

What is Abuse?

Abuse is when someone hurts you or treats you badly. These are some different kinds of abuse.

Financial Abuse is when people take your money or things that belong to you, without you saying that it's ok.



Neglect is when people who are supposed to help you don't look after you. For example, if they don't give you enough food, help keep you warm and safe, or take you to the doctor's if you are ill.



Emotional Abuse is when people tease you, say bad things to you, hurt your feelings or threaten you.



Physical abuse is when someone hurts you, hits you, kicks you, burns you or pushes you around

Discrimination is when people treat you badly or unfairly because of your disability, your religion or the colour of your skin.



Sexual abuse is when someone touches your body or your private parts in a way you do not like. Or they may make you touch them or kiss them when you do not want to.



If you are being abused you should tell someone you trust.

These are some of the people you could tell:

- Someone in your family
- A friend
- A member of staff or your keyworker
- An advocate
- A doctor
- The Police



In an
emergency
dial 999

For advice and support call: 01482 616092

My safe person to talk to is:

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What to do if you are being abused