction: You can answer these questions to help you reflect.

You can draw, write or talk about them with a friend.

What happened?



How did you feel?



What happened next?

What helped? What did not help?



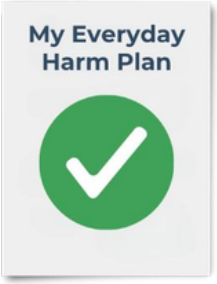
What would make this situation better?



My Plan



Everyday harm can happen to anyone.



It might be helpful for you to make a plan for if everyday harm happens to you.

This can be something you look at if everyday harm happens.



You might want to work on this with someone you trust.



You can draw or write on your plan.

Activity

My everyday harm plan

Instruction: You can answer these questions to help you plan.

You can draw, write or talk about them with a friend.

People I can talk to:



I can do this activity to help me feel calm and happy:



I can speak up about what happened by:



To help stop everyday harm from happening I will:



People you trust



Having people in your life you trust is a way to

- Stop everyday harm.
- Look after yourself after everyday harm happens.

The people you trust can look different to other people.



It could be

- Family.
- Friends.
- People you work with.
- Housemates.
- Support person.
- Health professional.
- Advocate.





Activity

The people I trust



Think about the people in your life you trust.

Write their names on a cloud below.

Remember that you can go to these people to help clear the clouds of a hard day.

These are the people in my life I can go to for support.

Mindfulness



Mindfulness is when you pay attention to the moment you are in.

It is about noticing your

- Thoughts.
- Feelings.
- Body.
- **Surroundings**.

  Surroundings are the things around you.



Your worries are real and important, but these activities can help you feel calmer.



There are lots of different mindfulness activities you can do.

We have an example of 1 on the next page.

Activity

Mindfulness path



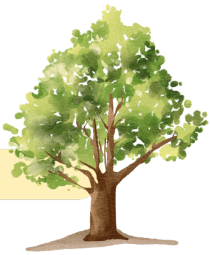
Put a finger on the log and follow the line to get to the tree.



When you get to a blue dot breathe in.



When you get to a green dot breath out.





Start here

Go outside



Spending time outside each day can help you to feel good.

There are lots of things to do outside!

You could



- Go for a walk.
- Eat your lunch like a picnic.
- Go to a park.
- Watch the clouds.

We have a nature hunt on the next page you can try!



You might have other ideas of what you like to do outside.

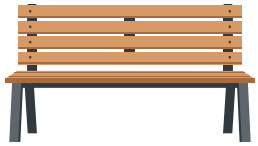
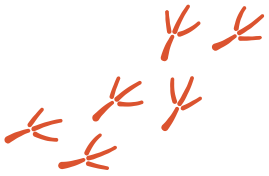
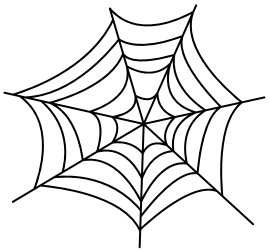
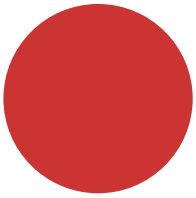
Activity

Nature hunt



Go out on a walk or to your local park and see if you can spot these things.

You can make it your own by choosing a colour or theme to follow!

 Leaf	 Water	 Butterfly	 Cloud
 Tree stump	 Flower	 Feather	 Bench
 Animal tracks	 Spider web	 Something red	 Rock

Helpful contacts



If you have experienced everyday harm, there are people and services that can help.

Mental health support

You can talk to a mental health service if you are feeling

- Upset.
- Worried.
- Overwhelmed.



Beyond Blue

Beyond Blue is a free mental health service.

You can call them on 1300 22 4636.

They are open everyday.

Someone you trust



You can talk to someone you trust about what happened.

This could be:

- A family member.
- A friend.
- A support person.
- A health professional.

Advocacy and disability support



An advocate can help you speak up about what happened and understand your rights.

Find out more about everyday harm

You can find more information and resources about everyday harm on our website.



www.everydayharm.org.au

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Visit our website

Find out more about everyday harm.

everydayharm.org.au

Contact us

info@everydayharm.org.au

Flinders University