

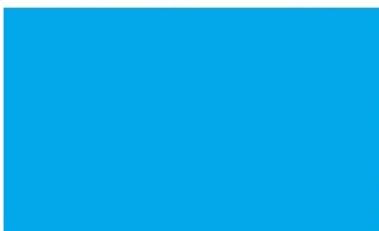
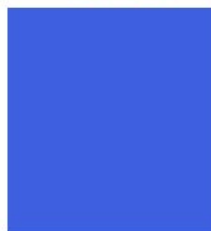
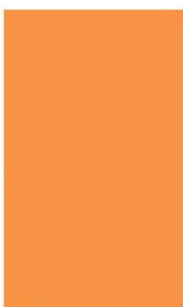


**Durham
Safeguarding Adults
Partnership**

Stop Abuse Now

**How we protect adults from abuse in
County Durham
Easy read booklet**

ABUSE
THINK IT,
OR
SEE IT,
REPORT
IT



What is in this booklet

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Our thank you

Some people helped us with our empowerment work.
They made the colourful posters on the front page.
Some other people read this booklet while we wrote it.
They helped us to make it better.
Thank you.

Welcome

Hello. Thank you for starting our **Stop Abuse Now** booklet. This booklet will tell you

- Your rights
- What abuse is
- Who might hurt people
- Who to tell if something happens to hurt you
- How we stop abuse

You can read this booklet on your own or you might want someone to help you.

You can read the booklet all at once. Or, you can stop and come back to the booklet later. If you stop, you can put a circle round the page number where you stop.



Reading about abuse and people being hurt could make you upset.

Even if you can read this booklet on your own, you might want to read with someone who can support you. You can talk about abuse with them.

At the end of the booklet we have 7 questions for you to answer. If you send the right answers to us, we will send a certificate to you.

We will need your name and email or address to do this.

There are 4 booklets



- **Stop Abuse Now** (this booklet)
- **Staying Safe**
- **What happens after abuse is reported**
- **Being safe using your phone and social media**

The 4 booklets are all on our website on the training page.

Tap on www.safeguardingdurhamadults.info



Your rights

Everyone has human rights which are protected by a law called the Human Rights Act 1998.

Human rights are rules to protect you that belong to you. There are 16 human rights in the Human Rights Act. In the Human Rights Act these rights are also called **Articles**. **Articles** is another name for rules.

The people who support you and care for you have to look after your human rights too. This means

- They have to respect your human rights
- They have to protect your human rights
- They have to **fulfil** your rights. **Fulfil** means make sure your human rights are met

The human rights that help stop abuse are



The right to life (protected by Article 2 in the Human Rights Act)



Freedom from **torture** and **inhuman or degrading** treatment. **Torture** means someone hurts you a lot. **Inhuman or degrading** means treating you very badly, with no respect (protected by Article 3 in the Human Rights Act)

Your rights



Freedom from **slavery or forced labour**.

Slavery and forced labour mean you are not paid for work that someone makes you do (protected by Article 4 in the Human Rights Act)



Liberty and security. Liberty and security

mean you are free and safe (protected by Article 5 in the Human Rights Act)



Respect for your private and family life, home and **correspondence**.

Correspondence means your letters, post, emails, texts, and messages (protected by Article 8 in the Human Rights Act)



Freedom from **discrimination** in the way your rights are looked after.

Discrimination means people being unfair to you (protected by Article 14 in the Human Rights Act)

What my human rights mean for my day-to-day life

Rights in day-to-day life mean you have the right to



Rights

- Be treated well by people
- Be warm and cared for
- Have enough food and drink
- Make choices
- Do activities
- Have friends
- Use your phone and social media
- Go out in the community in real life
- Be safe



What abuse is

Abuse is if someone does bad things to you that upset you or hurt you. You might be scared to speak out or to stop them.

If someone caring for you gives you poor care and you are harmed, that is abuse.

Abuse may happen when someone has power over you. Someone might be mean and hurt you on purpose. Or a person may not know they have harmed you.

Sometimes other people may know you are being abused before you do.

There are different types of abuse.



All abuse is wrong, it goes against your rights and must be stopped.

Types of abuse

Next we will say what each type of abuse means.

Physical abuse

Physical abuse can be

- Punching or kicking you
- Throwing things or hitting you with an object
- Grabbing, pushing, poking, or slapping you
- Tickling you when you say no
- Biting, pulling hair, tripping you up
- Being locked in your room or not allowed out of the house



Discriminatory abuse

Discriminatory abuse can be picking on you or being unfair to you. Discriminatory abuse is treating you differently because of who you are and what you like. For example

- Your clothes
- Your age
- Your weight
- A disability
- Using a wheelchair, picture mats, Makaton
- Your language or the way you talk
- The way you walk or move your body
- Your skin colour
- Your religion or customs
- Being a woman or a man
- Being a lesbian woman or a gay man



Neglect

Neglect can be

The person who helps you with care and support gives poor care and you are harmed. For example

- You are not given enough food and drink
- You are not supported to have a wash or a bath
- Where you live is too cold or too hot
- You are not given your tablets
- You need an ambulance but no one calls one



Psychological abuse

Psychological abuse is sometimes called **mental abuse** or **emotional abuse**. Psychological abuse makes you feel bad, or alone, scared or very sad. For example

- Being shouted at
- Bad language or swearing about you
- You are called names or laughed at
- Being left out of games, activities, and fun
- Your favourite things are taken away and hidden
- Reading your email or messages or opening your post without your permission
- You are told that nobody loves you or wants you
- On social media you get lots of bad messages



Sexual abuse

Sexual abuse can be doing sexual things that you do not like or want. Sexual abuse can make you sad, or scared, or angry. For example

- Sexual teasing
- You are made to watch sexual films
- Being asked to photograph yourself in your underwear or with no clothes on
- Someone touching you or making you touch them when you do not want to. This might be your breasts, bum, mouth, vagina, or penis
- A person does not listen when you say no to sex



Financial or material abuse

Financial or material abuse is about someone taking your money or your things off you. For example



- People take your money or your things without asking
- People borrow your things and never give them back
- Someone frightens you to make you give them your money
- People say they are your friends. Then they come to yours and eat all your food and drink
- You are asked to sign papers, but you do not know what they are for
- Someone on your phone tells you how to make money using an App. Then you find out they tricked you into buying fake money. This is a **scam**. **Scam** means people are tricked into giving their money to criminals.



Self-neglect

Self-neglect means you stop taking care of yourself, where you live, and your things. For example

- You stop brushing your teeth, getting washed, or cleaning your clothes
- You start missing doctor's appointments
- You let where you live get very dirty and untidy
- You keep lots of pets but you do not clean up their poo
- You do not eat enough food, and you drink too much alcohol
- You stop other people caring for you



Modern slavery

Modern slavery is being made to work for no money.

For example

- You work long hours in a fast-food shop. You have to live in the small flat above the shop with other people. If you try to leave you are threatened with being beaten up. You are told you are not paid for working because you owe money for living in the flat.
- You are offered a job on a building site. They take you there and back in a van every day. They do not pay you money. They only give you snacks or a pizza sometimes.



Organisational abuse

Organisational abuse is when the staff or services who are paid to look after you do not do their job. For example

- Staff make the rules about
 - when you go to bed and get up
 - what you can eat

Organisational abuse can be other types of abuse as well:

- physical abuse, staff hit you or threaten you
- sexual abuse, staff make you do sexual things
- discriminatory abuse, your picture mats are taken away
- financial abuse, staff use your bank card to buy clothes for themselves
- psychological abuse, you are not allowed to see your family when they visit
- neglect, no one calls a Doctor when you are ill



Domestic violence or abuse

Domestic violence or abuse is when a boyfriend or girlfriend, partner, or ex-partner, or someone in your family makes you scared or hurts you on purpose.



Domestic abuse can be other types of abuse as well

- sexual abuse, your partner makes you have sex when you say no
- physical abuse, your dad hits you
- discriminatory abuse, your family say you are no good because you are disabled
- financial abuse, your mum takes your benefits money and does not spend it on looking after you
- psychological abuse, your brother threatens to hurt your pet
- modern slavery, your uncle makes you work unpaid and live in the shed
- neglect, you are not given enough food, or not helped to get washed



Exploitation

Exploitation is someone making you do things for them that they want, and which harm you. At first you might not know you are being harmed.

Exploitation often starts with **grooming**. **Grooming** is a person saying or doing things to make you like them and want to please them. For example a person who wants to exploit you could

- Say nice things and buy you presents to make you feel special
- Say they understand your problems and no one else does
- Ask you to carry a phone as they need to call or message you all the time
- Take you to parties and give you drink or drugs
- Tell you they love you
- Say do not tell anyone about our being friends

Then the person who wants to exploit you might ask you to do things to show you are their friend or you love them, like



- Look after their things in your home
- Have sex with them
- Let their friends live in your house

Exploitation

Then the person might ask you to do things like

- Carry a weapon in your bag
- Beg for money on the streets
- Look after drugs or stolen things
- Steal things from shops
- Film you having sex
- Have sex with their friends

If what is happening does not feel right and you want to tell someone, the person exploiting you could

- Threaten to hit you or **rape** you. **Rape** is when someone is forced to have sex when they do not want to, or they are not able to say yes
- Say you owe them money for the presents
- Say they will put the films of you having sex on social media or show your family and friends



People who could abuse you

Many different people can abuse other people. They could be:

- A man or a woman
- A family member
- A member of staff
- Someone who is older than you or younger than you
- Another person who is goes to the same activity or uses the same services
- A friend or group of friends
- Someone you have met for the first time
- Someone in the community
- Someone on social media or on your phone



**Abuse may happen
once or many times.
Tell someone you trust.**

Who to tell if something happens to hurt you

If you are abused, neglected, or groomed and exploited, you may feel too scared to speak out. Or you may not know how to make the abuse stop.

Tell someone you trust like a family member, friend, support worker, care coordinator, social worker, doctor, or a nurse.

Do not let whoever is harming you know that you are telling someone.

If the person you tell does not believe you, then tell someone else.



How we stop abuse

If abuse is happening to you, or you are frightened of someone, tell someone you trust. If someone tells you they have been abused, tell someone you trust.

They will call Durham County Council Social Care Direct to report the abuse.

You can call Social Care Direct yourself if you are being abused or you know someone who is being abused.

Staff at Social Care Direct will listen to you carefully. Please do not worry, your details will be kept private.

Social Care Direct staff will talk with you, and act to stop the abuse and keep you safe.

Phone numbers

If you are in danger call **Durham Police** on **999** first before calling Social Care Direct.

If it is not an emergency, you can call Durham Police **non-emergency number 101**.

Call Durham County Council Social Care Direct on **03000 26 79 79**.

Tricky Friends

You might like to watch Tricky Friends, a film to support and empower you to tell someone if 'something's not right'.

Tap on [Tricky Friends Video on YouTube](#)

Human Rights

To find out more about your human rights tap on <https://www.bihhr.org.uk/get-informed/what-rights-do-i-have>



Stop abuse now questions

Answer these 7 questions to tell us that you know what abuse is, who to tell, and how to report abuse.

If you send these pages back to us with the right answers we will send you a certificate.

- 1 When someone does bad things to you that make you feel frightened or unhappy, this is called:**
-

- 2 Which pictures show abuse?** Please tick correct boxes

☐☐☐

- 3 To stop abuse you can:**
-

- 4 The phone number to call Durham County Council Social Care Direct to report abuse is:**
-

- 5 Who can abuse?**
-

6 Who is more likely to be abused?

7 What do you do if you think someone you know is being abused?

Send your answers to

Training Administrator

Durham Safeguarding Adults Partnership

Email safeguarding_training@durham.gov.uk

Or post your answers to

Training Administrator

Durham Safeguarding Adults Partnership

Floor 2, Room 37, County Hall, Durham,

DH1 5UL

Your name _____

Your email _____

Or your address _____
