

My keeping safe guide

Abuse



 **Hesley** Group

Autism | Learning Disabilities | Complex Needs

Abuse can be caused by anyone

Someone in your family.



A friend or neighbour. Sometimes a person can pretend to be your friend so they can abuse you. This can be called 'Mate Crime'.



A paid or volunteer carer.



Other service users.



Someone in a position of trust.



A stranger.



Different kinds of abuse

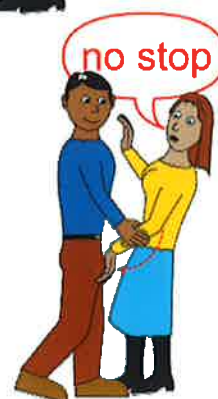
Physical abuse

- Being hurt.



Sexual abuse

- When someone touches your private parts when you don't want them to, or makes you touch them.
- When someone talks to you about sex when you don't want them to.



Emotional or psychological abuse

- When someone says nasty things and makes you feel sad.



Financial or material abuse

When someone takes something that belongs to you without asking, or makes you give them things.



Neglect

When you do not get the help you need. This might be with medication, care, or food.



Discriminatory abuse

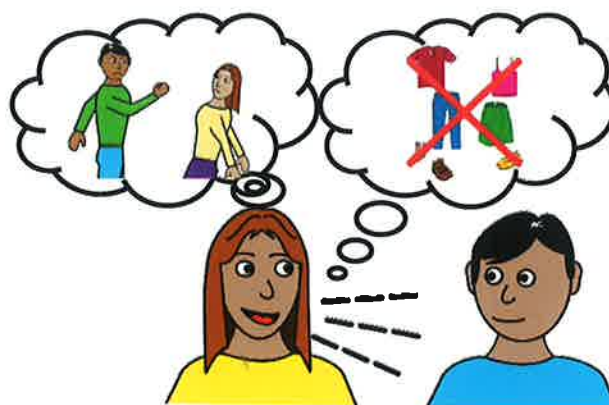
When someone treats you badly because you are different. This might be because of your age, gender, sexuality, disability, race, or religion.



If this happens in your organisation, it is called '**Institutional Abuse**'.

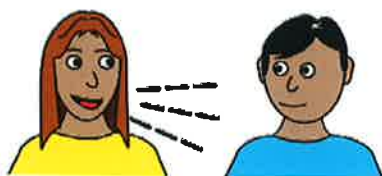
What can you do if you're worried?

You can tell someone



Staff will:

Listen



Get information from those people involved in your care



Help you understand what has happened

Talk to the police if they need to



Keep you safe





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