



Independent Voices supported
by Skills for People.



Safeguarding and the Different Types of Abuse Easy Read Guide



What is safeguarding?

Safeguarding means to protect people from harm of **abuse** and **neglect**.



Abuse means to cause harm or distress to another.



Neglect means to not care for someone or yourself properly.



Sometimes the different types of abuse can happen to someone at the same time.

Types of abuse

Physical Abuse



This is when someone hurts you.

This can be when someone hits, kicks, bites, scratches you or pulls your hair.

Sexual Abuse



This is when someone **touches your private parts** or other parts of your body in a way you do not like or do not want.



It is also when someone **makes you do sexual things** that make you sad, angry or frightened.



This can be when someone kisses you without asking, makes you touch them, touches your bottom or breasts or other private parts, makes you look at pictures or films of a sexual nature, have sex with you when you do not want them to.

Emotional Abuse



This is when people do things to you that upset you because they know it upsets you.



This can be when someone teases you, swears at you, ignores you, puts you down, treats you like a child, or makes threats.

Financial Abuse



This is when someone takes your money or things that belong to you.



This can be when they control your money or make you pay for things. It is also when someone steals your money or the things that belong to you.

Neglect



This is when people don't keep you safe.



It means you are not being looked after properly.



It could mean you are not getting support when you need it or not getting the right support.



This can be when people don't give you enough food, help you get dressed or go shopping.



It can be when they don't give you your medication or take you to the doctors if you are ill.

Organisational Abuse



This is when staff in a hospital or care home do not care for you properly or respect your rights.



This can be when some of the staff are not trained, there may not be enough staff on duty, staff do not take time to understand your needs, staff ignore you, or you are made to stay in your room.

Discrimination



This is when people treat you badly because you are different to them.



This can be because of the things you believe in, the colour of your skin, a disability, who you choose to love, or if you speak a different language.

Domestic Abuse



This is when someone in your family or someone you are in a relationship with abuses you.



This can be when they make threats or hurt you, or they try to control you.

Modern Slavery



This is when people use other people to make money for themselves.

This can be when someone forces someone else to work for free or very little pay.



People get treated badly, and someone else controls where they live and what they do.

Self-Neglect



This is when you are not looking after yourself or the place you live in.



This can be when you don't or can't keep yourself or your home clean, you don't care about your health, you hoard things, or don't look after your pets.

Where can abuse happen?

Abuse can happen anywhere and may happen in:

- Your home
- Hospital or at your doctors
- Care home
- Day centre
- At work
- In the street
- On the bus or train, or in a taxi





What should you do if you are concerned about yourself or someone else?

If any of these things happen to you or someone else, you must tell someone about it.

You must always tell someone even if they tell you not to.

You can tell any of these people:

- Someone in your family
- Your support worker or carer
- A social worker
- A police officer
- A friend
- An advocate or support group
- A doctor or nurse
- Or someone else you trust



Reporting Abuse



If you are worried or want to talk to someone about things that have happened to you or someone you know, you can call the **Social Care Service** where you live or speak to your Social Worker

These are the telephone numbers for the different social care services



During working hours:

Hartlepool: 01429 523 390

Stockton-on-Tees: 01642 527 764

Middlesbrough: 01642 065 070

Redcar & Cleveland: 01642 771 500

Out of hours: 01642 524 552



You can report abuse and neglect to the Police by calling 101.



You must ONLY ring 999 in an emergency when someone is in danger right now.