



# Safeguarding Children, Young People and Adults at Risk

Easy Read



## Understanding abuse and how to report



Safeguarding is protecting adults at risk and children up to 18 years old from abuse or neglect.

It means making sure people are protected from harm.

# Your rights



Everybody has the same rights.

It doesn't matter if you are old, disabled, or ill.

You still have the same rights.



You have the right to live your life free from violence, fear and abuse.



You have the right to be respected by other people.



You have the right to make choices about your life and things that affect you.



You have the right to live in safety.

# What is abuse?



Abuse is when somebody harms another person.

There are different types of abuse.

## Physical abuse



Hurting you, for example hitting or kicking you.

## Sexual abuse



Doing things to your body, or making you do things you do not want to do.

## Emotional abuse



Making you feel bad or upset.

## Discrimination



When you are treated badly because of who you are.

For example, because of your skin colour, age, disability or sexuality.

## Financial abuse



When you are tricked into giving away money or have things stolen from you.

## Institutional abuse



When you are treated badly by staff who should be caring for you.

## Abuse is always wrong.



If you are being abused it is not your fault.

No one should do these things to you.



It is wrong if you are not treated with respect by ambulance staff or other health staff.

# Where can abuse happen?



Abuse can happen in lots of different places.

At home



At work



When you are out



At school or college



In a day centre or club



Where you are cared for



Always tell someone you trust if you are abused.





# Who should I tell if I am abused?



Tell someone you trust.

There are many different people you could tell.

## Your family



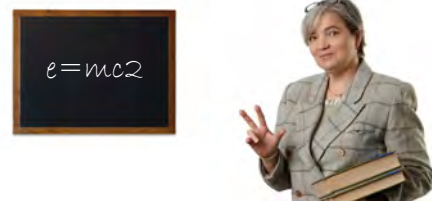
## A friend or neighbour



## Your social worker



## Your teacher



## Your doctor or nurse



## The police



## Ambulance staff



## Your key worker



## What happens next?



If you tell someone you have been abused they should help you.

If they don't help you, tell someone else.

People should help you in lots of ways.



They should listen to you and take you seriously.



They should make sure that you are kept safe from any more harm.



They should look into what has happened and tell you what they will do about it.



They should help you with your feelings.

# Who to contact if you have been abused



There are groups you can phone if you have been abused.

They will help you, it is free to call them.

## Action on Elder Abuse UK



If you are an older person,  
phone: 0808 8088 141

## Child Line



If you are a child,  
phone: 0800 1111

## Women's Aid



If you are a woman,  
phone: 0808 2000 247

## Voice UK



If you have a learning disability,  
phone: 0808 8028 686