



CITY OF YORK
Safeguarding
Adults Board



Keeping safe from abuse.



What is abuse?

Thank you to North Yorkshire Safeguarding Adults Board,
North Yorkshire Council and Inclusion North for letting us
adapt this leaflet.



What is this book about?



Everybody has a right to be safe from abuse. This book has been written to help you understand abuse and to stay safe.



Safeguarding is about everyone working together to make sure people are safe.



This book has information about different types of abuse. You can read it alone or with someone to support you.

What is abuse?



Abuse is when someone hurts you or treats you badly. Abuse can be done on purpose or by accident.



Abuse is never your fault.



There are different types of abuse. This book has information about some of the different types of abuse listed in the Care Act.



The Care Act is a law that says how organisations must work together so people are safe from abuse.



This book has information about different types of abuse. You can read it alone or with someone to support you.



Remember, abuse is never OK. If you or someone you know is being abused, tell someone you trust. There are details of people you can talk to at the back of this book.

Physical abuse

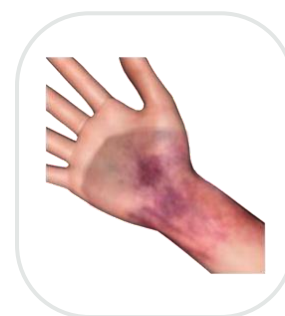


Physical abuse is when someone hurts you or part of your body.



Physical abuse could be:

- Punching, hitting or kicking
- Biting, scratching or slapping
- Grabbing roughly or pushing
- Pulling hair



Signs of physical abuse could be:

- bruises
- burns
- cuts
- broken bones



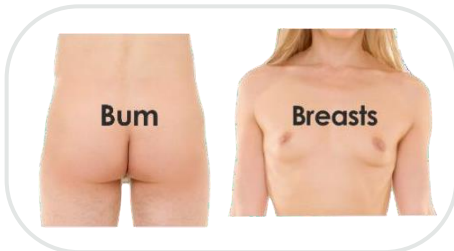
It can also be if you are given the wrong medication, too much medication or not enough medication.

Sexual abuse

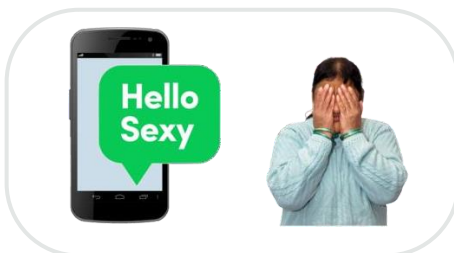


Sexual abuse is when someone forces you to have sex or touches you or speaks to you in a sexual way when you do not want them to.

Examples of sexual abuse



Someone touches your body or private parts in a sexual way when you do not want them to.



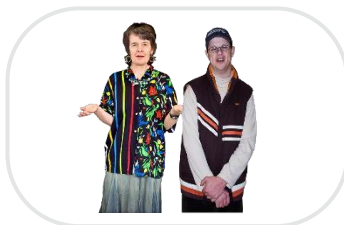
Someone makes you touch their private parts. Someone makes comments about you or your body that make you feel uncomfortable or scared.



Someone makes you have sex or do a sexual thing when you do not want to.



Shows you pictures or videos about sex that you don't want to see.



The other person might be a stranger. It might be someone you know, including your partner. It is still not OK.

Emotional abuse



Emotional abuse is when people do or say things which make you feel bad or scared.

This is also called psychological abuse.

Examples of emotional abuse



Bullying, calling names or laughing at you.



Being treated like a child.



Being threatened or made to do things you don't want to do.



Being left alone or ignored on purpose.

Financial abuse



Financial abuse is when someone uses your money or your things without your permission.

Examples of financial abuse



Stealing your money or your things.



Borrowing your money or things but not giving them back.



Someone makes you pay for their things - like lunch or drinks.



Someone taking control of your money without your permission. This includes taking your benefits or changing your will.

Neglect



Neglect is when someone who is meant to support you does not support you properly.

Examples of neglect



Not giving you enough food or drink.



Not supporting you to stay warm or cool.



Giving you the wrong medication, even if it is an accident.



Leaving you on your own for a long time when you need support.

Self-neglect



Self-neglect is when you do not look after yourself properly and this causes you or someone else harm.

Examples of self-neglect



Not eating enough food or eating too much of the wrong kind of food.



When you don't have a wash, shower or a bath or brush your teeth regularly.



Living in a very dirty home and never cleaning or tidying up. This includes people who have pets and do not clean up their poo.



Not going to the doctors or dentist when you need to go.

Discrimination



Discrimination is when someone treats you differently or unfairly because you are different to them.



People may treat you differently because of your:

- age
- gender or sexuality
- disability or health condition
- race or religion

Examples of discrimination



People calling you names or saying nasty things about you because of who you are. This might be in person or behind your back or on the internet.



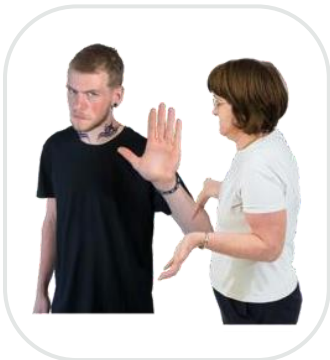
Not getting the support you need to do things like everyone else, for example use of a ramp.

Organisational abuse



Organisational abuse is when people or services paid to look after you do not do their job properly. This can also be called institutional abuse or systemic abuse.

Examples of organisational abuse



When staff make all the rules and you have no choice about:

- where you live and who you live with
- when you get up or go to bed
- what you can eat and when



When staff don't know how to support you properly or do their job.



When there are no social, recreation and entertainment activities or when you have to do the same activities all the time with no choices.

Domestic abuse



Domestic abuse is when you are abused in your home by someone who is a family member or someone you are or have been in a relationship with.



The law says that the person abusing you must be aged 16 or over for it to be called domestic abuse.



Domestic abuse can include lots of the other types of abuse in this book including emotional, physical and financial.



Someone controlling your money and what you can buy.



Someone might stop you from seeing your friends, family, pets or other people outside your home.



Someone might open your mail and read your private letters including your emails and social media without your permission.

Modern slavery



Modern Slavery is when someone has control over you and makes you work for them without pay.

Examples of modern slavery



Having no control about your life, where you live and what you can do.



Having to work long days in bad conditions.



Being punished if you don't work.



Being too scared to leave or tell anyone.

Other types of abuse



In this book we have talked about types of abuse in the Care Act.

This is a law that says how organisations must work together so people are safe from abuse.



There are also other types of abuse that you might have heard about.



Hate Crime is when someone does something to you or attacks you because of who you are.

They might attack you because of your gender, your race, your disability or something else.



Mate Crime is when someone pretends to be your friend so they can take advantage of you.

Talk to someone you trust



Remember, abuse and neglect is never ok.



If you or someone you know is being abused, tell someone you trust.



This could be:

- Someone in your family
- A friend
- A carer or support worker
- A social worker
- An advocate
- The police
- A nurse or doctor
- Someone from a charity like Age UK, Mencap or Mind
- Someone from the Care Quality Commission (CQC)
- Someone you work with.

Report abuse



Let us know about any abuse you have experienced.
You can tell us in a number of ways. These are:



Call City of York Adult Social Care, Monday to Friday,
8.30am to 5pm, on 01904 555111



To contact us in the evening or at weekends, call:
01609 534527



If you are hearing impaired or deaf, please text:
07534 437804



To report your concerns online, visit:
www.safeguardingadultsyork.org.uk



Or you can ring the police: call 101.
Or, if someone is in danger right now: call 999.



Find out more about safeguarding at:
www.safeguardingadultsyork.org.uk

If you would like this document in an alternative format, please contact:



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Publication date: June 2023