



What is abuse and how do I tell someone? Easy Read Guide



This booklet tells you what abuse is, and how you can report abuse.



It also tells you

what is abuse
who is an adult at risk of harm
where can abuse happen
when can abuse happen
who can abuse you
types of abuse
who you can tell and what will happen.

Safeguarding. This is the work we do to stop abuse and neglect.

Who is an adult at risk of harm?

A person who is over 18 years old.

A person who needs care and support services because they



have a learning disability



have a physical disability



have an illness



have a mental health problem



are an older person

A person who is not able to protect themselves from being hurt.

You have a right to be safe.

Everyone should help you to be safe.

You have the right to make a choice

Where can abuse happen?

Anywhere.



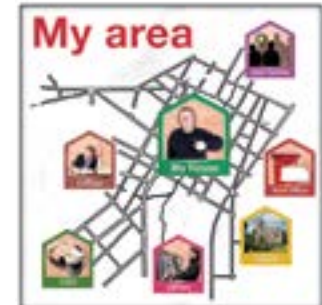
In your home.



In a care home.



In hospital.



Your community.



At a day service.



Where you learn,
or where you work.



In the street.



On the phone.
On the internet.

Who could abuse you?

Most people will not abuse you. The person that abuses you could be



a member of your family, partner or a friend.



a neighbour.



paid staff, a professional or a volunteer.



a stranger.

When can abuse happen?



Abuse can happen at any time day or night

Types of abuse



Financial Abuse
is when someone steals your money or belongings.



Physical Abuse is when someone hurts your body. They might hit you, kick you, burn you or hold you down.



Emotional Abuse
is when someone says something nasty to you or makes fun of you.



Sexual Abuse
is when someone touches you in ways you don't like or want.



Organisational Abuse
is when paid staff don't care for you properly or respect your rights.



Neglect
is when people who should help you don't look after you properly.

More types of abuse



Modern Slavery

is when someone is held against their will and forced to work.



Hate Crime

(also known as Discriminatory Abuse) is when someone hurts you or makes fun of you because of your disability, culture, sexuality or religion.



Self Neglect

is when you don't look after yourself properly.



Domestic Abuse

is when a partner or family member threatens you, hurts you, or abuses you.

Who can you tell?

If you think you have been abused, or if you are being abused, **talk to someone you can trust as soon as you can.**



A member of your family or a friend



A Police Officer



A Doctor or Nurse



A social worker, or a council worker



You can call the Council's First Contact Team on **(0114) 273 4908**, anytime day or night.

If you or someone else might be hurt straight away call 999.

Or report adult abuse online -

<https://www.sheffield.gov.uk/home/social-care/adult-abuse>

What will happen?

We will listen to you.



We will ask for information about what happened.



We will help to stop the abuse.

We will be careful with the information you give us.

We will only tell people who can help us to stop the abuse.

Use this space to make notes about what you would do if you were being hurt or abused.



A large, empty rectangular box with rounded corners and a thin black border. Inside the box, there are 15 horizontal blue lines spaced evenly, providing a template for writing notes.

Sheffield Safe Places



Sheffield Safe Places in Sheffield are where you can go if you are scared or want to talk to someone about being abused or neglected. The people in the Safe Places are trained to help you. All these places are approved by the Police. There are also Sheffield churches and faith centres that will become Safe Places.

Find safe places on this website -

<https://www.sheffieldsafeplaces.co.uk/>

More information



You can get more information about safeguarding and guidance on staying safe on our website

<https://www.sheffieldasp.org.uk/sasp>

Speak out. Report it.

If you or someone else is or might be hurt, then straight away call **999**.



Call First Contact on **(0114) 273 4908**, anytime day or night.