

Safeguarding Adults in Gateshead

Making sure you are safe from abuse and harm

What is this leaflet about?

This leaflet has been written to help to keep you safe from abuse.
It gives you information that will help you and others to protect you from harm.
It will tell you what abuse is and where it can happen.

What is abuse?

Abuse is when someone does or says things to you that make you upset, angry or frightened.

You might be frightened to tell someone about the abuse.

There are lots of different types of abuse:

PHYSICAL ABUSE

This can include someone:

- Hitting you with their fists or an object;
- Kicking you;
- Throwing things at you;
- Pushing you;
- Biting you;
- Trapping you in a room or in a house;
- Forcing you to stay in a chair or in bed.



SEXUAL ABUSE

This is when someone:

- Touches you where you don't want to be touched;
- Makes you touch them when you don't want to;
- Touching you when you don't want to be touched;
- Making you do sexual things that make you angry, sad or scared;
- Doesn't listen when you say you don't want to have sex or be touched in a sexual way.



EMOTIONAL ABUSE (also known as psychological abuse)

This is when someone:

- Threatens to hurt you;
- Calls you names;
- Says nasty or untrue things about you to people you know or on the internet;
- Tells you what you can and can't do all of the time;
- Stops helping you with things that you can't do on your own;
- Forces you to do things that you don't want to do.



FINANCIAL ABUSE

This is when someone:

- Takes your money or belongings without asking you;
- Forces you to give them money from your bank account;
- Forces you to sign forms but doesn't tell you what they are;
- Takes money from you but never giving it back to you;
- Takes your money to pay your bills but uses the money for other things;
- Steals things from you.



DISCRIMINATORY ABUSE

This is when someone picks on you because you are different, or makes fun of you because of:

- Your age;
- Your weight;
- Your disability;
- Your clothes;
- The colour of your skin;
- Your religion or culture;
- The way you speak;
- Your language.

People may also make fun of you because:

- You are a man or a woman;
- You are gay, lesbian or bi-sexual;
- You are a man who was born a woman;
- You are a woman who was born a man.



ORGANISATIONAL ABUSE

This happens when a place such as a hospital, care home or day centre:

- Treats you badly;
- Doesn't listen to you when you tell them you have a problem;
- Stops helping you with things you need help with;
- Stops your friends or family from visiting you or speaking to you;
- Prevents you from getting access to your belongings or money.



NEGLECT

This happens when the people or person who is supposed to look after you:

- Doesn't help you to have a bath or a shower;
- Doesn't help you to stay warm and dry;
- Doesn't help you to get enough to eat or drink;
- Doesn't help you to change your clothes or buy new ones;
- Doesn't help you to do the things you always need help with, such as going to the toilet, or getting out of bed.

WHO MIGHT ABUSE ME?

Many different people might abuse you.

You could be abused by:

- A man or a woman;
- Someone older or younger than you;
- A friend;
- A family member;
- A person who provides care to you;
- Someone who uses the same services as you;
- A stranger.

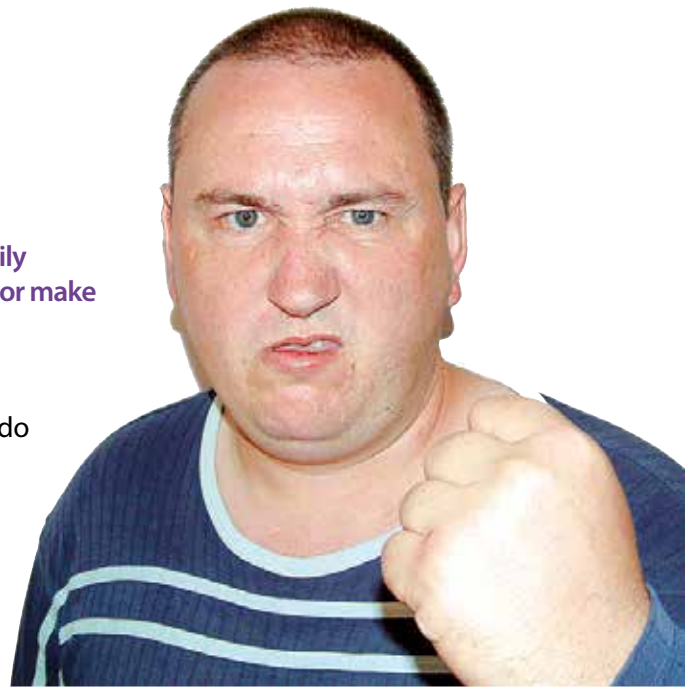


DOMESTIC VIOLENCE OR ABUSE

This is when your boyfriend, girlfriend, husband, wife or family member use violence, threats or intimidation to control you or make you do things you don't want to do.

This can include:

- Controlling behaviour like being told what you can or can't do
- Threatening behaviour
- Violence
- Keeping you away from your friends and family;
- Verbal abuse;
- No access to money.



MODERN SLAVERY

This is when you are forced or tricked into carrying out work or tasks that you don't want to do.

This can include:

- Being forced to work with little or no pay when you don't want to;
- Being taken against your will to a different area to work – this is called being trafficked;
- Being forced to work to pay off debts;
- Violence being used to force you to work;
- Being made to carry out sexual acts when you don't want to;
- Someone keeping your I.D or passport and not giving you access to these;
- Being a promised a job that did not exist and being forced to do something else.

SELF-NEGLECT

This is when you don't look after yourself or your home properly.

This can include:

- Not looking after your self-care which could lead to personal harm;
- Not looking after your personal hygiene, health or home;
- Not asking for help to meet your needs;
- Unable to manage your personal affairs such as money;
- Hoarding - this is when someone collects a lot of things and stores them in a way that could be dangerous to themselves or others.

YOU HAVE THE RIGHT TO:

- Be cared for;
- Be treated well and with respect;
- Have enough to eat and drink;
- Be warm;
- Make choices;
- Have friends; and
- Go out and do things.

YOU SHOULD FEEL SAFE.

You have the right to be safe from people who hurt you, or who do bad things to you.

Abuse is wrong.

Abuse can happen to anyone.



WHAT SHOULD I DO?

If you think that you are being abused by someone, you should tell someone you trust about it.

You might feel scared but it is important that you tell someone such as a family member, a friend or a member of staff such as a social worker.

If you tell us that you are being abused, we will work with you and others to make you feel safe and protect you from harm.

If you think the person that you have told does not believe you, then you should tell someone else.

WHO CAN HELP ME?

If you think that you are being abused or that someone you know is being abused, you can ring Adult Social Care Direct at Gateshead Council to speak to someone
Tel: 0191 433 7033.

In an emergency,
you should ring 999

