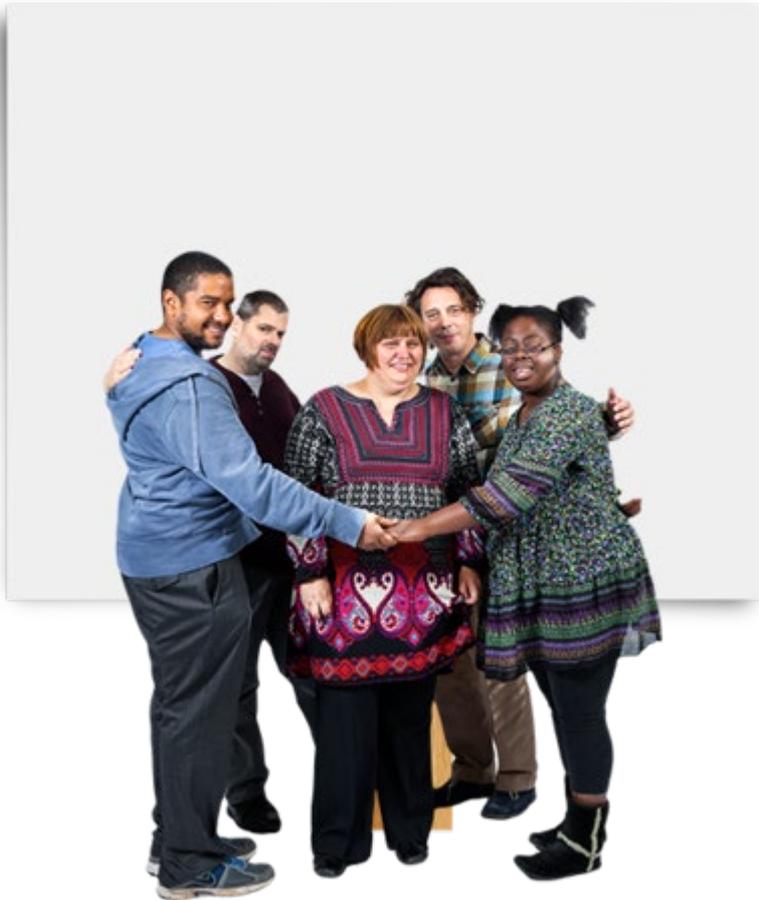




Dudley Safeguarding
People Partnership



Keeping Safe



**How to get help if someone is
hurting you or making you feel
afraid**



What is adult abuse?



Adult abuse is when someone hurts or scares you on purpose.



They might say “Don’t tell anyone”.



Adult abuse is wrong.

Adult abuse can happen to anyone.

You need to know what to do if it happens to you or to someone you know.

Who might abuse you?



Anybody can abuse you.

- This might be someone you know
- A member of your family or a carer who works with you.
- It can sometimes be someone who pretends to be your friend.

What should I do if I have been abused?

You can tell someone you trust.



This could be

- A family member
- A friend
- A doctor or nurse
- The police
- A carer



They should listen to you and talk to a social worker about how to help you.

What will happen next?



We will listen to what you say.

We will ask questions about what has happened.



We will ask you what you want to happen next.



We will make sure you are safe.

We will ask what other help you need.

There are different kinds of abuse

Physical Abuse



Physical abuse is when someone hurts you.

This could happen if someone:

- Punches you
- Slaps you
- Kicks you
- Bites you
- If someone hurts you in any other way or if someone makes you feel scared to be with them.



Domestic Abuse

This is when someone you live with hurts or scares you.

It can be if they say unkind things to you.

If they hit you or say they will hurt you.



Financial abuse

Financial abuse is someone taking your money or things without asking.

This could also be when someone makes you pay for things you do not want to.



Modern Slavery

Slavery is when someone forces a person to work for them and treats them badly.

This could be cleaning, cooking or jobs in the home.



It could also be work such as farming or being made to do sexual things you do not want to do.

They might stop the person from leaving.



Sexual Abuse

Sexual abuse is when you are touched when you do not want to be. This could be your private parts.

Someone might make you do things to them. You might not want to do these things.

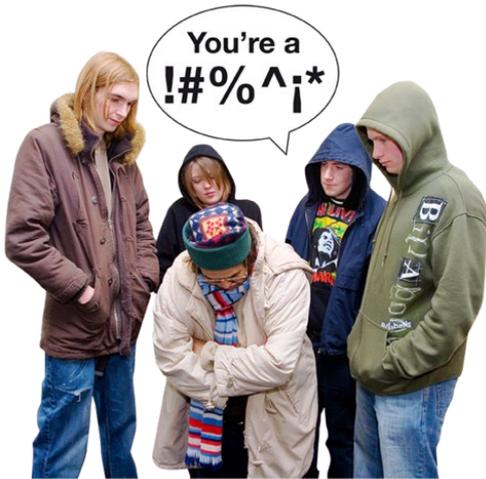


Emotional abuse

Emotional abuse is when someone shouts and says unkind things to you.



These things could make you feel sad, scared or worried.



Discrimination

This is being treated differently.



This could be:

- Because you are disabled
- Because of your religion
- Because you speak a different language
- Because you look different



Organisational abuse

This is where you are not being cared for properly.

It is where your own choices are ignored.



Neglect

Neglect happens when you are not given the care you need.

These things could be:



- Being cold at home
- Not being given enough food
- Have only dirty clothes to wear
- Feel in danger at home



- If you do not get your medicine when you should
- If you get too much medicine or not enough
- If you are not being looked after properly



Self neglect

Self neglect is when someone does not look after themselves properly.



It can be:

- Not taking their medicine
- Not washing regularly
- Not eating enough
- Not keeping their home clean and tidy

Places where abuse might happen

Abuse can happen anywhere. This could be :

- At the day centre
- Your care home
- A friends house
- In the street



Day Centre





Who can help?



West Midlands Police

In an emergency 999
In a non-emergency 101



Care Quality Commission (CQC)

Call 03000 61 61 61

www.cqc.org.uk



Dudley Council Adult Social Care Access Team

Helpline 0300 555 0055



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<https://dudleysafeguarding.org.uk>