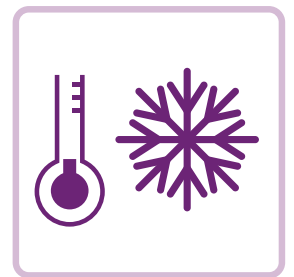
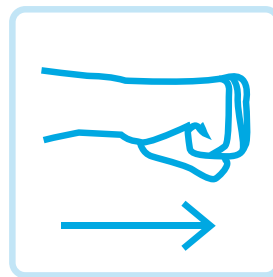
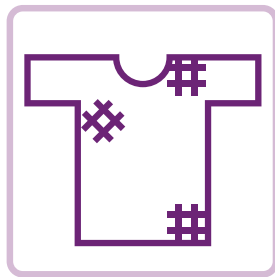
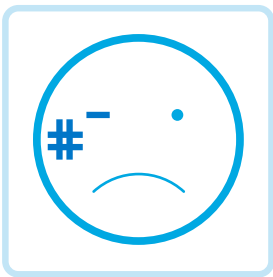


Keeping you safe from abuse



This is a guide to keeping you safe.



What is abuse?

Abuse is when someone does or says things to you that are wrong and make you upset or frightened.

You may be scared to speak out or to stop them.

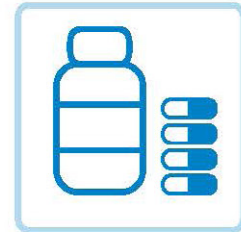
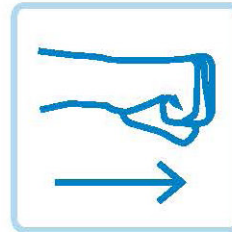
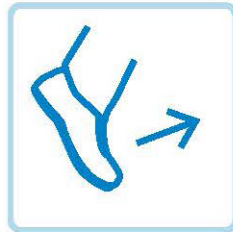
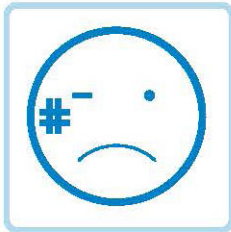
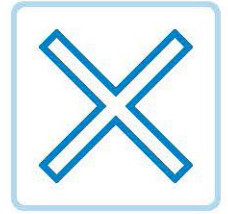
You may be abused on purpose, or by someone who may not realise that what they are doing is wrong.

Abuse is when someone has power over you, and you do not agree to what is happening.

There are different types of abuse.

Physical abuse

This is when someone physically hurts you.



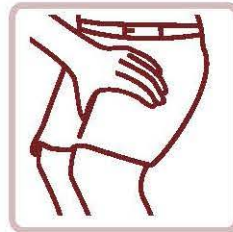
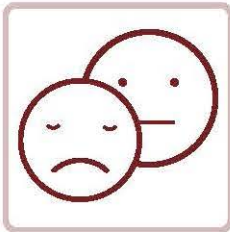
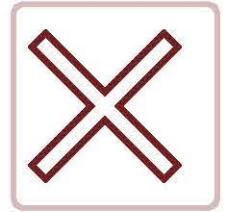
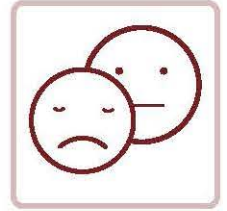
Physical abuse is wrong

Physical abuse can be:

- Hitting
- Kicking
- Pulling Hair
- Pinching or shaking
- Giving someone too much medication so they find things difficult to do

Sexual abuse

This is when someone makes you do sexual things you can't or don't agree to. It may make you sad angry or frightened.



Sexual abuse is wrong

Sexual abuse is being made to have sex, being touched where you do not want to be touched, or being made to touch other people in these places.

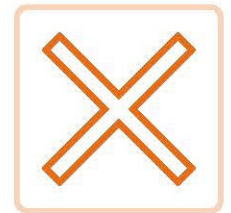
For example:

- Private parts
- Bottom
- Breasts
- Penis or vagina

Financial abuse



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



Financial abuse is wrong

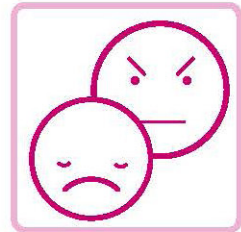
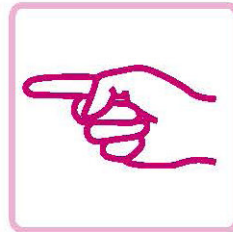
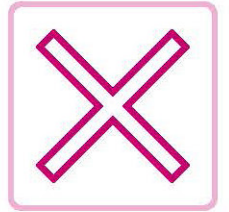
Financial abuse can be:

- Stealing your money
- Being forced to pay for other peoples things
- When you don't have a say in how your money is spent

Emotional abuse



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



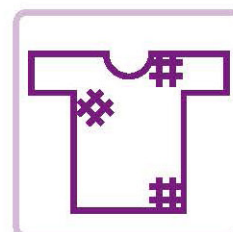
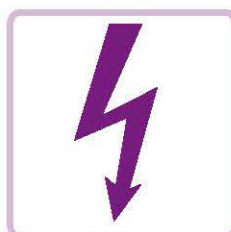
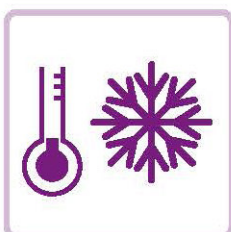
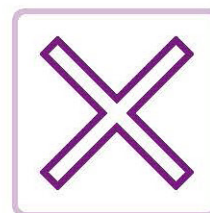
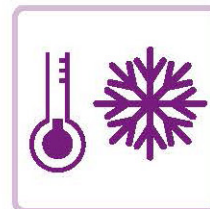
Emotional abuse is wrong

Emotional abuse can be:

- Calling you names
- Laughing at you
- Blaming you for things when it's not your fault
- Treating you like a child

Neglect

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



Neglect is wrong

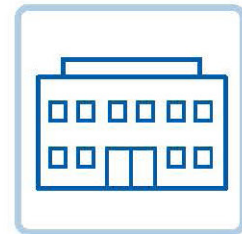
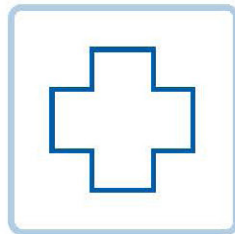
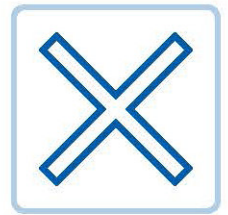
Neglect can be:

- Being cold much of the time
- Being hungry much of the time
- Having only dirty clothes to wear
- Being put in danger

Who and where?



Abuse can happen anywhere and by anyone, below are some examples.



Somebody:

At Home

At a day centre

At work

In a hospital

At a club or leisure centre

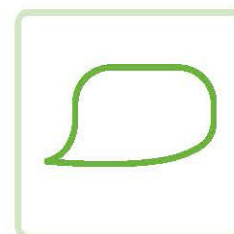
At college

Remember, abuse can be by **anyone** and happen **anywhere**.

Who can I tell?



Tell someone you **trust**.
Do this as soon as you can.



This could be:

Onward

Support Worker

Social Services

Police

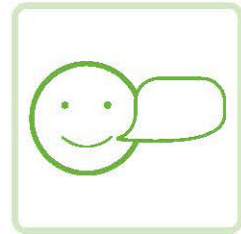
Doctor

Nurse

What we will do



If you need to report abuse to Onward we will:



Listen to you and take what you say seriously

Help you to stay safe

Find out more information

Get you the help and support you need

Report the information to people who can help to stop the abuse



What we will do

If you need to report abuse, here are some numbers to get you the help and support to keep you safe.

Onward Customer Service Centre -
0800 555 0600

Emergency Services - 999

Victim Support - 0845 303 0900

Onward

www.onward.co.uk
0800 555 0060