IS SOMEONE HURTING YOU OR TREATING YOU BADLY?

Don’t let harm happen to you
Let someone know

STOP HARM  SPEAK UP  GET HELP

STAY SAFE

Fife Adult Protection
www.fifedirect.org.uk/adultprotection
What is harm?
Harm is when someone hurts you or treats you badly.

Harm is always wrong
If someone is hurting you, you must tell someone and get help.

Someone might harm you and say “Don’t tell anyone.”
They are wrong.
You must tell someone.

Who can I tell?
If you are worried about harm, you can phone this number:

01383 602200
This number is the Adult Protection Phone Line.
What will happen if I phone the Adult Protection Phone Line?

The person on the phone will:

- listen to what you say and ask you some questions about what has happened
- Make sure that you are safe
- Get you medical help if you need it
- Tell the police if there has been a crime
- Involve other people like social workers and doctors to find out what has happened and keep you safe.
Physical harm means someone doing things that hurt your body or stop you moving about.

You should not be hit, kicked, punched, bitten, or have someone shake you.

You should not be locked in a room.
Emotional Harm

Emotional harm is when a person makes you feel upset or sad.

You should not be bullied, or be made to feel scared.

No-one should ignore you or tell you what to do all the time.

No-one should put you down or treat you like a child.
Sexual Harm

Sexual harm means making you do sexual things that you do not want to do.

No-one should touch you in a way that does not feel right.

No-one should make you have sex if you do not want to.

No-one should take sexual photos of you at private times.

No-one should make you look at sexual photos or DVDs.

No-one should make you do sexual things for money or presents.
Financial Harm

Financial harm means stopping you from having your money or the things you own.

No-one should stop you from having or using your own money.

No-one should try to steal your money or benefits.

You should not have to change your Will if you do not want to.

Your Will is a letter that lets people know what to do with your money and your things when you die.
Neglect

Any person who helps you to do things, or helps you to live independently, should look after you properly. If they do not—this is **Neglect**.

Neglect means stopping you getting the things you need.

This could be not giving you food or medicine or stopping you from seeing your doctor,

not helping you to keep clean,

or not keeping you warm.

Neglect can also mean leaving you alone for a long time.
Sometimes when people are very upset or worried, they hurt themselves because it makes them feel better. This is called Self-Harm.

They might cut themselves,

bite their body,

pull out their hair, or hurt themselves in other ways.

Self-neglect is when you do not look after yourself properly, because you are ill or very unhappy.
What if I need help to talk to someone?

It is not always easy to get people to listen to you.

If you find it difficult to make a phonecall, tell someone that you trust and ask them to help you.

What is advocacy?

Advocacy helps people to speak up about things that are important to them.

What is an advocate?

An advocate is someone who can speak up for you or who can help you to speak up for yourself.

You can ask for help from an Advocacy service. Contact one of the Advocacy organisations on the next page.
Advocacy organisations

Advocacy for adults with learning disabilities

People First (Fife) 01592 223871
Dunfermline Advocacy Initiative (West Fife) 01383 624382
Equal Voice in Central Fife 01592 223875
IncludeME! (North East Fife) 01334 656242

Advocacy for adults with mental health problems or dementia

Circles Network Fife 01592 772220

Advocacy for Older People

Fife Elderly Forum 01592 643743

Advocacy for Young People

Who Cares? Scotland 07712 872096
Barnardo’s Children’s Rights Service 01592 265294
If you think someone is being harmed, or someone is harming you, phone:

01383 602200

If you feel you are in danger, call 999

Deaf/BSL users may text the Council SMS line: 07781 480 185

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For more information about adult protection visit:
www.fifedirect.org.uk/adultprotection

For more easy read information visit:
www.nhsfife.scot.nhs.uk/easyread

We made this booklet with the help of people from West Fife Community Support Service, and the Communication for Health Project Team, using Photosymbols and Change Picture Bank images.