



Keeping yourself safe from abuse

**An easy read information leaflet
for adults in Leeds.**

The Leeds Safeguarding Adults Partnership includes representatives from Adult Social Care, Health, Police, Fire and Rescue, Probation, Housing and voluntary and community groups. Its role is to ensure that vulnerable adults in Leeds are supported to protect themselves or to be protected from abuse or neglect.

What is abuse?

Abuse is when someone does or says things to you that may hurt, upset you or make you frightened.

You may feel scared to speak out or to stop them, and may not know how to get help.

The person abusing you may not always know that what they are doing is wrong.

The person abusing you could be a member of staff, a friend, a neighbour, family, or anyone from your community.

There are many different types of abuse.

What is physical abuse?

This is when someone hurts you by using their feet, arms, head, or a weapon like a knife or stick.

Physical abuse can be:

- Hitting
- Kicking
- Spitting
- Hair pulling
- Stabbing
- Pushing
- Giving the wrong medication



What is sexual abuse?

Sexual abuse can be when someone:

- Touches your private parts when you don't want them to. This can be inside or outside your clothes.
- Makes you touch their private parts when you do not want to.
- Talks about your body like the size of your breasts or bottom.
- Shows you pictures of sex that make you feel uncomfortable.



What is emotional abuse?

This is when somebody makes you feel unhappy, sad or afraid, and not feel important.

Emotional abuse can be when people:

- Call you names
- Make fun of you or laugh at you
- Treat you like a child
- Ignore you
- Blame you for things you have not done
- Stop you from making your own choices



What is financial abuse?

This is when someone takes something that belongs to you without asking, or makes you give them things that belong to you.

Financial abuse can be:

- Someone stealing your money
- Someone taking something that is yours
- Forcing you to pay for other people's things
- Not letting you choose how you spend your money



What is neglect?

This is when people are not given the right amount of help.

Neglect can be:

- Not giving you enough food
- Not giving you clean clothes
- Not giving you enough or any warm heating
- Putting you in danger
- Giving you the wrong medicine
- Not giving you enough staff to help you



What is discriminatory abuse?

This is when people treat you unfairly because you are different.

This may be because:

- You are disabled
- You are old
- You have different coloured skin
- You have a different religion
- You speak a different language
- You are gay or lesbian



What is institutional abuse?

Institutional abuse can happen anywhere, even in your own home.

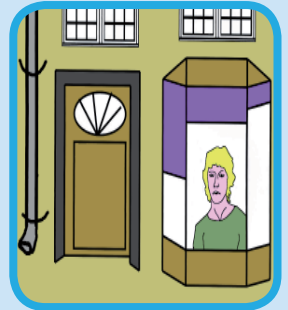
- You may be told what to do all the time and when to go to bed.
- You may have no choice in what you eat or drink, or what things you are able to do.
- You may not be allowed to have your own money or go out when you wish to.
- You may be forced to stop doing something you enjoy because it is too much bother for staff or your family.



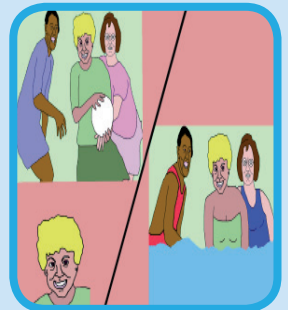
Where does abuse happen?

Abuse can happen anywhere, and at any time:

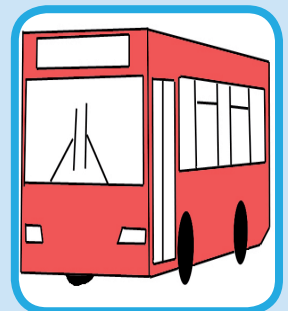
- At home



- At a club or leisure centre



- On transport



- At the doctors or a hospital



- At work



Who can I tell?

You should tell someone you trust as soon as possible. This may be:

- A family member



- A friend



- The police



- A doctor or nurse



- Staff who support you



What will happen next when I have told someone?

If you tell the police or someone in Health or Social Care Services they 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 or neglect





Important telephone numbers

Police Call Centre (to report a crime)
Tel: 0845 606 0606

Adult Social Care Customer Services
(to make a referral)
Tel: 0113 222 4401
Textphone 0113 395 0328

Emergency Duty Team
(to make a referral out of hours)
Tel: 0113 240 9536

Safeguarding Adults Partnership Support Unit (for advice)
Tel: 0113 224 3511

Care Quality Commission
(for concerns about a care home, domiciliary or home care, or care in a hospital setting.)
Tel: 0300 061 6161

Victim Support Helpline
(someone to talk to)
Tel: 0845 303 0900

Leeds Advocacy (for Advocacy support)
Tel: 0113 244 0606

Supporting People (for support)
Tel: 0113 247 6752

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This publication can be provided in large print, Braille and audio please telephone 0113 247 8630.

If you do not speak English and need help in understanding this document, please telephone the number below and state the name of your language. We will then put you on hold while we contact an interpreter. Telephone 0113 222 4401.

For general information about Adult Social Care telephone customer services on 0113 222 4401. Textphone 0113 222 4410.

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