



Information about abuse and what to do about it

Abuse is when people do bad things to you and make you feel scared or upset



What is abuse and how do I report it?



About this leaflet



We are the safeguarding team for adults in South Gloucestershire.



We help make sure that people are safe.



This leaflet is about something bad that can happen to people.

It is called **abuse**.



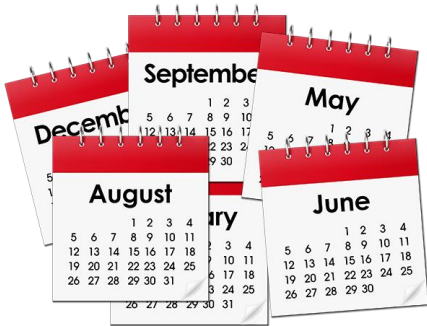
This leaflet tells you what abuse is and what you can do about it.

What is abuse?



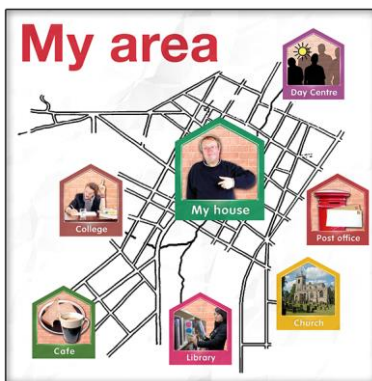
Abuse is when someone does bad things to you or says bad things to you.

Or it may happen to someone you know.



Abuse may happen once.

Or it may happen many times.



It can happen at home or somewhere else.



You may feel scared or upset.

**There are many kinds of abuse.
Here are some examples:**



When someone hurts you and your body

For example, someone may:

- Hit you
- Push you
- Shake you
- Burn you
- Give you too much medicine. Or not enough medicine



When someone makes you feel scared or upset

For example, someone may:

- Say they will hurt you
- Shout at you
- Ignore you
- Leave you on your own without anyone to talk to



When someone tries to have sex with you or do sexual things



For example, someone may:

- Try to touch your private parts
- Make you touch their private parts
- Try to have sex with you or do sexual things
- Make you do sexual things to get money, food, somewhere to live or other things



This is not OK if you don't want it.



When someone makes you work for free

When someone you know well hurts you



This could be a boyfriend, girlfriend, husband, wife or someone in your family.

They may hurt you or say they will hurt you.

When someone takes money or other things from you



Or when someone spends your money without asking you.

When someone treats you badly because of who you are

For example, because of:

- Your disability
- Your age
- Your religion
- Who you want a relationship with

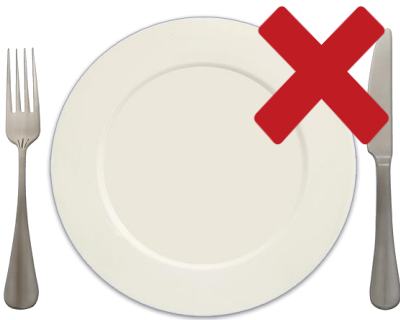


When someone stops you getting the care you need



For example, someone may stop you:

- Having the heating on
- Having clean clothes
- Having food and drink when you need it



When you stop caring for yourself

You might stop people giving you the care you need.

This can make you ill or put you in danger.

What to do if abuse happens to you or someone you know



It is important to speak up about abuse.

Abuse is bad and needs to stop.



There are people from the council who work to keep people safe.

You can tell them about abuse.



You can call them on:

01454 868007

Monday to Friday from 9am to 5pm

01454 615165

In the evenings or at weekends



If there is a big problem and you need help quickly call **999**.

What will happen if you speak up about abuse?



People will:

- Listen to you
- Look into the problem
- Ask what the person who may be unsafe wants.



This could be you or someone you are telling us about



- Help the person who may be unsafe to make a plan to keep safe



- Tell the police if a crime might have happened