Abuse

Abuse is when someone does something wrong to you that **hurts you,** frightens you or makes you unhappy. There are lots of different **kinds of abuse**

NEGLECT SEXUAL
PHYSICAL DISCRIMINATION

We are going to talk about abuse. Abuse can be lots of things.

Abuse is when someone does something wrong to you that hurts you, frightens you or makes you unhappy. There are lots of different kinds of abuse. The person who abuses you could be someone you know.

What is in this booklet?

Page 4, Emotional abuse

Page 6, Physical abuse

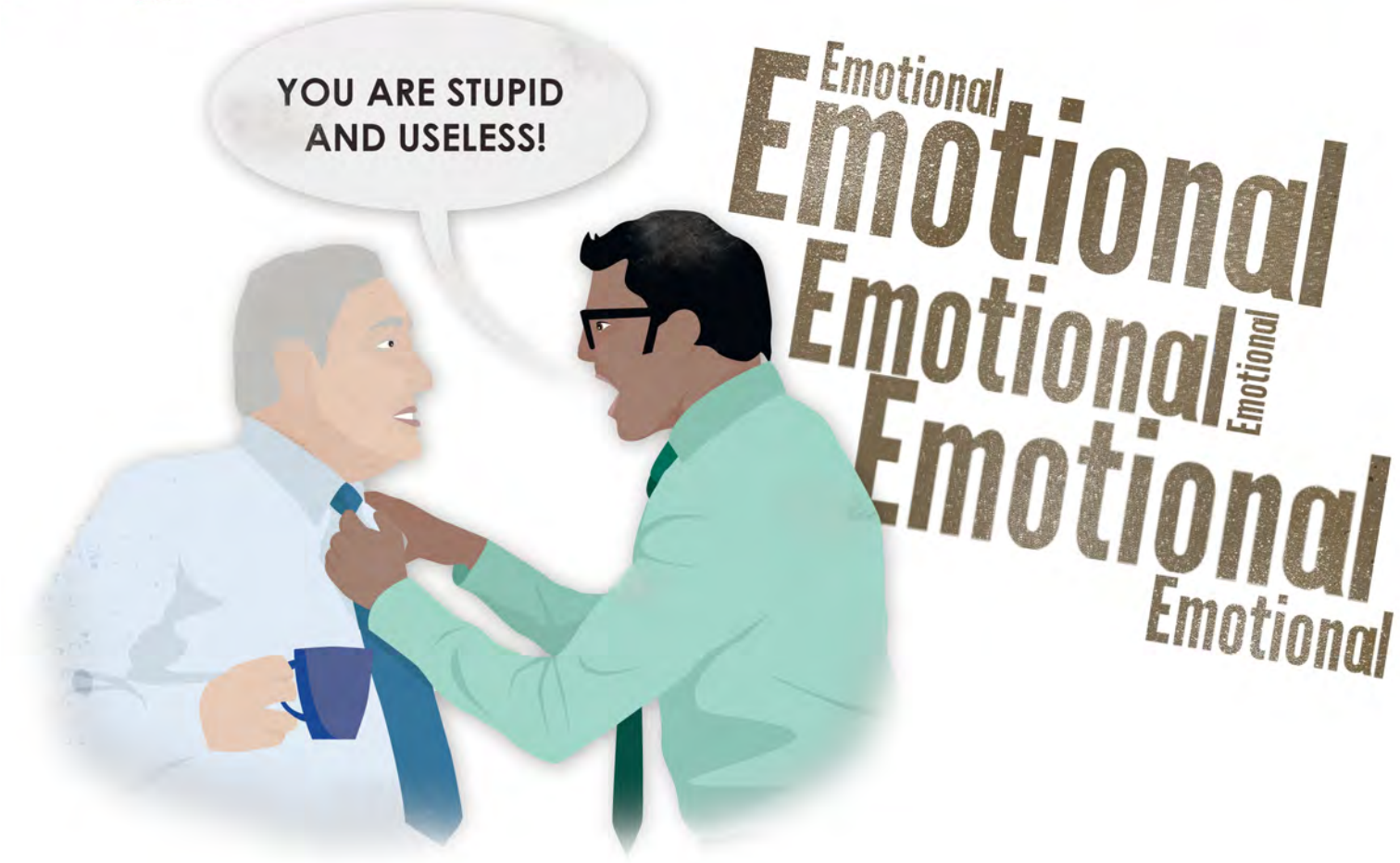
Page 7, Sexual abuse

What is in this booklet?

Page 8, Financial abuse

Page 10, Neglect

Page 11, Discrimination



Emotional Abuse

This is when people say bad things to you. This could be when someone:

- Calls you names

- Blames you for something that is not your fault

- Treats you like a child

- Laughs at you

- Ignores you

Physical Abuse

This is when someone hurts you. This could be:

- Kicking

- Hitting

- Biting

- Scratching

- Shaking you

Sexual Abuse

This is when someone touches your body or your private parts when you do not want them to.

This could be someone kissing you, getting you to touch them or making you have sex with them when you do not want to.

This may also be someone showing you pictures, DVDs or pages on the internet about sex that you do not like.

Financial abuse

This is when someone:

- Takes money from you

- Takes control of your money

- Takes things that do not belong to them

- Makes you pay for their things

- Tells you how to spend your money

Neglect

Neglect

Neglect

This is when the people that should help you don't.

For example:

- They do not feed you when they should

- They do not support you

- They do not keep you safe

- They give you the wrong medication and they do not get you the right medical help

Discrimination
Discrimination Discrimination
Discrimination

Discrimination

This is when people treat you differently or unfairly because you are different to them. This may be because of:

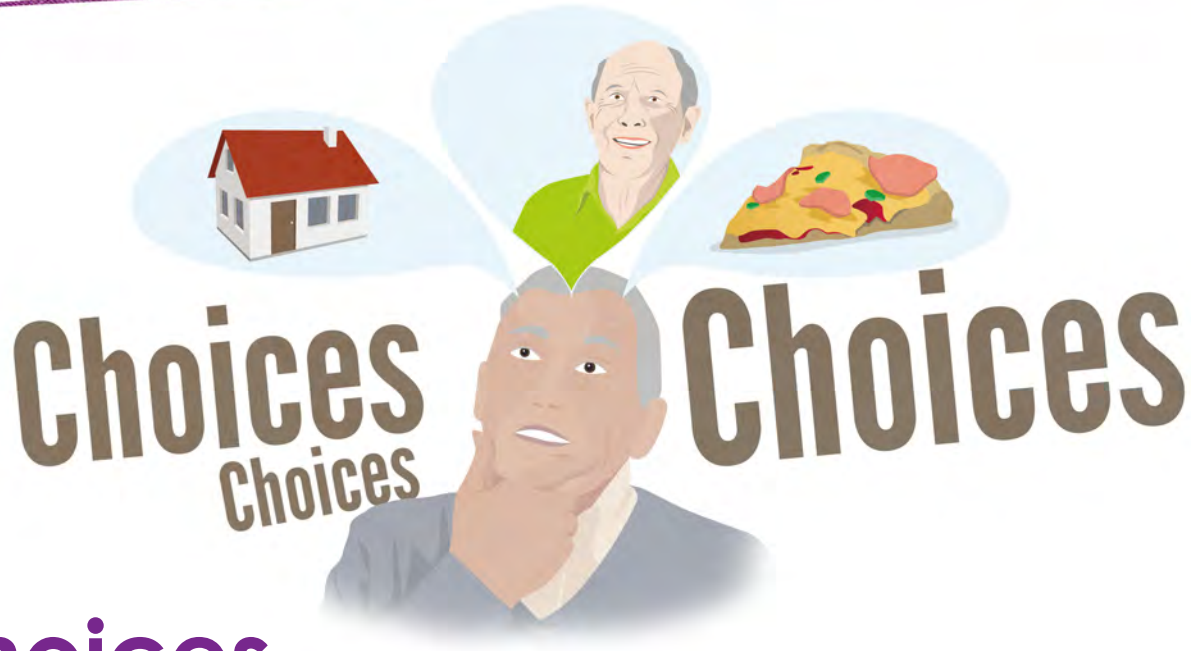
- The colour of your skin

- Your faith

- Your sexuality (this means being lesbian/gay/bisexual or transgender)

- Your disability

- You speaking a different language



Choices

- Making choices is important

- You can make choices about where you live

- About who you live with

- About the food you eat

We can't always do what we want, but you should have choices about what kinds of things you do during the day.

If people make choices for you about your life without asking you or telling you about them, then this is wrong and might be abuse.

If you are worried about this or think that you or someone you know is not being allowed to make choices, then tell someone you trust.

Who might abuse you?

It could be:

- A friend

- A member of your family

- Your carer

- Someone working for you or helping you

- Anyone could abuse you but lots of people who get abused are abused by someone they know well

Where can abuse happen?

- It could happen at home

- At work

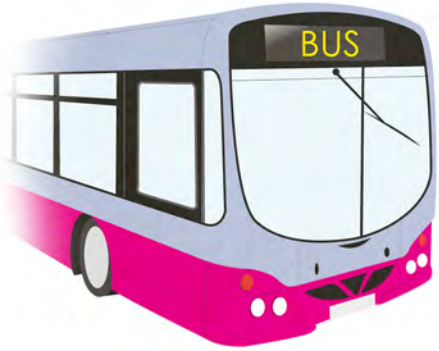
- Out shopping or out and about

- In a day centre or other place you go to every day

- At college

- On the internet

- In a pub or club



- On a bus or train

Abuse is always wrong and should always be reported!

Who should I tell?

Abuse can happen to anyone. It might be happening to you, or it might be happening to someone you know. If you know someone else is being abused, support them and tell someone you trust.

This could be:

- A Friend
- A member of your family
- A Council Worker
- Your Key Worker
- An Advocate or advocacy group
- A Doctor
- The Police
- It's important to tell someone

Why should I tell someone?

It's important to tell someone. If you tell the Police, the council, an advocate, a key worker, a doctor, or a friend they should:

- Listen to you

- Help you stay safe

- Talk to you to find out what happened

- Give you help and support

How do I tell someone?

If you think you or someone you know has been abused, it's important to tell someone.

AgeUK - **0800 169 6565**

Respond - **0808 808 0700**

Voice UK - **0808 802 8686**

Helpline Text Number - **07797 800 642**

You can call the police by ringing **101**.

Or if you are in danger ring **999**.

Abuse is always wrong

Say NO to abuse

You can make a difference

Tell someone

Abuse is when someone does something wrong to you that **hurts you,** frightens you or makes you unhappy. **Abuse is always wrong**

Friendly Information Company

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