

# Abuse and what to do about it



This is an EasyRead version of  
How to Protect Yourself from Abuse  
Kent and Medway Safeguarding  
Vulnerable Adults

## What is abuse?



Abuse is when someone says or does something to hurt you or make you feel bad.



This leaflet tells you about the different kinds of abuse and how to help stop yourself and other people from being abused.



Some people need more support than others to lead an ordinary life.



Some people are more likely to be abused than others and we want them all to be safe.

# Types of abuse



**Physical or sexual abuse** is when someone hurts your body. It could also be when someone makes you do sexual things that you do not want to do.



**Emotional abuse** is when someone says or does things to make you feel upset or worried. They might threaten or shout at you.



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

People may trick you to give them money or sell you something you do not want.



**Neglect** is when the person who is supposed to be supporting you does not do it properly.

It could mean you get left on your own or you do not get enough food and drink or you do not get the right care or medicine.



# Hate Crime



If a person who breaks the law does so because they do not like disabled people, that makes the crime a disability hate crime.



Not all crimes against disabled people are disability hate crimes. Sometimes it can be hard to tell if it is a disability hate crime.



Hate crime is when someone hurts or upsets you because of your:

- **race:** the country or culture you come from.
- **religion or belief:** what you believe in.





- **gender identity:** if you are male or female or people who are born as one sex and want to live as the other.



- **sexual orientation:** Some people may or may not have decided if they are straight, gay, lesbian or bisexual.



- **disability:** if you have a mobility problem, visual problem, hearing problem, mental health problem or learning difficulty.

# Who might be an abuser?



An abuser might be anybody, you cannot always tell who.

Abusers might be:



**support workers**



**neighbours**



**friends**



**carers**



**hospital staff**



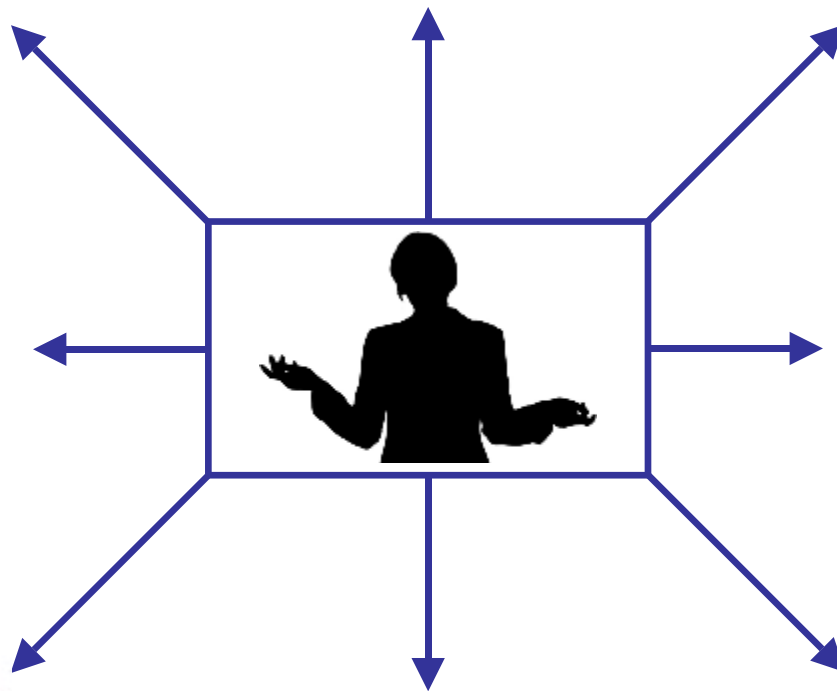
**family**



**door-step sellers**



**professionals**



## What can you do?



If you think someone is doing or saying something to hurt you or a person you know, it is important that you tell someone.



Sometimes other people know that abuse is happening but are frightened to tell anyone.



You will be helping yourself and other people by telling someone you trust.

By telling someone you trust, the abuse can be stopped.



If you tell us about abuse, we will talk to you about what we can do.

If you do not tell us, we can not stop it and it may keep happening.

## How to report abuse in Medway

Medway Council has to make sure that all citizens in Medway can be safe.



Please tell us if you think that you are not safe or someone is abusing you.



Please tell us if you think someone else is not safe or they are being abused.



If you contact these numbers someone will answer the phone. You do not have to say who you are if you do not want to.





There are two different numbers you can phone:

During the day you can phone:

**01634 334 466**



During the night you can phone :

**03000 41 91 91**



**999**

If you think someone is in danger, this is an emergency, please call the police on:

**999**



If you want some more information, you can look at this website:

**[www.medway.gov.uk/abuse](http://www.medway.gov.uk/abuse)**

## How to report abuse in the rest of Kent

Kent County Council has to make sure that all citizens in the rest of Kent can be safe.



Please tell us if you think that you are not safe or someone is abusing you.



Please tell us if you think someone else is not safe or they are being abused.



If you contact this number someone will answer the phone. You do not have to say who you are if you do not want to.



There are two different numbers you can phone :

During the day you can phone :

**03000 41 61 61**



During the night you can phone :

**03000 41 91 91**



If you think someone is in danger, this is an emergency. Please call the police on:

**999**



If you want some more information, you can look at this website:

**[www.kent.gov.uk/adultprotection](http://www.kent.gov.uk/adultprotection)**



If you would like this booklet in a different Language, written in a different way or on a hearing CD to listen to, please telephone:

**03000 41 61 61**

### **Thanks to:**



This booklet has been designed by Shout Out, an independent self advocacy group for adults with learning disabilities in Medway.

E-mail: **[shoutout@sunlighttrust.org.uk](mailto:shoutout@sunlighttrust.org.uk)**



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