



## Keeping You Safe

This easy guide talks about keeping you safe from abuse, in simple words and pictures.



## What is abuse?



Abuse is when someone hurts you or treats you badly.

Abuse is always wrong and should not happen.



Abuse can happen anywhere and at any time.

The abuser may be a stranger or someone the person knows.

## What you should do



If someone hurts you or treats you badly, tell someone who you trust.

You could tell a family member or friend, your care staff, a doctor or the police.



## Types of abuse

A person can experience more than one type of abuse at the same time.



### Physical Abuse

Things like hitting, kicking, punching, biting or burning.



### Emotional Abuse

When a person says something that makes you feel scared, very sad or they make fun of you.



### Financial Abuse

When a person takes your money or things that belong to you. Or if they do not let you choose how to spend your money.



### Discrimination

Being treated unfairly because of the colour of your skin, your disability, your age, gender or beliefs.

## Types of abuse



### **Mate Crime**

When people who you think are your friends take advantage of you. For example, they may make you pay for their things.



### **Sexual Abuse**

When someone touches you where you don't want to be touched, without your permission.



### **Neglect or acts of omission**

When you are not given the support and things you need, like food, clean clothes, medication and help when you need it.



### **Institutional or Organisational Abuse**

When you are not treated in a fair way by the people who are paid to support you.

## Types of abuse



### **Domestic abuse**

When your partner (or a family member) hurts you or makes you feel scared in your own home. They may hurt you, control you or be sexual even when you say no.



### **Modern Slavery**

When you are forced to do work for no money, for people who abuse you or are cruel to you. You might be kept like a prisoner.



### **Cyber bullying**

Being sent unkind or threatening messages by email, text or on social media.

## What you can do



Remember, if someone hurts you or a friend or treats you badly, tell someone who you trust.

## What is safeguarding?



Safeguarding is protecting everyone's rights to be safe and free from abuse.

## What is a safeguarding Concern?



This is when we are told that someone may not be safe.

We will look at the information that we are given to make sure that we are keeping everyone safe.

## Safeguarding Meeting



If you or someone else is unsafe we will hold a meeting with them.

At this meeting we will look at ways that we can make them feel safe.

## What happens with the plan?



We will regularly check the plan to make sure that it is working.

We will keep working with the individual until things are better for them.

## What happens when you or the person who felt unsafe is safe again?



This means that we can stop helping them now and will not need to have any more meetings.

However, if they do need any help in the future then we can help them again.

## What would happen at this meeting?



We will work with the person who is unsafe to put together a plan to help keep them safe.

# Contact us

Front Door Team

**01628 683 744** during normal office working hours.

Outside office hours, please contact the  
Emergency Duty Service on **01344 351 999**

Other helpful numbers:

Police **101** - call anytime In an emergency ring **999**

If you would like this information in another format,  
please contact us.