

Abuse

Stop it now!

This leaflet will explain what abuse is and the different types of abuse.

It will also explain how an adult who is at risk can stay safe.

What to do if you feel that someone has abused you:

Talk to someone you trust. They may be:

- A member of your family**
- A friend**
- A carer**

You can also call and speak to Council Staff on:

020 89214860

In an EMERGENCY:

999

In an emergency phone the police:

What is abuse?



Abuse is when someone treats you badly. They could be:

- **someone close to you**
- **a family member**
- **a friend**

Who is an adult at risk?

- **a person over the age of 18**
- **older people**
- **people with physical or learning disabilities**



Where can abuse take place?

This could happen anywhere:

- **in your own home**
- **in someone else's home**
- **at school or college**
- **at work**
- **in hospital or other healthcare places**
- **in a care home or supported**



What are the different types of Abuse?



Physical abuse

- **When someone hurts your body.**
- **They may**
 - **kick**
 - **punch**
 - **or slap you.**
- **They may treat you roughly.**

Neglect

- **When someone does not look after you properly.**
- **They may not give you food or medicine.**
- **They may not help you to keep yourself clean.**



Emotional abuse

- **When someone tries to upset or scare you.**
- **When someone makes you feel bad.**
- **They may shout.**
- **They may swear.**
- **They may call you names.**

Sexual abuse

When someone:

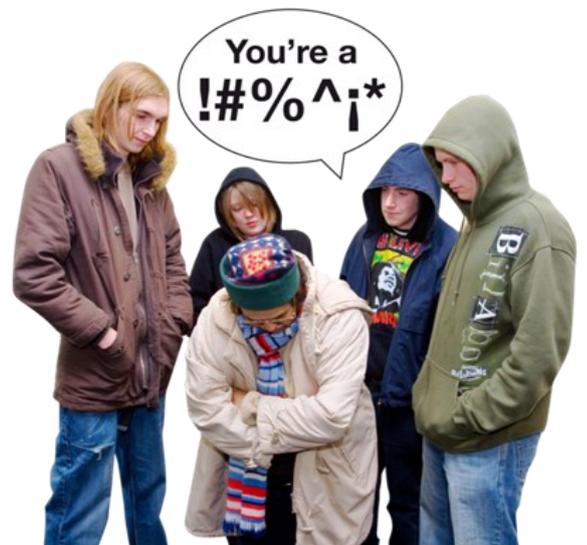
- **touches you when you don't want them to**
- **makes you touch them when you don't want to**
- **makes you look at rude pictures or videos**
- **this makes you feel sad, angry or frightened**



Hate Crime (Discriminatory Abuse)

When someone treats you differently because of:

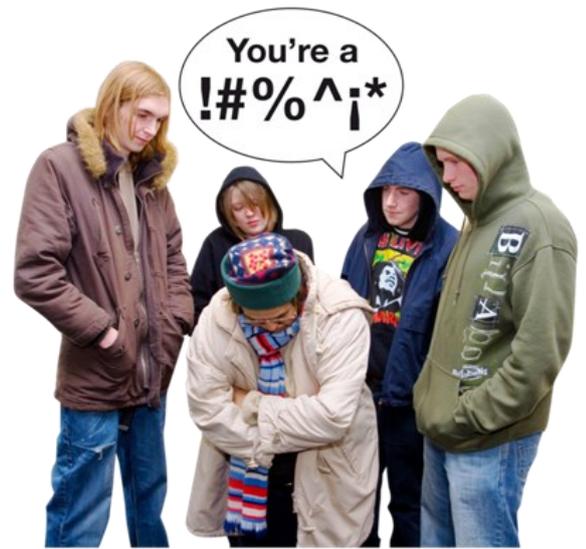
- **your race**
- **your gender, for example man/woman/trans**
- **your age**
- **your disability**
- **who you are, for example gay, lesbian.**



Mate crime

Someone pretends to be your friend.

- They may want your
 - money
 - phone
- Make you buy them things



Self-Neglect

When you do not look after yourself and your home properly:

- You may not eat
- You may not take your medication
- You may not go out
- Your house might be dirty
- You may not ask for help when you need it



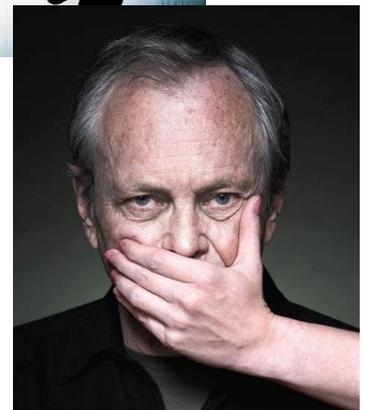
Domestic Abuse

When someone you are close to:

- a family member
- Girlfriend
- boyfriend

Is abusive . It could be :

- physical abuse
- emotional abuse
- sexual abuse
- financial abuse



Money/Financial abuse

- **When someone takes your money.**
- **They make take your things without asking.**
- **They may trick you into spending your money**



Abuse from services (Organisational Abuse)

When you are not cared for the way you should be:

- **in hospital**
- **in a care home**
- **at the work place**
- **or college.**

This could happen only once or lots of times.



Modern Slavery/Forced work

- **When you are forced to work when you don't want to**
- **Without pay**
- **And you have no freedom**
- **And you are too scared to ask for help**



Advocacy in Greenwich

Safe Place Scheme

Safe Places is run by Advocacy in Greenwich. If you want information, call or email us on

020 8293 3720 or

safeplaces@advocacyingreenwich.org.uk



The Greenwich Centre and Library
12 Lambarde Square SE10 9GB



The Woolwich Centre
35 Wellington Street SE18 6HQ



The Eltham Centre
2 Archery Road SE9 1HA



The Forum @ Greenwich
Trafalgar Road SE10 9EQ



Greenwich Carers Centre
76 Hornfair Road Charlton SE7 7BD



Greenwich Mencap Offices
Unit 7 Woolwich Common Enterprise Centre
Peace Street, Woolwich, SE18 4HX