Abuse is when someone treats you badly. It could be in the street, at a day service, at home or anywhere. This leaflet tells you about different sorts of abuse and who you should tell about it.

**Bullying**

When someone is rude to you because you have a learning difficulty. They may shout, swear, point and say horrible things.

**Physical abuse**

When someone hurts your body. They may kick, hit, punch or treat you roughly.
**Emotional abuse**

When someone upsets or scares you. They may shout, swear and call you names.

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**Financial abuse**

When someone takes your money or things when you don’t want them to. This could be at home, at work or in the street.
Neglect

When someone doesn’t look after you in the right way. They might not give you food or medicine, or may not help to keep yourself clean.

Sexual abuse

When someone touches your body when you don’t want them to. It may be touching you up or making you watch things you don’t like.
Abuse. Stop it now!

If someone abuses you - tell someone!

In an emergency phone 999

Tell someone you trust:

Your family

A friend

The local police

Staff

A care manager

A doctor

A social worker

To find out more

Phone us for more copies of this booklet or if you need the information on CD or tape. 020 8921 3124