

# Making sure adults in North Yorkshire are safe from abuse



How to make sure  
you are safe from abuse  
(Book One)



## What is this book about?



This book has been written to help you stay safe from abuse.



It has been written by the North Yorkshire Safeguarding Adults Board.

You can find out more about the Safeguarding Adults Board at the back of this book.



## **This is Book One**

It will help you to understand what abuse is and what to do if you think this has happened to you.



**Book Two** tells you what happens after you have told someone that abuse has happened.

You can find out how to get a copy of Book Two at the back of this book.



You do not need to read all of the information in this book.

You can ask someone to support you to read this book.

## What is abuse?



**Abuse can happen to anyone**



The person who is hurting you may tell you to keep this a secret.

**This is wrong**



You must tell someone you trust.

## There are lots of different types of abuse

### Physical abuse



### Sexual abuse



### Emotional abuse







Financial abuse



Neglect



Discriminatory abuse



Institutional abuse

**Physical abuse**

Physical abuse is when someone:



Kicks, hits or throws things at you.  
Pushes or pulls you.



Spits at you or pulls your hair.



Gives you the wrong medication.

## **Sexual Abuse**

Sexual abuse is when someone:



Touches your private parts when you don't want them to.

Makes you touch their private parts.



Makes rude comments about your body and jokes about it.



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



## Emotional abuse

Emotional abuse is when someone:



Calls you rude names.

Makes fun of you or laughs at you.



Stops you from making your own choices.

Ignores you.



Makes you feel sad or scared.

Treats you like a child.

## Financial Abuse

Financial abuse is when someone:



Takes your money without asking you.

Steals your money.



Makes you pay for things that are not yours.

Asks you to pay for something you don't want.



Doesn't let you choose how to spend your money.

Makes you sign cheques or papers you don't understand.

## Neglect

Neglect is when someone who cares for you:



Doesn't give you the support you need to be safe.

Doesn't let you make your own choices about the way you want to live your life.



Doesn't give you enough food or drink.



Doesn't make sure you are warm or clean.

## Discriminatory abuse

Discriminatory abuse is when someone treats you badly because of:



Your religion or culture.

Your race or the colour of your skin.



You are a man or a woman.

You are too old or too young.



Your disability.

What you look like.

You are a gay man or a lesbian woman.

## **Discriminatory abuse can mean you might:**



Be shouted at or called rude names when you go out or in the place where you live.



Be shouted at or called rude names on your phone.



Get sent letters, texts or e-mails calling you rude names or saying nasty things about you.



## **Institutional abuse can mean people:**



Stop you from doing things you want to do.



Not letting you choose what you want to eat or drink.



Not letting you choose what you want to wear.

Not asking you where you want to go.

## Abuse can happen anywhere:



In your own home.



In a Hospital or care home.



On a bus, train or plane.



Out and about.



At a club or leisure centre or pub.

## Who might abuse you?



Anyone can do this to you, but they might be:



Someone in your family.  
Someone you know well.  
Someone you live with.



A group of people.  
A stranger.  
A child.  
A friend.



A member of your staff.  
A professional.

## What does it feel like when you are abused?



Abuse can you make you feel:

Sad or upset.



Confused or worried.



Angry.



Scared.

## What should you do if you think you have been abused?



If you think you have been abused or know someone who has been abused you should tell someone.

## You should talk to someone you trust



This could be:

Someone who supports you.



A Nurse or a Doctor



A friend or someone in your family or someone you know well.





When you have told someone, they should tell North Yorkshire County Council Health and Adult Services.

## **This is called a Safeguarding Adults Alert**



A Safeguarding Adults Alert is when someone tells us that abuse is happening or it has happened.



Anyone can make a safeguarding adults alert by phoning **0845 034 9410** or **0845 034 9417**.



To find out what happens after you have told someone that abuse has happened please read **Book Two**.



You can get a copy of Book Two by phoning the Safeguarding Adults Team on **01609 532438**.



Or if you go to this page on the internet **[www.northyorks.gov.uk/safeguarding](http://www.northyorks.gov.uk/safeguarding)**

This book has been written by the North Yorkshire Safeguarding Adults Board.

This is a group of people from different organisations, for example, North Yorkshire County Council, the Police and Health Service.

They are responsible for making sure that adults in North Yorkshire are safe from abuse and neglect.

## Contact us

**North Yorkshire County Council, County Hall, Northallerton, North Yorkshire, DL7 8AD**  
Our Customer Service Centre (social care enquiries) is open Monday to Friday 8.00am - 5.30pm, Saturday 9.00am - 5.00pm. Tel: **0845 034 9410** email: **[social.care@northyorks.gov.uk](mailto:social.care@northyorks.gov.uk)**  
Or visit our website at: **[www.northyorks.gov.uk](http://www.northyorks.gov.uk)**

If you would like this information in another language or format such as Braille, large print or audio, please ask us.

Tel: **01609 532917** Email: **[communications@northyorks.gov.uk](mailto:communications@northyorks.gov.uk)**

