

Keeping safe



How to get help if someone is hurting
you or making you feel afraid

What is adult abuse?



Adult abuse is when someone hurts or scares you on purpose.



They might say, “Don’t tell anyone”.



Adult abuse is wrong

There are different kinds of abuse

Sexual abuse



Sexual abuse is when you are touched when you do not want to be. This could be your private parts.

Someone might make you do things to them. You might not want to do these things.

Emotional abuse

Emotional abuse is when someone shouts and says unkind things to you.

These things could make you feel sad, scared or worried.





Financial abuse

Financial abuse is someone taking your money or things without asking.



This could also be when someone makes you pay for things you do not want to.

Discrimination

This is being treated differently. This could be:



because you are disabled
because of your religion
because you speak a different language
because you look different - this could be because you wear different clothes

Discrimination is sometimes called 'hate crime'.

Neglect



Neglect happens when you are not given the care you need, these things could be:

Being cold at home

Not being given enough food

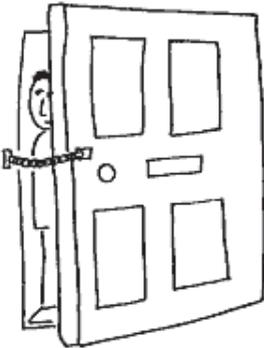
Have only dirty clothes to wear

Feel in danger at home

If you do not get your medicine when you should

If you get too much medicine or not enough

If you are not being looked after properly.



Physical abuse



Physical abuse is when someone hurts you.

This could happen if someone:

punches you

slaps you

kicks you

bites you

Or if someone hurts you in any other way or if someone makes you feel scared to be with them.



Places where abuse might happen

Abuse can happen **anywhere**.

This could be at your home, at a day centre, your care home, at a friend's house, or in the street.



Who might abuse you?

Anybody can abuse you.

This might be someone you know – a member of your family, or a carer who works with you.



What should I do if I have been abused?

You can tell someone that you like or you know well

This could be:

someone in your family

a friend

a social worker

a doctor or nurse

the police

a carer.

They will listen to you and support you with the help you need.



What will happen next?



We will listen to what you say.

We will ask you some questions about what has happened.

We will ask you what you want to happen next.



We will make sure you are safe.

We will ask you what other help you need.



Who can help?



Dudley Adult Safeguarding Unit

01384 818543

Ednam House

St James's Road

Dudley DY1 3JJ

e-mail:

adultprotection.dachs@dudley.gov.uk

Dudley Council Plus

01384 812345



West Midlands Police

0845 113 5000

Care Quality Commission

0121 600 5300



Dudley - Walsall Mental Health Trust

01384 360135



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