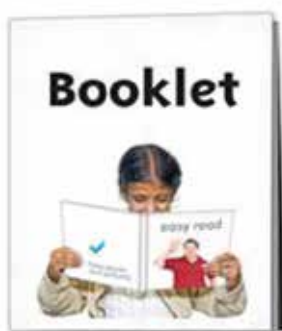


Information about abuse

Easy read version



This booklet tells you about abuse



What is abuse?



Abuse is when someone does or says something which harms you or makes you upset and scared.



Neglect is another type of abuse. For example, if someone does not do something they should have done and you could be harmed or put at risk.



Abuse is never ok. Everyone has the right to be treated well and with respect. No person has the right to abuse you.



Abuse can happen once or can be something that happens over time. It can be an accident or on purpose. Just because you might not have been hurt does not mean there is no abuse.



If people are worried that you might have been harmed or abused in any way, it is our job to look into this and make sure you are safe. This is called safeguarding.

Who abuses?



Most people will not abuse BUT anyone could abuse. It might be someone you know or a stranger. It can be anyone who uses their 'power' over you.

Anyone can abuse or neglect. It might be:



- A partner, wife, husband, child or family member
- A friend or neighbour
- A parent or carer
- A health or social care worker
- Staff in a home or hospital
- A volunteer
- Someone else you live with
- Someone you work with
- A stranger



A lot of time is often given to crimes carried out by strangers but it is more likely that you know the person abusing you and you trust them.

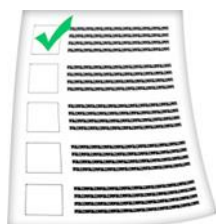
Where can abuse happen?



Abuse and neglect can happen anywhere and at any time, but the most common places are:

- In your own home
- In hospital
- In a home where you live all the time or just sometimes
- At a day centre or social club

Types of abuse



There are many types of abuse.

The Government lists these types:

Financial or 'money' abuse



This means stealing, scamming, bullying you to hand over your money or things you own and using your money or belongings when you haven't said this is ok.



Physical abuse

This means things like beating, hitting, slapping, pushing and not giving you your proper medication.



Neglect and 'acts of omission'

This means being ignored when you have health and social care needs or not being given the right type of care and support you need. It might also mean someone is not giving you the things you need on purpose.



Sexual abuse

This means being forced or bullied into have sex or do something sexual with someone when you did not say it was ok. Or a person touching you in a way you did not want them to.

It also means when a person shows you parts of their body you have not asked them to show you or making you watch something sexual that you did not want to see.

Psychological abuse



This means being made to feel embarrassed or bad about yourself. It is when someone bullies, blames you, makes you feel scared or controls you. It might be when someone threatens to hurt you.

It also means being purposely made to feel lonely and alone and being unfairly stopped from getting support from those around you.

Organisational Abuse



This usually means when you are not treated properly in places like hospitals, a care home or by those people giving you care in your own home.

It might be abuse that happens one time or lots of times.

It might mean that your needs have not been met or staff have not treated you well because they have not had the right training or the service is not being run properly.

Discriminatory abuse



This means bullying and name calling because of race, gender or gender identity, age, disability, sexual orientation or religion.



Self-neglect

This means not looking after yourself. You might not keep yourself healthy and clean. It might also mean not looking after the place you live in. For example, a type of self-neglect could be what is known as 'hoarding.'



Domestic Abuse

This means many of the types of abuse explained already that is done to you by a person you are in a relationship with.



Modern slavery

This means being forced, treated very badly and bullied into doing work and other things against your will. This is sometimes known as 'slavery' or 'forced labour.'



Abuse and neglect should not happen to anyone at any time. But it does happen, often because people do not know they are being abused.

Everyone has the right to live safely and be in control of their lives. If you think you are being abused or are at risk, talk to us as soon as you can.

Contact us



Solihull Connect - **0121 704 8007**
(Monday to Friday 9am-5pm)

Emergency Duty Team - **0121 605 6060**
(out of office hours)

Police - **101** or in an emergency - **999**



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