

Being Safe

(safeguarding adults at risk)



You should feel safe

You have the right to be safe from people hurting you, doing bad things to you or making you do something you do not want to do.

When someone does something to you that you do not like it is called **abuse** or **harm**. There are different ways someone can harm you.

Abuse is wrong.



What is abuse?

Abuse is when someone says or does something that

- hurts you
- takes advantage of you
- frightens you
- makes you unhappy

There are different kinds of **abuse**



Physical abuse is when someone hurts your body – this could be by

- hitting or kicking you
- pushing or shaking you
- giving you too much medication



Domestic violence is abuse that happens at home and includes violent or controlling behaviour towards another member of the household



sexual abuse is when someone

- touches parts of your body you don't want them to touch
- makes you touch them
- makes you have sex with them



financial abuse is like stealing – it is when someone

- takes your money without asking
- takes your things without asking
- makes you pay for things which are not for you
- does not let you choose how to spend your money



emotional abuse is when someone says bad things. This could be

- shouting at you
- laughing at you
- calling you names
- ignores you
- treats you like a child
- blames you for things that are not your fault



modern slavery is when someone forces you to do something – this could be forcing you to work for little or no money or even forcing you to get married

discrimination is when someone is mean to you because you are different – they may say or do bad things to you because of

- the colour of your skin
- your disability
- your age
- your religion
- where you come from
- your sexuality



discrimination is also when someone treats you unfairly because you are different.



organisational abuse is about bad practice in a company, this could be anywhere including where you live or where you work. This kind of abuse can lead to neglect.



neglect is when someone does not look after you properly – this could mean

- you are often cold
- you are often hungry
- you have no clean clothes
- you are in danger



self neglect is also a kind of abuse – this is when someone is not looking after themselves properly and needs more help.

Who can abuse you?



Anyone could abuse you and anyone could behave in a way that is abusive – the person could be

- a worker or a member of staff
- a carer
- a family member
- a friend of the family
- another adult at risk of harm



Where can abuse happen?

Abuse can happen **anywhere** and at **any time** – it could happen

- at home
- at work
- when you are out and about
- at an adult learning centre or college
- at a day service
- in a hospital





What can you do?



- tell someone you trust
- tell someone as soon as you can



Here are some of the **people you could tell**

- the police
- your family
- a social worker
- a friend
- a doctor or a nurse
- your tutor or centre staff





What happens next?

If you tell a member of staff such as your tutor, or someone in the centre office.

They will



- Listen to you
- Find out more about what happened
- Tell you what they are going to do about it
- Give you help and support