 

Keeping safe from abuse



Book 2. Speaking up about abuse

What is this book about?

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|  | Everybody has a right to be safe from abuse. This book has been written to help you understand abuse and to stay safe. |
|  | It was made by the North Yorkshire Safeguarding Adults Board. |
|  | Safeguarding is about everyone working together to make sure people are safe. |
|  | This book has information about how to speak up about abuse and report it.  You can read it alone or with someone to support you. |

Speaking up about abuse is hard

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| Stop abuse sign | Abuse and neglect are never OK. If you or someone you know is being abused, tell someone you trust. |
| Embarrassed | Speaking up about abuse is not easy. You might feel:   * Scared or stressed * Ashamed or embarrassed * That no one will believe you * Worried about getting into trouble or getting other people into trouble |
| Speak up bubble1 | Abuse is **never your fault**. It is always OK to speak up about abuse. |
|  | If you feel scared or worried and are not sure if it is abuse, still tell someone. |

What to do if you know the person who is abusing

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|  | Speaking up about abuse can be harder if you know the person doing the abuse. |
| Quiet | They might:   * Tell you to keep it a secret * Tell you they will hurt you, your family or your pets * Tell you no one will believe you * Tell you that you are confused * Tell you that it’s your fault |
| Tell friend | It is still important to speak up and get help. Tell someone that you trust. |

Talk to someone you trust

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|  | Think about someone you trust and feel happy talking to. |
| Group 47 | 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 Mencap, Age UK or Mind * Someone from the Care Quality Commission * Someone you work with |
| Support advice3 | Tell them you have something important you want to talk about. |

Finding a time and place to talk

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|  | Think about when you might talk to someone. |
|  | Think about where you could talk to someone. |
|  | If possible   * Choose somewhere private where other people won’t overhear you * Choose a time and place where other people won’t interrupt you * Choose somewhere you feel safe and comfortable |
| Speak up bubble1 | It might feel like there is never a good time - but it is still important that you speak up and tell someone. |

It is good to talk

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|  | Sometimes it can be good to just talk to someone. |
|  | It can help you think about what is happening and you can hear what another person thinks. |
| Console-1 | They might be able to help you sort out whatever is wrong. |
|  | If you experience abuse it is important that you or someone you trust tells North Yorkshire Council. |

If you don’t have a person you can trust

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| 999 Emergency | If you are in danger, please call 999 to get help straight away. |
|  | You can contact North Yorkshire County and they can ask an advocacy organisation to support you [https://www.northyorks.gov.uk/make-your-](https://www.northyorks.gov.uk/make-your-voice-heard) [voice-heard](https://www.northyorks.gov.uk/make-your-voice-heard) |
|  | Anyone can report abuse if they are worried. |
|  | There is more information in Keeping Safe from Abuse Book 1 ‘What is abuse?’ and Book 3 ‘Reporting abuse’. |

Contact details

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|  | **North Yorkshire Council**  Telephone: 0300 131 2 131 |
|  | **North Yorkshire Police**  For emergencies call 999. To talk to someone call 101. |

Thank you!

Thank you to everyone who helped us make this book including:

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|  | KeyRing self-advocates from the North Yorkshire Learning Disability Partnership Board |
|  | Inclusion North [www.inclusionnorth.org](http://www.inclusionnorth.org/) |
|  | North Yorkshire Council  Health and Adult Services |

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