



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

1. **Keep records:** Write down what happened, including dates, times, what was said and done, and if anyone else was there.
2. **Talk to a parent or trusted adult:** They may be able to suggest some ways to fix the problem or help you feel better.
3. **Talk to the person:** If you are comfortable, talk to the person you feel is retaliating against you. They might not be aware of what they are doing. It also suggests to them that you know your rights, and that they are breaking the law. The person may stop after you talk to them.
4. **Report it:**
 - If you experience retaliation from an NDIS service, you should report it to the NDIS Commission.
 - If the retaliation is about an experience of disability discrimination, you should report it to the Human Rights Commission.
5. **Reach out for support:** If things continue to get serious, it may be good to reach out to an advocacy organisation or get advice from a lawyer.
6. **Keep track:** If retaliation continues after you've reported it, keep a note of what happens next, including dates, times, what is being said and done, and if anyone else was there. This can be used as evidence when the commission is investigating.
7. **Look after yourself:** It can be tough to go through this. Make sure that you are looking after yourself and connecting with your community. This won't last forever.

For more information visit Right to be Heard, a NDIS information and education hub, created by and for disabled young people.

Website: RightToBeHeard.org.au