Keeping safe

How to get help if someone is hurting you or making you feel afraid

Easy read format
What is adult abuse?

Adult abuse is when someone hurts or scares you on purpose.

They might say, “Don’t tell anyone”.

Adult abuse is wrong
There are different kinds of abuse

Sexual abuse

Sexual abuse is when you are touched when you do not want to be. This could be your private parts.

Someone might make you do things to them. You might not want to do these things.

Emotional abuse

Emotional abuse is when someone shouts and says unkind things to you.

These things could make you feel sad, scared or worried.
Financial abuse

Financial abuse is someone taking your money or things without asking.

This could also be when someone makes you pay for things you do not want to.

Discrimination

This is being treated differently. This could be:

- because you are disabled
- because of your religion
- because you speak a different language
- because you look different - this could be because you wear different clothes

Discrimination is sometimes called ‘hate crime’.
Neglect

Neglect happens when you are not given the care you need; these things could be:

- Being cold at home
- Not being given enough food
- Having only dirty clothes to wear
- Feeling in danger at home
- If you do not get your medicine when you should
- If you get too much medicine or not enough
- If you are not being looked after properly.
Physical abuse

Physical abuse is when someone hurts you. This could happen if someone:
punches you
slaps you
kicks you
bites you
Or if someone hurts you in any other way or if someone makes you feel scared to be with them.

Places where abuse might happen

Abuse can happen anywhere.

This could be at your home, at a day centre, your care home, at a friend’s house, or in the street.
Who might abuse you?

**Anybody** can abuse you.
This might be someone you know – a member of your family, or a carer who works with you.

What should I do if I have been abused?

You can tell someone that you like or you know well
This could be:
someone in your family
a friend
a social worker
a doctor or nurse
the police
a carer.
They will listen to you and support you with the help you need.
What will happen next?

We will listen to what you say.

We will ask you some questions about what has happened.

We will ask you what you want to happen next.

We will make sure you are safe.

We will ask you what other help you need.
Who can help?

Dudley Adult Safeguarding Unit
01384 818543
Ednam House
St James’s Road
Dudley DY1 3JJ
e-mail:
adultprotection.dachs@dudley.gov.uk

Dudley Council Plus
01384 812345

West Midlands Police
0845 113 5000

Care Quality Commission
0121 600 5300

Dudley - Walsall Mental Health Trust
01384 360135