

What is abuse?

All adults should be able to live their lives free from fear and harm.

- Abuse is when someone hurts you or treats you badly.
- Abuse can happen in any relationship, like a boyfriend or girlfriend, husband or wife, your family, friends, neighbours and paid carers.
- Abuse can happen by someone you do not know.
- Abuse is always wrong.
- Abuse is against your rights.
- Abuse can happen once or lots of times.
- Abuse is sometimes called domestic abuse.



Where and when can abuse happen?

Abuse can happen in the street



Abuse can happen in your own home



Abuse can happen in a residential or nursing home



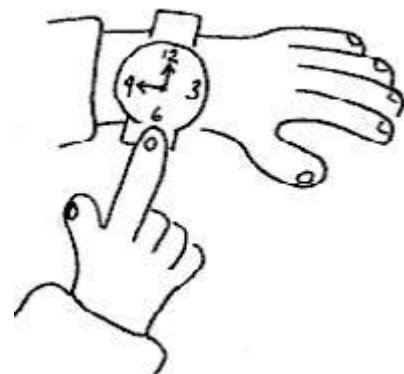
Abuse can happen in a day care centre or hospital



Abuse can happen on your computer or mobile phone



Abuse can happen at any time, day or night



Different types of abuse



Emotional abuse

Emotional abuse is when people talk to you in unkind ways, like shouting, frightening you, swearing, teasing, ignoring you, putting you down or treating you like a child.

Sexual abuse



Sexual abuse is when some one touches your body or private parts in a way you do not like or want. This includes kissing you, making you touch them, having sex with you when you do not want to.

Financial abuse



Financial abuse would be if someone uses your house, money, benefits or pension books without you saying that they can.

Physical abuse



Physical abuse is when someone wants to hurt you like hitting, slapping, pushing or burning you with something. Physical abuse is not an accident.

Deprivation of liberty



Liberty means being free to do the things you want to do, when you want to do them. If your carers or staff stopped you from doing things you want to do, this is called **deprivation of liberty**.

Neglect



Neglect is when people who are supposed to look after you, don't look after you properly.

Neglect would be not giving you enough food or not giving you your tablets or medicine.

It would be **neglect** if someone did not keep you safe and warm.

It would be **neglect** if someone did not take you to the doctors if you are poorly.

Discrimination



Discrimination is when people treat you unfairly or bully you because you are different. This may be because of the colour of your skin, your religion, your disability or because you are gay.

Who might be an abuser?

An **abuser** could be anyone.

It can be someone you know or someone you work with.

It could be staff who care for you, like the nurse or care assistant in your home.

It could be your family or friends.

It could be a stranger or a paid carer.

Sometimes **abuse** could happen because of poor training or because the person does not know how to care for someone properly. This is still abuse.

Sometimes this can happen because a carer is not able to care anymore. This is still abuse.



Tell someone



You need to tell someone what has happened. This is called **reporting**.

The police or social care worker will want you to talk about the bad thing that has happened to you.

But it is the police and the social care worker's job to tell the right people if they feel that you have been treated or hurt **very badly**.

It is their job to make sure that you are safe. The police or social worker will usually let you know if they are going to tell people who support you like your family, carers or staff.



The police or a social care worker will need to write down what you have told them. This is called a **statement**. The police may use a camera to video what you have told them. This is also called a **statement**. This may be used later in **court**.

What happens next?



Abuse can be a crime.

Some people who the police believe have committed crimes may be sent to **court**. The **courts** are a group of people who decide if a crime has taken place and what punishment should be given.

This may happen at a **court** room or at a different office. If you have to go to **court**, you will be given lots of help and support. There are specially trained staff who will help you through this.



The above easy read information is from: <https://lrsb.org.uk/easy-read>
<https://lrsb.org.uk/what-is-abuse> (Accessed 26.1.2020)

The information is available on line in a variety of languages.

<https://lrsb.org.uk/childreport>

<https://lrsb.org.uk/adultreport>

This was not produced by Islastones Foundation

There are more easy read documents about safeguarding at:
<http://www.ersab.org.uk/reporting-abuse/what-is-safeguarding-easy-read/>

<http://www.safeguardingpeterborough.org.uk/wp-content/uploads/2018/01/Safeguarding-Adults-Easy-Read-Cambs-and-Pboro-v1-2018.pdf>

These contain phone numbers for different places so would need adapting if used within our areas.