



Say no to abuse

What can you do to stop it?



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What is abuse?

Abuse is when someone hurts or scares you.

You might be scared to speak out or stop them.



There are different kinds of abuse

- Physical abuse
- Emotional abuse
- Sexual abuse
- Neglect
- Financial abuse
- Discrimination



Physical abuse is when people hurt your body by:

- hitting
- pushing
- pinching
- burning
- kicking



Emotional abuse is when people hurt your feelings by:

- shouting
- calling you names
- laughing at you
- blaming you when it is not your fault
- ignoring you



Sexual abuse is when someone makes you do sexual things that you do not like or understand.



Sexual abuse is being touched where you don't want to be touched or being made to touch other people when you don't want to.



Neglect is when your care or support is not enough.



Neglect is things like:

not being fed or dressed properly

not getting your medication on time

being ignored



Financial abuse is when

- someone steals your money or your things
- someone makes you pay for other people's things
- you don't have a say in how your money is spent



Discrimination is when people say or do bad things to you because you are different.

This could be because you have
a different colour skin
a different religion
a disability
a different language
or
because you are lesbian or gay.



What can you do to stop it?

No secrets!

If you are being abused or if you think someone you know is being hurt or abused.



- Talk to someone you trust about what is happening and show them this leaflet.



- There is a number to call for help: **01305 221016**
- Weekends and evenings there is a different number: **01202 657279**



We will listen to what you say and do something about the abuse if we need to.



If it is an emergency call **999** and ask for the **police**.

