

Who should I tell?

If you think someone is being abused or if someone is abusing you, tell someone you trust. This could be:

- A family member / carer
- A friend
- A member of staff
- A doctor, nurse, social worker or teacher
- A Police Officer
- A care inspector or
- An advocate or PALS officer

Safeguarding procedures have been set up to protect you against abuse. When you tell someone you trust there are many people and services ready and able to help you. They will listen, help you stay safe and give you help and support.

Further information

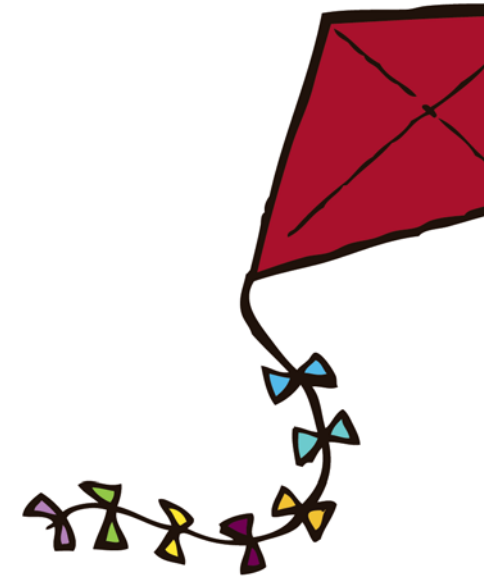
If you would like further information about safeguarding please visit our website at www.bdct.nhs.uk.

Your care, treatment or support will not be affected if you raise an issue of abuse.

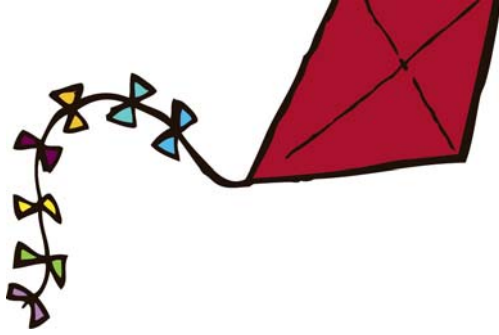
Don't suffer in silence - tell someone you trust.

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Safeguarding



Protecting Children and Adults from Abuse and Neglect



What is abuse?

Abuse is when someone hurts or treats you badly. It is not your fault. Nobody has the right to hurt you. Abuse can happen in different ways. This leaflet will give you some examples.

Who could abuse?

It might be someone close to you, such as your partner, a family member, a friend, a carer, a staff member, a fellow service user or even a stranger.

Where can abuse happen?

Abuse can happen anywhere, in places where you should feel safe:-

- In your own home
- In the street
- In a care home, day service or hospital
- At school or college

Who should report abuse?

If you think someone is being abused or if you think someone is abusing you, you should tell someone you trust.

Don't suffer in silence: tell someone you trust.

You have a right to life and not to be treated in an inhuman or degrading way under the Human Rights Act.

Examples of abuse

Abuse can happen in different ways. The following page explains some examples of abuse.

Physical abuse is when someone physically hurts you by shaking, hitting or pinching you or holding you down when you don't want them to.

Sexual abuse is when someone does sexual things to you that you don't want or understand, by touching you, exposing themselves, making sexual remarks or forcing you to have sex against your will.

Emotional abuse is when someone says bad things to upset or hurt you, by bullying, humiliating, threatening or intimidating you or showing you a lack of respect or dignity. Witnessing someone else being harmed is another example.

Financial abuse is when someone takes your money or things without asking, by stealing from you, cheating you, pressurising you or not letting you have a say in how your money or benefits are spent.

Neglect is when someone says they are going to help you but they do not, by leaving you alone for a long time, leaving you dirty, hungry or thirsty or withholding your medicine.

Discrimination is when someone says or does bad things to you because you are different from them, by treating you unfairly because of your race, religion, sexuality, age, gender or disability.

Domestic violence and **forced marriage** are also forms of abuse.

Don't suffer in silence: tell someone you trust.