

●●● | STOP ABUSE

- Anybody can be abused. Abuse is when someone does or says something to you which makes you scared.
- If you or someone you know may be experiencing abuse or neglect tell someone you know and trust as soon as you can.
- Many incidents of abuse or crimes only come to light because the abused person tells someone and does NOT keep it secret.



If you are not sure about Safeguarding, or have a concern about yourself or someone you know, talk to a member of staff and they will be willing to listen.

National Helplines

Victim Support
0845 7909090

Childline 0800 11 11 11

Action Of Elder Abuse
0808 8088141

**Safeguarding
is everybody's
responsibility**

physical
sexual
psychological
abuse
neglect
verbal
physical

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is everybody's
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●●● | abuse can take many forms and may be:



Physical Abuse

includes hitting, slapping, pushing, kicking, restraint, rough handling, pinching, punching, shaking, burning.



Sexual Abuse

this could be any kind of sexual activity to which a person has not given, or cannot give, consent.



Financial Abuse

this could be when someone is using or controlling your money or possessions without your consent, or is spending your money on themselves and not to meet your needs.



Psychological Abuse

includes emotional abuse, verbal threats, bullying, harassment or intimidation.



Neglect






includes ignoring medical or physical care needs, failure to provide the help necessary to meet your needs.

STOP
abuse

●●● | **KEEPING SAFE**

Everybody has the right to live their life free from violence, fear, abuse or neglect.

Some groups of people need help to keep themselves safe.

If you or someone you know would like this leaflet on CD  or audio tape , in large print , in Braille , or translated into another language , please contact our Communications Team on 01803 217560 or email nfo@westwardhousing.org.uk