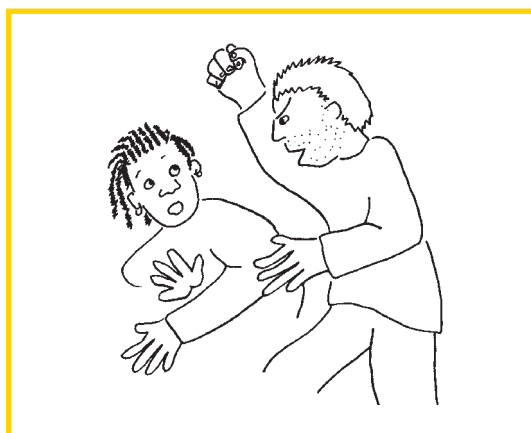


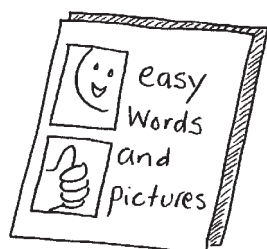
# Adult abuse – what is it and what can you do about it?



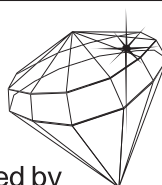
BIRMINGHAM  
SAFEGUARDING  
ADULTS  
BOARD



**This leaflet is easy to read.**



Crystal  
Mark  
17050



Clarity approved by  
Plain English Campaign

July 2010

# Abuse



## What is abuse?

Abuse is when someone does or says something to you that makes you upset or frightened. You may be scared to try to stop them or to tell someone about it.

Abuse happens in lots of different ways.



## What can I do?

What can I do if I or someone I know is being abused?



You should tell someone you trust.  
Do this as soon as you can.

# There are different kinds of abuse.



## Physical abuse

### What is it?

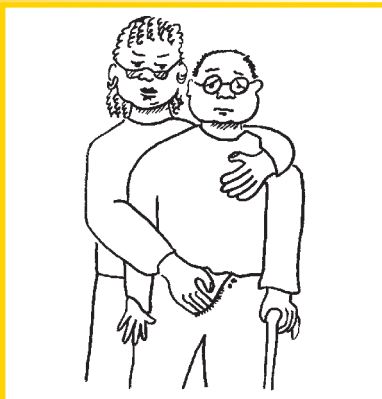
Physical abuse is when someone hurts you, such as by hitting you, kicking you or burning you. It may also be when someone holds you down.



## Sexual abuse

### What is it?

Sexual abuse is when someone touches your body and does things to you that you do not like or understand.



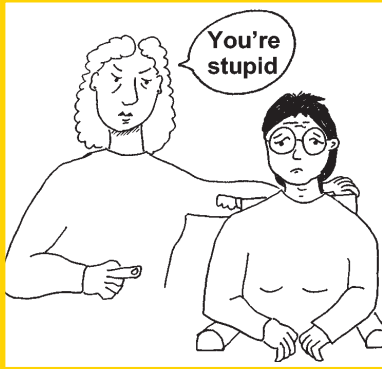
It is when someone makes you do sexual things that you don't want to do.



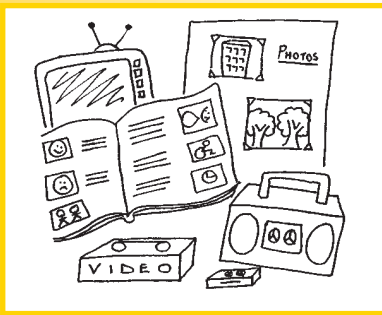
## Emotional abuse

### What is it?

Emotional abuse can be when people say bad things to you, tease you or threaten or bully you to upset you.



It can be when people don't listen to you or don't believe what you say.



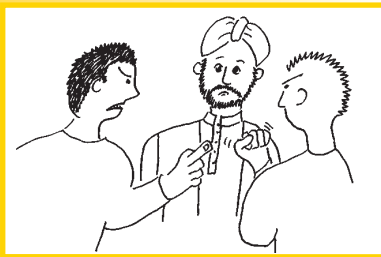
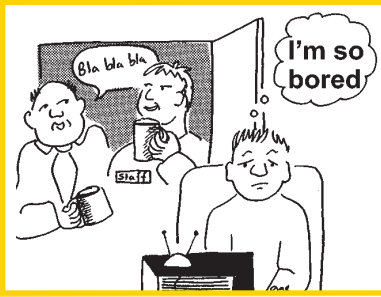
It can also be when someone takes your things without asking you.



## Financial abuse

### What is it?

Financial abuse is when someone takes your money or does not let you have a say in how they spend your money.



## Neglect

### What is it?

Neglect is when people say they are going to help you but they don't. It could be not taking you to the doctor or not giving you your medicine.

It could be when someone stops you from having a social life. Or if someone stops you from having enough food, or doesn't help you keep clean.

## Discrimination

### What is it?

Discrimination is when people say bad things to you or treat you unfairly because you are different from them.

It could be when someone makes you feel different because you:

- are a different colour
- have a different religion
- have a disability
- are attracted to people of the same sex as you
- look different, or
- speak a different language.

# Where does abuse happen?

Abuse can happen anywhere, at any time. It could happen:



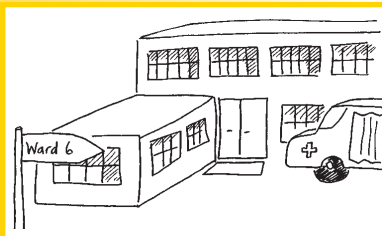
- in your home or someone else's home



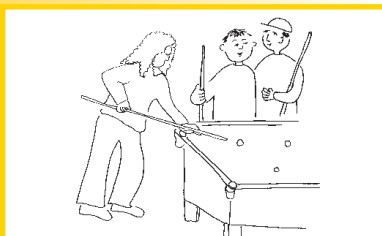
- at work



- at a day centre or at college



- in hospital, or



- at a club.

# Who might abuse me?



Most people will not abuse you, but anyone could.



It might be someone you know or a stranger.



## What should I do if I think I am being abused?



People who are being abused might be scared to tell someone.

**You should tell someone you trust.**



Abuse is not your fault. No-one has the right to abuse you.

**You need to get help to make it stop.**

# Who should I tell?

Tell someone you trust, such as:



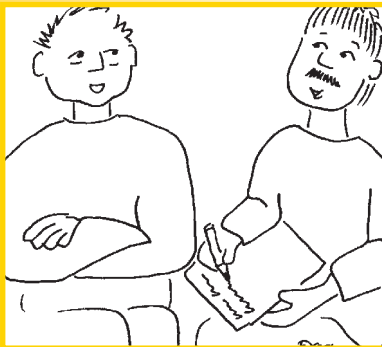
- someone in your family
- a good friend



- a teacher
- an advocate – someone who helps you to have your say



- a doctor or nurse



- a member of staff where you live or where you work
- a social worker, or



- a police officer.



# What happens next?



- 1 The person you tell should listen to you carefully.

If they don't listen to you or they don't believe you, you should tell someone else you trust.



- 2 Ask them to help you report the abuse to make it stop. They should tell an official person such as a social worker or a police officer.



- 3 The official person will find out as much as possible about what has happened. They will do all they can to keep you safe and stop the abuse happening.



# What are my rights?



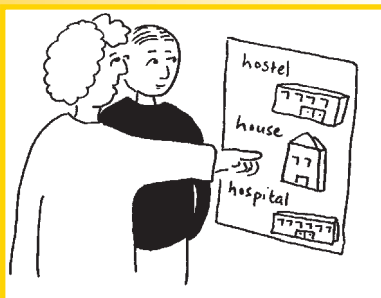
You have the same rights as everyone else.

This means you have the right to the same respect as everyone else.



It does not mean you can have everything you want in life.

It means you have the right to make choices in your life.



You have the right to live safely.

You have the right to live in your own home or with friends.



You have the right to choose how you spend your money.



## Telephone numbers of people who can help.

Adults and Communities  
Learning Disabilities Team



Telephone: **0121 303 2202**

The office is open Monday to Thursday  
8:45am to 5:15pm, and Friday 8:45am  
to 4:15pm.

If the office is closed, telephone



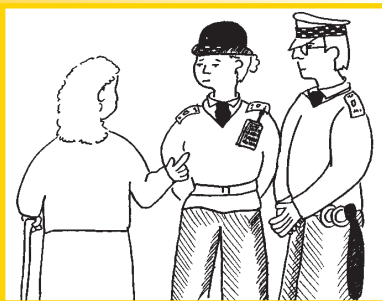
**0121 675 4806.**



West Midlands Police



Telephone: **0845 113 5000**  
or, for emergencies only,  
telephone **999.**



Birmingham Carers' helpline

Telephone: **0121 675 8000**





## More information

For more information about the Birmingham Safeguarding Adults Board visit: [www.bsab.org](http://www.bsab.org)

Your local Adults and Communities office can give you more information about protecting you from abuse.

Telephone: **0121 303 1111**

## Have your say

If you want to tell us what you think of our services, you can ring the Customer Relations Service on **0121 303 5161**.

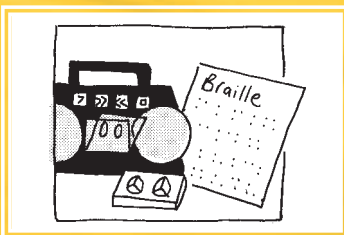
We would like to thank the following people for their help with this leaflet.

**Kent and Medway Adult Protection Committee, Kent County Council Social Service Directorate**

**Advocacy Matters**

**People First Birmingham**

Pictures from CHANGE  
[www.changepeople.co.uk](http://www.changepeople.co.uk)



If you would like a copy of this leaflet in another language, in large print, in Braille or on audio tape, MP3 or CD, please phone us on **0121 464 3123** or email [accommunications@birmingham.gov.uk](mailto:accommunications@birmingham.gov.uk)

[www.birmingham.gov.uk/adults](http://www.birmingham.gov.uk/adults)

