



PHYSICAL ABUSE



Abuse is when someone or / a group of people does or says something to upset or frighten someone.



Abuse can happen in different ways, you may not think you're being abused, but other people may recognise it.



Physical abuse is when someone hurts you!



Hitting



Kicking



Pulling hair



Slapping



Pinching



Restraint



ABUSE IS WRONG!



**YOU MUST ALWAYS TELL
SOMEONE!**



DO NOT IGNORE IT! REPORT IT!

**North
Lincolnshire
Council**

**You can also call the North Lincolnshire
Safeguarding Adults Team on:**



Tel: (01724) 297000



Monday – Thursday 9am – 5pm

Friday 9am – 4.30pm



Call the Police if a crime has been committed



In an emergency call 999



If it is not an emergency call 101