Who should you tell about abuse? Tell someone you trust – it could be a social worker, a police officer, a doctor or a nurse or even a good friend.

What will happen when you tell someone?

They will listen to you, help you and support you.

If you think you have been abused you must report it.

You can telephone 0300 300 8122
What are my rights?
Everyone should be free from violence, abuse and fear
Everyone should be respected by other people
Everyone should be able to make choices about what affects them
Everyone should feel safe

What is abuse?
Abuse is when someone does something which is wrong that hurts you, makes you feel frightened or unhappy. There are different kinds of abuse:

Who can abuse you?
Anyone can abuse you
It may be someone you know or it may be a stranger

Where can abuse happen?
It can happen anywhere – at home, at work, when you are out, when you are at college, in a day centre or club.
Physical Abuse – when someone hurts you – this could be kicking, slapping, biting, scratching or shaking you.

Neglect – this is when somebody who should help you doesn’t – they may not give you food, keep you safe, give you your medication or get you medical help.

Financial Abuse – this is when someone takes your money or things that belong to you, or makes you pay for things or tells you how to spend your money.

Discrimination – this is when somebody treats you unfairly because of the colour of your skin, your disability, your faith, because you speak a different language or because you are male or female or gay/lesbian/bisexual.
**Institutional Abuse** – this is when people who are paid to look after you do not respect you if you are living in a care home, or in hospital, at a day centre or even in your own home. They may be unkind to you, ignore you or your wishes and not give you any choices. They may not have had the correct training or use the right equipment to look after you.

**Emotional Abuse** – when people say things to you which are not nice, call you names, treat you like a child, laugh at you or ignore you.

**Sexual Abuse** – this is when someone touches you on your private parts and you do not want them to. They may try to kiss you or have sex with them, or show you pictures of other people having sex.