

What you need to know about abuse



Some adults are at risk because they need help with their care and support and they cannot protect themselves from harm.



This information will help you

- know more about abuse
- know who to tell
- know what will happen



Abuse can happen in lots of different ways

Neglect

This is when the people who are supposed to help you don't do it properly.

This could mean that you are

- hungry
- cold
- dirty
- not getting help if you are ill





Emotional Abuse

This is when you feel angry, sad or upset because people are doing things like

- calling you names
- shouting at you
- laughing at you
- ignoring you



Financial Abuse

This can be when someone

- takes your things or your money without asking
- makes you pay for things for them
- makes you give them your money



Physical Abuse

This is when someone does things to hurt you like

- hitting you
- punching or kicking you
- pulling your hair

Discrimination

This is when someone treats you badly because you are not the same as them.

You might

- believe in a different religion
- have different colour skin
- have disabilities



Sexual Abuse

This is when someone

- touches the private bits of your body
- or makes you touch their body
- or have sex with them

when you don't want to



Sometimes abuse can happen in places like care homes or hospitals. This might be called Institutional Abuse.



Sometimes abuse can happen when someone forces you to work for them and they don't pay you. This is called Modern Slavery.



Where does abuse happen?

Abuse can happen anywhere

- In your community
- At home
- At work



Abuse might be done by anyone.

Most people you meet will not abuse you.



Who to tell if you think you have been abused



If it is an emergency and you or someone else is in danger you can tell the police or call them on **999**



If it is not an emergency but you think a crime has happened and you want to speak to the police you can call **101**



If you are worried or want to report abuse you can also phone Hampshire's Adults' Health and Care department on

0300 555 1386



You can also talk to

- someone you trust who can support you - like family, a friend or neighbour
- people who are paid to support you
- other people like your doctor

What will happen if you report abuse?

- You will be listened to and what you say taken seriously
- You will be supported to understand what is happening
- You will be asked what you want to happen
- Your choices and decisions will be respected
- You will get the help you want to stay safe





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