

Celia's Story



Looking After Me Project Resources Kit

Penrith Women's Health Centre

Written by Maeve Dunnett, Illustrated by Jennifer Pitty

Acknowledgments

The Looking After Me Project wishes to acknowledge the contributions of staff and clients from the following organisations:

- Penrith Women's Health Centre
- Multicultural Disability Advocacy Association
- Self Advocacy Sydney
- Nepean Sunnyfield Day Program

The LAM Project would also like to acknowledge and thank Western Sydney Area Assistance Scheme (WSAAS) for the initial funding of the project and The Office of Women, NSW for the additional funding that led to the production of this resource kit.

Please feel free to reproduce any part of this storybook resource.

Copies of the resources are also available for free download from the following websites:

- **Women's Health NSW www.whnsw.asn.au**
- **Australian Domestic & Family Violence Clearinghouse www.adfvc.unsw.edu.au**
- **Or Contact: Penrith Women's Health Centre
Email: pwhcentre@pwhc.org.au**

Printing and Design Information

Written by Maeve Dunnett

Illustration & design by Jennifer Pitty 2008©



Looking After Me Resource Kit Background

This STORY BOOK is part of a Resource Kit from the Looking After Me Project (LAM). LAM was an innovative three and a half year project that began in January 2004, and received its funding from Western Sydney Area Assistance Scheme (WSAAS). The project was auspiced by Penrith Women's Health Centre and it focused in the Penrith Local Government Area.

LAM provided educational/personal growth groups on issues relating to healthy relationships and domestic violence to women with intellectual disability. It also provided professional development to workers in both the disabilities and mainstream services sector on issues relating to intellectual disability and domestic violence.

LAM's research found that there was a lack of visual tools that targeted women with intellectual disability in relation to understanding domestic violence issues - and very few visual resources that could contribute understanding to the skills needed for healthy relationships. This Resource Kit aims to address that gap. The actual production of the kits was made possible by a further funding grant from the Office of Women, NSW in July 2008.

All parts of the Resource Kit, including this story book, can be used as teaching aids in any educational approach that seeks to enhance the life skills and communication skills of people with intellectual/learning disability. Parts of the Resource Kit can also be given to participants/clients as personal handouts. The whole of the Resource Kit will aid in the understanding of emotions and the development of skills for safe and healthy relationships.

The Resource Kit can also be used as a professional development tool for workers in the disability and mainstream service sectors - to help their services become more inclusive and better able to meet the needs of women with intellectual disabilities in relation to relationship building and awareness of domestic violence issues.

Story Book Questions

The questions opposite might be helpful to use at appropriate times throughout Celia's Story to stimulate reflection and discussion.

Page 12 • How might Celia be feeling?

Page 14 • What is Jarrod doing?

Page 14 • What qualities have been lost from Celia and Jarrod's relationship?

Page 14 • How might Celia be feeling now?

Page 16 • Is what Jarrod's doing ok?

Page 16 • What could Celia do now?

Page 18 • Do you think it would be hard for Celia to tell someone what Jarrod is doing?



Celia's Story

Looking After Me Project Resources Kit

Penrith Women's Health Centre

Written by Maeve Dunnett, Illustrated by Jennifer Pitty



Celia and her boyfriend, Jarrod.

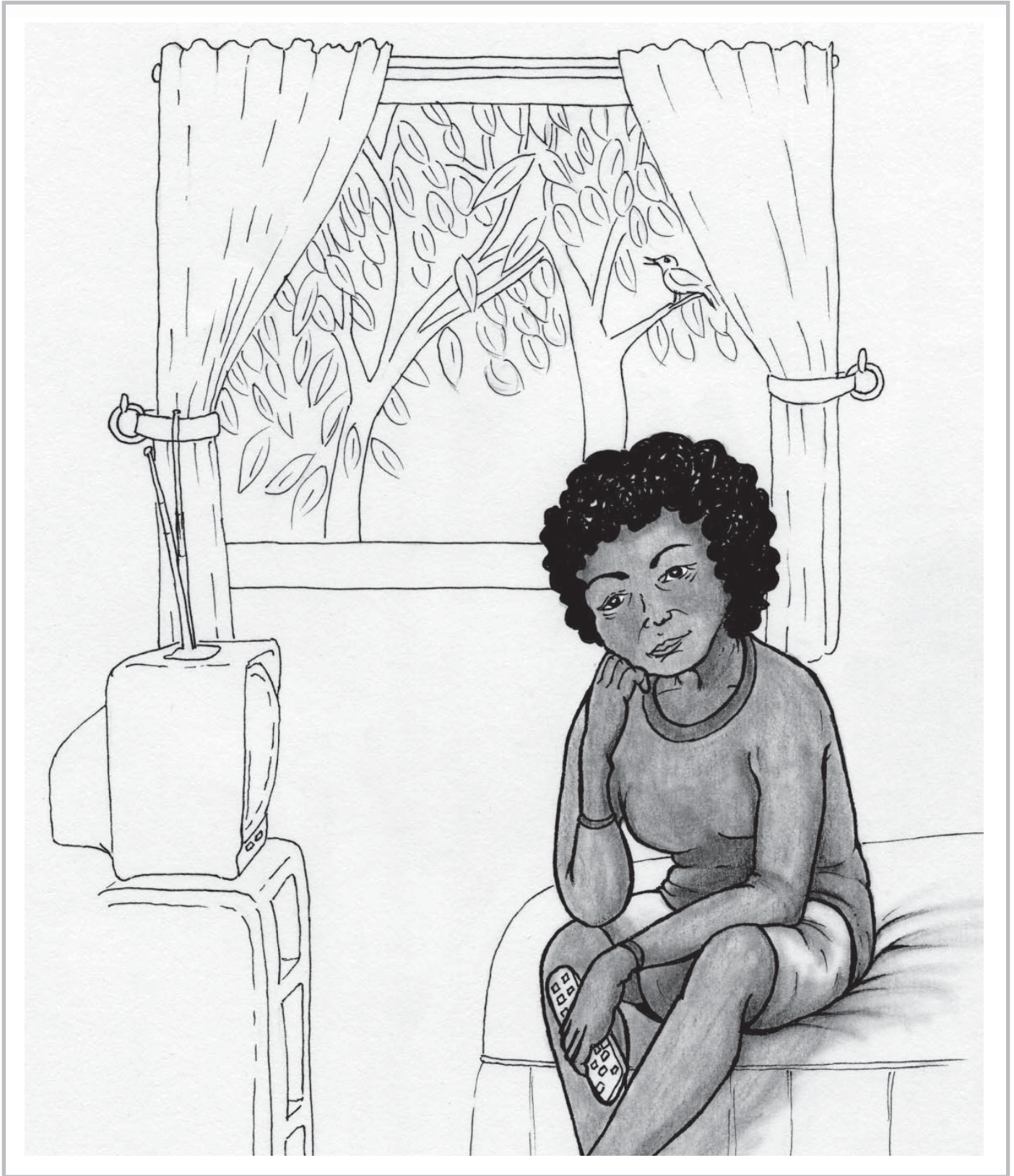
They met 2 years ago at the workshop they both go to.




Celia and Jarrod moved in together about 3 months ago.



When they moved in together, Jarrod said Celia should give him her key card and he would get the money to buy everything they need.




Jarrold also said Celia shouldn't go out without him.



Last week Celia's boyfriend, Jarrod, started telling her that she's a bitch and a slut and that she has to do what he says.

Yesterday he told her they won't be going to visit her sister or her mum any more.





Since Jarrod started doing these things, Celia hasn't felt so comfortable or safe with him.

Celia hasn't wanted to have sex, but Jarrod said she's his girlfriend and she has to.

Jarrod forced her to have sex with him.





When Jarrod was out the next day Celia called her mum and asked her to come around.

Celia told her mum everything Jarrod had been doing.

Her mum said she was glad Celia had told her and Jarrod should never have treated her that way.

Celia's mum said they should go and tell the police what Jarrod was doing.





Celia and her mum went to the Police station.

The Police helped Celia take out a special order called an AVO, against Jarrod.

Having an AVO means that Jarrod can be arrested if he threatens Celia to her face, on the phone, or if he tries to hurt her again.

NSW POLICE





Celia goes to a women only domestic violence support group now.

The group is really helping her to leave the pain of Jarrod's abuse behind her.



