



Safeguarding Adults in North Lincolnshire



**Say
No!
to abuse**

This leaflet provides information about



- **What abuse is.**
- **Where abuse can happen Who can be an abuser Different types of abuse.**
- **What can you do?**
- **What happens after abuse has been reported.**



What is abuse?



Abuse is when someone does or says things to make you upset or frightened.



You may be too scared to speak out or stop them.



You may be abused on purpose, or by someone who may not realise that what they are doing to you is wrong.

Abuse can happen anywhere.



At Home.



In a residential or nursing home.



In Hospital.



In a public place or in the community.



On the internet or phone.

Anyone can be an abuser.



Family or Friends.



Carer or Care Worker.



Other Professionals.



A Stranger.



Other Service Users.

There are different types of abuse.

Physical Abuse



This is when someone physically hurts you.



Hitting



Kicking



Pulling hair



Slapping



Pinching



Restraint

Sexual Abuse

This is when someone does things to you or makes you do sexual things.



Sexual abuse is when someone touches your private parts, or makes you touch them.



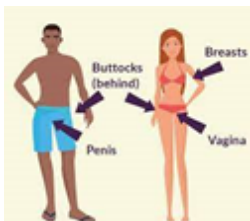
Kissing you.



Making you touch them.



When someone talks to you about sex or shows you people having sex when you don't want them to.



Or... when someone touches your body parts.

Psychological Abuse



This is when someone makes you feel sad, afraid, and upset.

Some examples are:



Teasing you or ignoring you .



Treating you like a child.



Calling you names / Using threatening language



Shouting at you.



Financial or Material Abuse



This is when someone takes your money or belongings without asking you, or makes you give them things.

Some examples are:



Making you pay for them.



Taking your money.



Taking your things.

Neglect or Acts of Omission



Neglect is when people who are supposed to look after you don't look after you properly.

Some examples are:



Not feeding you properly.



Someone being cold or off with you.



Not giving you the medication, you need for you to stay well.



Not keeping you warm.

Not making sure you have clean clothes to wear.

Discriminatory Abuse



This is when people say bad things to you. It can also be when people treat you differently or unfairly.

Some examples are:



Because your skin is a different colour.



Because someone has a disability.



Because someone may be LGBTQ+ (lesbian, gay, bisexual, transgender, queer '+ others' of all identities).



Because you follow a different religion.

Domestic Abuse



This is when abuse occurs between partners or family members.



It is often called Domestic Abuse or Domestic Violence.

Some examples are:



Biting



Name Calling



Neglecting



Not letting you have your money



Making you feel scared



Making you cry a lot



Stopping you seeing your friends and family



Not letting you go out and about or do your normal activities

Modern Slavery



This is when someone is forced to work with very little or sometimes no pay.



or threatened with violence if they don't work.



You are locked in your room when not working.



Human Trafficking is moving people to other locations, using force.



Controlling everything you do. Threatening you if you don't do what they say.



Making you do criminal things – drug trafficking, stealing from shops.

Self- Neglect

This is when someone might come to some kind of harm because they don't look after themselves.

Some examples are:



When you are not eating properly.



When you don't wash or bathe regularly.



When you don't wash your clothes, so that you have something clean to wear.



When you don't take you medication as you should.



Organisational Abuse



If abuse is caused by an organisation like a care home or hospital, it is called organisational abuse.

Some examples are:



You should be looked after and feel safe.



Not providing you with safe care.



Not giving you your medication when you need it.



Discharging you when you have no one to look after you.



Staff not treating you in a kind and respectful way.

What can you do?

If abuse or neglect is happening to you or someone you know you need to tell someone you can trust. You must do this as soon as you can. You could tell –



Your Family and Friends.



Staff who support you.



The Police.



A Social Worker.



A Doctor or Nurse.

What happens after abuse has been reported?

When you report abuse, people will:



Listen to you and your concerns and take them seriously.



Consider the wishes of the adult who is at risk.



Professionals will make enquiries about the concerns raised.



Will talk to the police if there has been a crime.



Will look at whether anyone else might be at risk.



Support the adult at risk to achieve their wishes where possible.



Work with the adult at risk and keep them updated.



Develop a plan with the adult at risk called a 'safeguarding plan' to help them keep safe in the future.

How to report abuse and neglect

**To report a Safeguarding concern,
contact the Safeguarding Adults Team.**



**Telephone
01724 297000**



Email:
safeguardingadultreferrals@northlincs.gov.uk

Contact Humberside Police to report a crime.



In an emergency – Telephone 999

To report a crime- Telephone 101

Not sure who to speak to?



Contact the Safeguarding Adults Team



Telephone
01724 297000



Email:
safeguardingadultreferrals@northlincs.gov.uk

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