surrey safeguarding ADULTS BOARD

SURREY COUNTY COUNCIL

Keeping you safe from abuse

What is abuse and neglect?

This book has information about different types of abuse and neglect

Contents

Page 1	Front cover
Page 2	Contents
Page 3	What is abuse?
Page 4	Where can abuse happen?
Page 5	Physical abuse
Pages 6-7	Sexual abuse
Page 8	Emotional abuse
Page 9	Financial abuse
Pages 10-11	Neglect
Page 12	Self-neglect
Page 13	Organisational abuse
Page 14-15	Discrimination
Page 16	Modern slavery
Page 17	Domestic abuse
Page 18	How to report abuse
Page 19	Contact us

You can find Easy Read documents on keeping safe from abuse on the Surrey Safeguarding Adults Board website.
www.surreysab.org.uk/leaflets-resources

You can read this booklet alone or with someone to support you.

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What is abuse?

Abuse is when someone hurts you or treats you badly.

Abuse can be done on purpose or by accident.

Abuse can be a crime.

Abuse can happen just once. It can happen more than once.

Abuse is never your fault.

If you or someone you know is being abused, tell someone you trust.

Where can abuse happen?

Anywhere

In your home.

At a day service.

In hospital.

Where you learn or work.

In a care home.

In your community.

In the street.

On the internet or the phone.

Physical abuse

Physical abuse is when someone hurts your body.

Examples of physical abuse

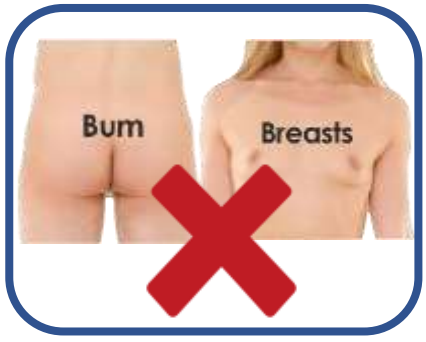
- hitting
- kicking
- biting
- scratching
- grabbing roughly or pushing
- pulling hair

Locking you in a room or forcing you to stay in the same place could be physical abuse.

Abuse is never your fault

Sexual abuse

Sexual abuse is when someone forces you to have sex or take part in a sexual act or touch when you don't want to.



Examples of sexual abuse

When a person touches your body or private parts in a sexual way when you don't want them to.

When a person makes you touch their private parts.

When a person makes a comment about you or your body that makes you feel uncomfortable.

Tell someone if you are being abused

Sexual abuse (continued)

More examples of sexual abuse

When a person shows you pictures or videos about sex that you don't want to see.

The person might be a stranger, family member, or someone you know.

It could be done by your boyfriend or girlfriend.

Abuse is never your fault

Emotional abuse

Emotional abuse is when people do or say things which make you feel bad or scared.

Emotional abuse is also called psychological abuse.

Examples of emotional abuse

- bullying
- calling names
- laughing at you
- being treated like a child

- being threatened or made to do things you don't want to

- being left alone or ignored on purpose

Abuse is never your fault

Financial abuse

Financial abuse is when someone takes your money or your things without you agreeing to it.

Examples of financial abuse

- stealing your money or your things
- borrowing your money or things but not giving them back

- taking your benefits

- taking control of your money without your permission
- changing your will

- making you pay for things which are for them and not you

Tell someone if you are being abused

Neglect

Neglect is when someone who is meant to support you does not support you properly.

Examples of neglect

- not giving you enough food or drink

- not supporting you to stay warm or cool

- giving you the wrong medication, even if it is an accident

Abuse is never your fault

Neglect (continued)

- leaving you on your own for a long time when you need support

- not giving you the support you need to stay clean

Tell someone if you are being abused

Self-Neglect

Self-neglect is when you are not looking after yourself.

Examples of self-neglect

- living in an unsafe or dirty home

- not eating or drinking enough to stay healthy

- not seeking help from a doctor when you are unwell

- not keeping your body and your clothes clean

Tell someone if you are being abused

Organisational Abuse

Organisational abuse is when an organisation like a care home, hospital or the Police do not do their job properly.

Examples of organisational abuse

- when staff make all the rules and you have no choice about when you go to bed

- when you don't have a choice about your food and when you eat your meals

- when staff have not had the right training in how to support you

- when you are not supported with activities or when you have to do the same activities all the time

Abuse is never your fault

Discrimination

Discrimination is when someone treats you differently or unfairly because you are different to them.

People may treat you differently because of:

How old you are.

Your disability.

Whether you are a woman, man or identify as neither.

Your race including skin colour or where you come from.

Being married or in a civil partnership.

Your religion or belief.

Being pregnant or on maternity leave.

Who you love or who you have sex with.

Tell someone if you are being abused

Examples of discrimination

Not getting the support you need to do things like everyone else.

For example:

- no ramp

- no communication aid

- people calling you mean names or saying nasty things about you because of who you are

This might be in person on the internet.

Abuse is never your fault

Modern slavery

Modern slavery is when a person is forced to do something by another person.

Examples of modern slavery

- having no control about your life, where you live and what you can do

- having to work long days in poor conditions

- being punished if you don't work

- being too scared to leave or tell anyone

Tell someone if you are being abused

Domestic Abuse

Domestic abuse is when you are abused by someone who is a family member or someone you are or have been in a relationship with.

Examples of domestic abuse

- physical abuse like hitting you
- sexual abuse like making you have sex when you don't want to
- emotional abuse like calling you names
- financial abuse like stealing your money

Another type of Domestic Abuse is **coercive and controlling behaviour** which is making you do what you are told. This can be done by:

- threatening to hurt you
- shouting at you and bulling you
- making you afraid
- making you feel bad about yourself

Abuse is never your fault

How to report abuse

There is a team of people who will support you to feel safe again.

In an emergency
Dial 999 for the police.
If you can't speak and are calling on a mobile, press 55 to have you call transferred to the police.

SURREY COUNTY COUNCIL

Contact Surrey County Council

You can ask for this information in an alternative format or language.

Telephone: 0300 200 1005

Email:
asc.infoandadvice@surreycc.gov.uk

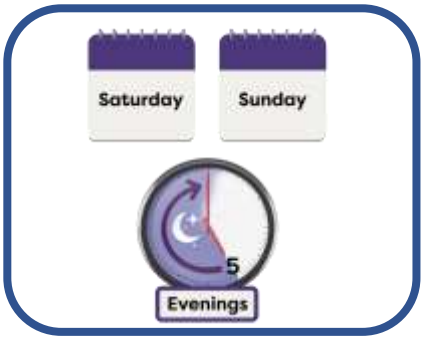
Contact us

Textphone (via Relay UK): 18001 0300 200 1005

Text (SMS): 07527 182 861 (for deaf or hard of hearing community)

British Sign Language:
www.surreycc.gov.uk/bsl

Reporting abuse online:
www.surreycc.gov.uk/adultatrisk



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