

What is abuse?

Unfortunately there are times when people you meet may not act in the way they should. There are different types of abuse, but whatever type you are worried about, you should speak to someone who can help.

Physical abuse

Physical abuse is when someone deliberately hurts or injures you. Hitting, kicking, beating with objects, throwing and shaking are all physical abuse, and can cause pain, cuts, bruising or broken bones. No one has the right to hurt you in this way.

Emotional abuse

Emotional abuse is when someone tries to make you feel bad. This can be saying things to scare you, putting you down, embarrassing or humiliating you. This might be on purpose or without realising what they are saying or doing is making you feel bad. It's wrong, even if they are not doing it on purpose.

Neglect

Neglect is when you are not being looked after or supervised properly. If the people who are supposed to look after you don't give you the important things you need, or make it hard for you to take care of yourself.

How do I know if I'm being neglected?

- You could be suffering from neglect if:
- You don't have enough warm clothes or shoes
- You don't have enough to eat and drink
- You're left alone for a long time, or left in charge of family without adult help
- You're forced to sleep somewhere cold or uncomfortable
- No-one helps you when you are ill or you've been hurt

Sexual abuse

Sexual abuse is when:

- You're being touched in a way you don't like
- You're being forced to have sex
- You're forced to look at sexual pictures or videos
- You're made to watch someone do something sexual. This can include someone flashing or exposing themselves to you
- You're made to do something sexual to someone that feels uncomfortable or wrong

Remember: if you are worried about yourself or anyone you know, call 01908 253169 or 253170

After 5pm call the out of hours number on 01908 265545