 

Keeping safe from abuse



Book 1. What is abuse?

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|  | Everybody has a right to be safe from abuse. This book has been written to help you understand abuse and to stay safe. |
|  | It was made by the North Yorkshire Safeguarding Adults Board. |
|  | Safeguarding is about everyone working together to make sure people are safe. |
|  | This book has information about different types of abuse. You can read it alone or with someone to support you. |

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|  | Abuse is when someone hurts you or treats you badly. |
|  | Abuse can be done on purpose or by accident.  **Abuse is never your fault.** |
| List 2 | There are different types of abuse.  This book has information about some of the different types of abuse listed in the Care Act. |
|  | The Care Act is a law that says how organisations must work together so people are safe from abuse. |
|  | Remember, abuse is **never** OK.  If you or someone you know is being abused, tell someone you trust. |
|  | There are details of people you can talk to at the back of this book. |

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|  | **Physical abuse** is when someone hurts you or part of your body. |
|  | Physical abuse could be:   * Punching, hitting or kicking * Biting, scratching or slapping * Grabbing roughly or pushing * Pulling hair |
|  | Signs of physical abuse could be:   * bruises * burns * cuts * broken bones |
|  | It can also be if you are given the wrong medication, too much medication or not enough medication. |

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|  | **Sexual abuse** is when someone forces you to have sex or touches you or speaks to you in a sexual way when you  do not want them to. |

**Examples of sexual abuse**

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| Body bum m | Someone touches your body or private parts in a sexual way when you do not want them to.  Someone makes you touch their private parts. |
|  | Someone makes comments about you or your body that make you feel uncomfortable or scared. |
|  | Someone makes you have sex or do a sexual thing when you do not want to. |
|  | Shows you pictures or videos about sex that you don’t want to see |
|  | The other person might be a stranger. It might be someone you know, including your partner. **It is still not OK.** |

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|  | **Emotional abuse** is when people do or say things which make you feel bad or scared.  This is also called **psychological abuse.** |

**Examples of emotional abuse**

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|  | Bullying, calling names or laughing at you. |
|  | Being treated like a child. |
| Threaten 3 | Being threatened or made to do things you don’t want to do. |
|  | Being left alone or ignored on purpose. |

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|  | **Financial abuse** is when someone uses your money or your things without your permission. |

**Examples of financial abuse**

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|  | Stealing your money or your things. |
| Refund Money broke 1 | Borrowing your money or things but not giving them back. |
|  | Someone makes you pay for their things - like lunch or drinks. |
|  | Someone taking control of your money without your permission.  This includes taking your benefits or changing your will. |

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|  | **Neglect** is when someone who is meant to support you does not support you properly. |

**Examples of neglect**

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|  | Not giving you enough food or drink |
|  | Not supporting you to stay warm or cool. |
|  | Giving you the wrong medication, even if it is an accident. |
| Frightened 2 | Leaving you on your own for a long time when you need support. |

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|  | Self-neglect is when you do not look after yourself properly and this causes you or someone else harm. |

**Examples of self-neglect**

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|  | Not eating enough food or eating too much of the wrong kind of food. |
|  | When you don’t have a wash, shower or a bath or brush your teeth regularly. |
|  | Living in a very dirty home and never cleaning or tidying up. This includes people who have pets and do not clean up their poo. |
| Dentist Appointment No | Not going to the doctors or dentist when you need to go. |



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|  | **Discrimination** is when someone treats you differently or unfairly because you are different to them. |
|  | People may treat you differently because of your:   * age * gender or sexuality * disability or health condition * race or religion |

**Examples of discrimination**



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| Gang bullies1 | People calling you names or saying nasty things about you because of who you are. This might be in person or  behind your back or on the internet. |
| Communication Aid 2 | Not getting the support you need to do things like everyone else, for example use of a ramp.  Or a communication aid. |

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|  | **Organisational abuse** is when people or services paid to look after you do not do their job properly. This can also be called **institutional abuse** or **systemic abuse**. |

**Examples of organisational abuse**

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|  | When staff make all the rules and you have no choice about:   * where you live and who you live with * when you get up or go to bed * what you can eat and when |
|  | When staff don’t know how to support you properly or do their job |
|  | When there are no social, recreation and entertainment activities **or** when you have to do the same activities all the time with no choices. |

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|  | **Domestic abuse** is when you are abused in your home by someone who is   * a family member **or** * someone you are or have been in a relationship with |
| http://tenniski.com/image/catalog/16Plus-logo.png | The law says that the person abusing you  must be aged 16 or over for it to be called domestic abuse. |
| Fight 4 | Domestic abuse can include lots of the other types of abuse in this book including emotional, physical and financial. |
|  | Someone controlling your money and what you can buy. |
|  | Someone might stop you from seeing your friends, family, pets or other people outside your home. |
| Read letter | Someone might open your mail and read  your private letters including your emails and social media without your permission. |

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|  | **Modern Slavery** is when someone has control over you and makes you work for them without pay. |

**Examples of modern slavery**

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|  | Having no control about your life, where you live and what you can do. |
|  | Having to work long days in bad conditions |
|  | Being punished if you don’t work. |
|  | Being too scared to leave or tell anyone. |





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|  | In this book we have talked about types of abuse in the Care Act. This is a law that says how organisations must work together so people are safe from abuse. |
|  | There are also other types of abuse that you might have heard about. |
|  | **Hate Crime** is when someone does something to you or attacks you because of who you are.  They might attack you because of your gender, your race, your disability or something else. |
|  | **Mate Crime** is when someone pretends to be your friend so they can take advantage of you.  This includes stealing your money, eating your food or using your house. |

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|  | Remember, abuse and neglect is **never** ok. |
|  | If you or someone you know is being abused, tell someone you trust. |
| Group 47 | This could be:   * Someone in your family * A friend * A carer or support worker * A social worker * An advocate * The police * A nurse or doctor * Someone from a charity like Age UK, Mencap or Mind * Someone from the Care Quality Commission * Someone you work with |
|  | Keeping Safe from Abuse Book 2 ‘Speaking up about abuse’ has information about how to tell someone about abuse. Book 3 ‘Reporting abuse’ has information about  what happens when you report abuse. |

Contact details

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|  | **North Yorkshire Council**  Telephone: 0300 131 2 131 |
|  | **North Yorkshire Police**  For emergencies call 999. To talk to someone call 101. |

Thank you!

Thank you to everyone who helped us make this book including:

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|  | KeyRing self-advocates from the North Yorkshire Learning Disability Partnership Board. |
|  | Inclusion North [www.inclusionnorth.org](http://www.inclusionnorth.org/) |
|  | North Yorkshire Council Health  and Adult Services |

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