

Say NO to abuse!



Adults' Services

What is abuse?



Abuse can be when someone does or says things to you to make you upset or frightened.



You may be scared to stop them or tell someone else.



It is very important to tell someone if you think you are being abused.



Who might abuse you?

You can be abused by one person or more than one person.

It might be someone you know or a stranger. The person abusing you may be doing it on purpose, or they may not realise that they are being abusive.

Where might this happen?

Abuse can happen in any place and at any time. Abuse can happen one time or more than one time.



Home



College



Work

Different types of abuse



Physical abuse

This is when someone hurts your body.

Physical abuse can be:

- hitting, kicking, pushing
- pulling hair, pinching or shaking
- giving someone more medicine than they are supposed to
- restraining someone, force feeding.



Sexual abuse

This is when someone makes you do sexual things that make you sad, angry or frightened and without you agreeing.

Sexual abuse can be:

- being touched on your private parts
- being made to touch other people in these places
- being made to have sex with someone when you don't want to
- being made to do sexual things that you don't want to do.



Emotional abuse

This is when people say bad things that hurt your feelings, shout at you or threaten you.

Emotional abuse can be:

- being called names or someone speaking badly to you
- being made to feel scared
- being bullied
- being threatened with harm or being told that someone will leave you
- being bribed.



Neglect

This is when your care or support is not enough to meet your needs.

Neglect can be:

- being cold much of the time
- being hungry much of the time
- having only dirty clothes to wear
- being put in danger
- not being supported as agreed
- living in an unsafe home
- not being supported with health concerns.



Discriminatory abuse

This is when people say or do bad things to you because they think you are different to them.

Discriminatory abuse is being treated unfairly because:

- of your culture or background
- of your religion, beliefs or views
- of your age
- you are disabled
- you are a lesbian or are gay
- you are male or female
- you speak a different language.



Financial abuse

This is when someone takes your money or belongings without asking.

Financial abuse can be:

- someone stealing your money or possessions
- being forced to pay for things when you don't want to
- not having a say in how your money is spent.



Who should I tell? Who can help me stop this?

Tell a professional or someone you know and trust. Do this as soon as you can.

Or you can contact Social Services in Ealing on ☎ **0208 825 5000**.

Or in an emergency call 999.



The professional will listen to you and will find out more.

They may give you advice on what to do.

They will listen to what you want to happen.

They will help you to stay safe.

We would also like to acknowledge the contributions of the following organisations:



**Ealing Partners
Power Group**