

# Don't turn your back on abuse

## Safeguarding Adults

“They shout at me”



If you, or someone you know, is being hurt, not looked after or taken advantage of, don't turn your back on abuse, tell someone.



### What is abuse?

Abuse is when someone does or says something that:

- Hurts you
- Upsets you
- Makes you feel frightened

You might feel too scared to stop them or tell someone what's happening.

### Types of Abuse

You might be abused on purpose or the person doing it might not realise it's wrong or that they are hurting you. But they are both wrong and it should not happen to you.

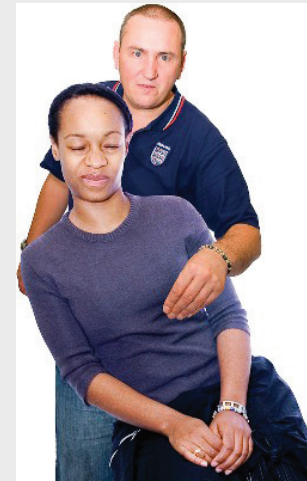
Here are some examples:



**Physical Abuse** is when someone physically hurts you.

It might be:

- Shaking
- Pushing
- Hitting
- Kicking
- Force feeding
- Throwing things at someone
- Giving someone too much medicine



**Sexual Abuse** is when someone makes you do sexual things that make you sad, angry, frightened or you don't like or understand.

It's someone touching your private parts when you don't want them to:

- Your bottom
- Your breasts
- Your penis or vagina
- Or being made to touch someone else in those places.

It's abuse when someone has sex with you when you don't want to.



**Financial or Material Abuse** is when someone takes your money or belongings without asking you first

When someone does not let you use your money, how you want to use it

Someone taking your things without your permission

## Emotional Abuse



This is when:

- People say bad things to you
- You feel you are being ignored by other people
- You feel no one will talk to you or listen to what you have to say
- People shout at you



- When no one will help you to keep yourself clean or use the toilet
- When you are put in danger



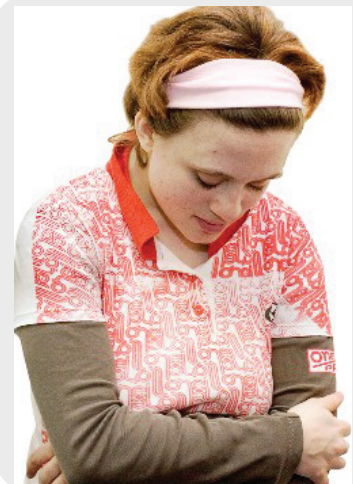
- People do these things to hurt or upset you
- Call you names
- Laugh at you
- Blame you for things that are not your fault
- Tease you
- Bully you
- Treat you like a child



**Discrimination** - this means when you are treated badly because of who you are or how you look

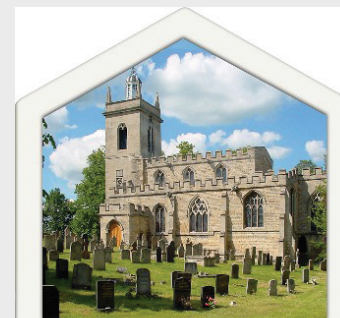
It might be:

- because of the colour of your skin



**Neglect is:**

- When you are left alone for a long time, when you don't want to be
- When you are left hungry or thirsty
- Not being able to see a Doctor when you want to or take your medicines
- When your needs are not being met



Church

- because of your religion
- because you have a disability
- because you look different to somebody else



- because you are lesbian or gay
- or it could be because of your age
- or because you speak differently from other people



### Who might abuse you?

Anyone might do this. It could be someone you know like:

- A family member
- A friend
- A carer

Or it could be someone you don't know

### Where can abuse happen? Who could it happen to?



Abuse can happen to anyone  
At any time  
In any place



### What should I do if I am being abused or I think somebody else is being abused?

- Tell someone, as soon as you can.
- Phone the Council anytime on **0151 907 8306**
- Call into any Halton Direct Link

### It could happen at:



- Your home
- Hospital
- In a day service
- Residential Home
- School/College
- At work
- In the street



### Or could speak to:

- Advocate
- Council Staff
- Doctor or a nurse
- Personal Assistant
- Family
- A friend
- Police

Don't ignore it—tell someone.  
We can help.

## What will happen next?



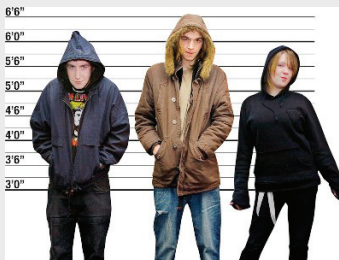
We will talk to you and ask you who is being abused

We will ask you what you have heard or seen



We will help to keep you or the person being abused, safe.

We will only tell those people who need to know



We will work with you, or the person being abused, to find out what has happened

We will help to find out who the abuser is.

**We will help to stop the abuse**