

## What is Abuse?

Abuse is when someone hurts you or treats you badly. There are different kinds of abuse.



- **Physical Abuse** - is when somebody hurts you. They might hit you, kick you, push you around or pinch you.



- **Sexual abuse** - when someone touches you in a way that you do not like. Or they might make you touch them or kiss them when you do not want to.



- **Emotional abuse** - is when people threaten you, say bad things to you, or shout at you



- **Financial abuse** - is when people take your money or things which belong to you without your permission



- **Neglect** - is when the people who are supposed to help you don't look after you. For example if they don't give you enough food, help keep you warm and safe, or take you to the doctors if you are sick.



- **Discrimination** - is when people treat you badly or unfairly because of your disability, your religion or the colour of your skin



Anybody can abuse you, even somebody you know well. If you are being abused it is not your fault and you need to tell somebody you trust



- Someone in your family
- A friend
- A member of staff or your key worker
- A social worker or community nurse
- An advocate
- The police



If you tell someone and they do not believe you, you can tell someone else

**ABUSE CAN HAPPEN ANYWHERE AND IT IS ALWAYS WRONG.**