

What to do if you think you are experiencing retaliation or victimisation

Retaliation or Victimisation is when you are treated unfairly because you made a complaint or spoke up about a problem.

Retaliation and Victimisation are against the law.

You can learn more about your right to speak up in the 'your rights' section of the Right to Be Heard website.

Here's a list of things you can do if you think you are being treated unfairly because you made a complaint.

Keep Records

Write down what happened, including dates, times, what was said and done, and who was there

Talk to a Parent/Carer or Trusted Adult

They may be able to suggest some ways to fix the problem or help you feel better, and they might be able to support you through the process.

Talk to the person

If you are comfortable, talk to the person you think is treating you unfairly. They might not be aware of what they are doing. This also suggests to them that you know your rights, and that they are breaking the law. The person might stop after you talk to them.

Report it

Tell the NDIS or the Human Rights Commission about the unfair treatment. If the original problem you spoke up about was to do with the NDIS, you should go to the NDIS Commission. If it was about disability discrimination, you should go to the Human Rights Commission.

Reach Out for Support

If things get worse, it can help to reach out for support. This could be from other adults in your life, disability advocacy organisations or lawyers. You can find a list of disability advocacy organisations on the DARU website, or by googling "Disability Advocacy Australia"

Keep Track

If the unfair treatment keeps going after you've reported to the NDIS Commission or the Human Rights Commission, keep records of what happens next. This means you should keep record keeping. The evidence that you collect can be used when the NDIS Commission or the Human Rights Commission investigate your problem.

Self-care

It can be scary and overwhelming to feel like you're being punished for speaking up, especially when you are disabled. Make sure that you practice self-care at this time, and connect with your community.

