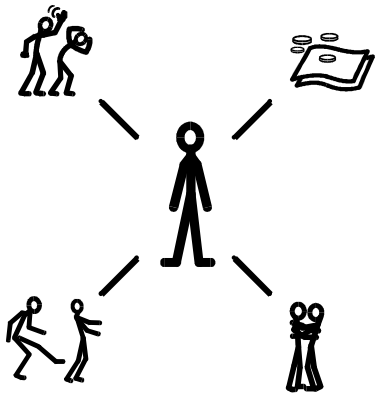




Easy read information about:



Adult abuse (types of abuse)



This document tells you about different types of abuse. You should read this document with the Easy Read Safeguarding Adults and the Easy Read Safeguarding Adults Process.

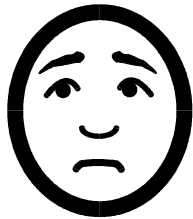


If you have concerns or think someone is being abused.

Report it.

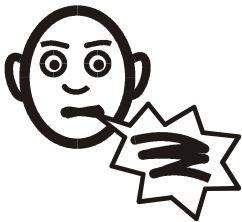


Emotional abuse



This is when people say bad things to hurt your feelings, shout or threaten you

This could be when someone:



Calls you names



Ignores you or blames you when it is not your fault



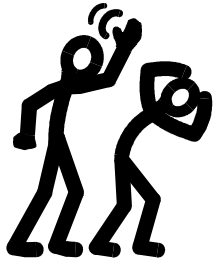
Laughs at you



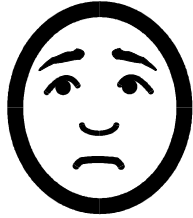
Treats you like a child



Says mean things to you and then pretends that they didn't



Physical abuse

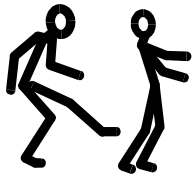


This is when someone hurts you.

This could be when someone:



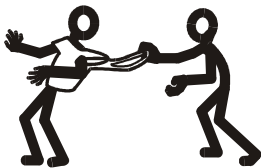
Hits you



Kicks you



Pinches or scratches you



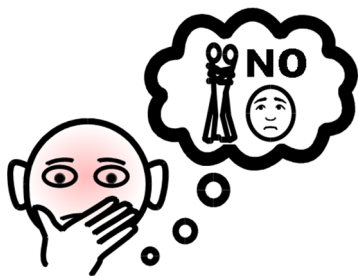
Grabs or pulls you



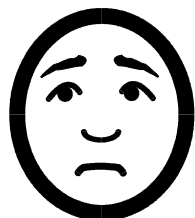
Burns you



Gives you the wrong medication



Sexual abuse



This is when someone touches your body or private parts in ways you do not like or want. Your private parts are where your underpants or bra cover.

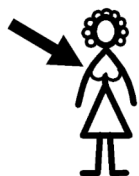
People should always have your permission to touch you.

It is also when someone makes you do sexual things that make you sad, angry or frightened

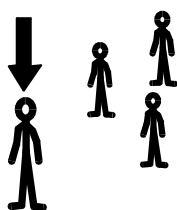


This can be when someone:

Touches your private parts like your penis, vagina or bottom



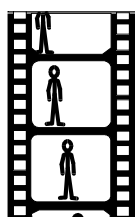
Touches your breasts



Makes you touch other people in these places



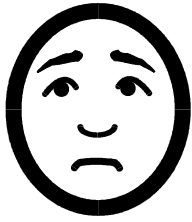
Forces you to have sex when you didn't want to



Makes you take pictures or watch films of a sexual nature



Sexual exploitation



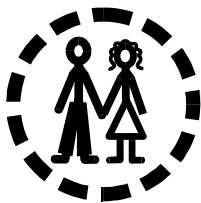
This is when someone uses sex or making someone do sexual acts so they can get other things. This can be for things like drugs, food, money, somewhere to stay and/or for protection.



In the beginning, things are nice and you might feel very special. They might buy you nice gifts.

It then changes and you might start to feel confused and uncomfortable.

This can be when someone:



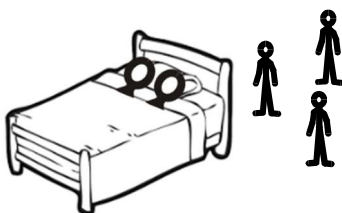
Pretends to be your girlfriend or boyfriend



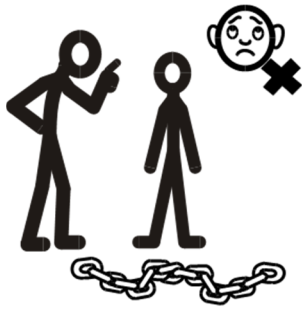
Keeps you locked up



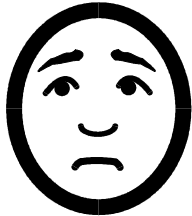
Gives you drugs



Forces you have sex with other people

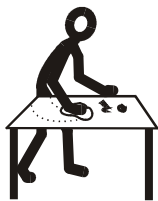


Modern Slavery



This is when you are unable to leave or make choices because person or a group is forcing you to work for them.

This can be when someone:



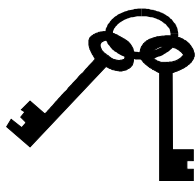
Forces you to work for no pay, or little pay



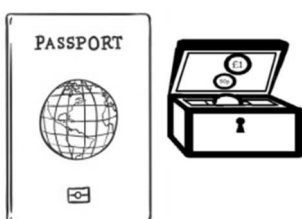
Threatens or hurts if you do not do the work



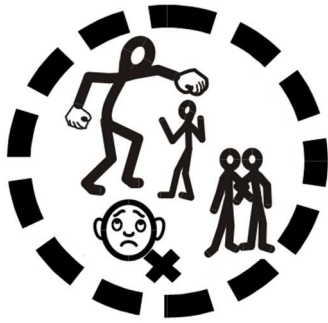
Forces you to stay at home to do all the cleaning and cooking for everyone else



Keeps you in a locked room

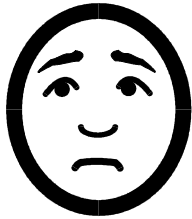


Keeps your passport and money and never lets you have them back

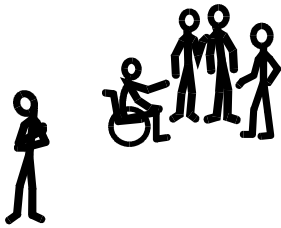


Domestic abuse

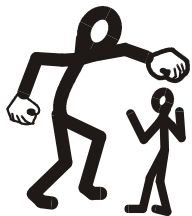
This is when someone in a romantic relationship tries to control their partner.



This can be when someone:



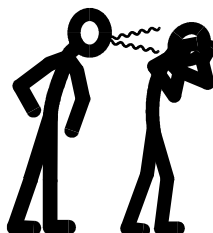
Never lets you see family, friends or people who support you.



Always makes you feel stupid and small.



Threatens to hurt or to kill you



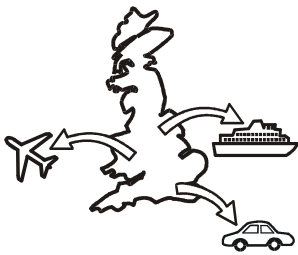
Makes you do things that you don't want to do.



Some abuse can be done by family members.

People can say they are doing it for religious or cultural reasons. They can also say that it will be better for the family.

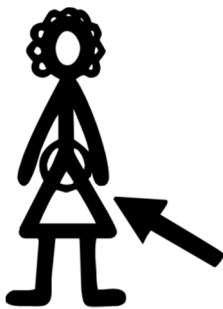
This can be when someone:



Takes you to another country without your permission.



Forces you to get married



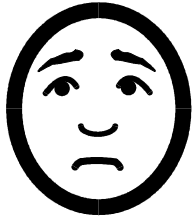
Harms or cuts a woman's vagina



Threatens to hurt or kill you for not following the family rules



Financial abuse



This is when people take your money or belongings without asking or without your permission.

This can be when someone:



Steals your money



Takes control of your money



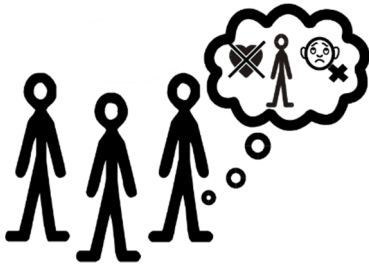
Makes you pay for other people's things



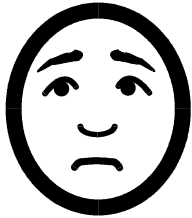
Takes things that belong to you



Makes you buy them lots of expensive things



Discrimination



This is when people treat you badly or unfairly because you are different to them.

This can be when someone:



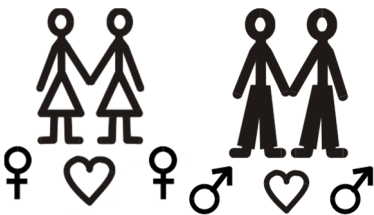
Has a different coloured skin



Has a different religious belief



Is disabled



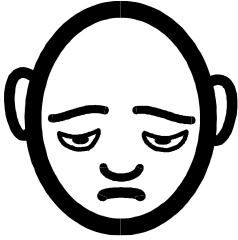
Is lesbian, gay or bisexual



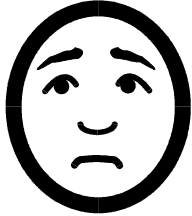
Is transgender



Speaks a different language



Neglect



This is when people who are there to help you do not look after you properly.

This can be when someone:



Doesn't feed you



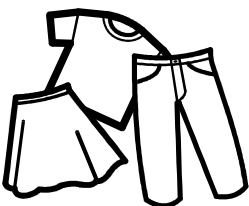
Doesn't help you stay clean



Doesn't get you medical help



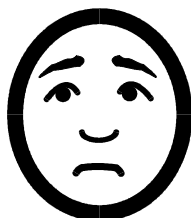
Doesn't give you your medicine



Doesn't help you have clean clothes to wear



Organisational abuse



This is when paid staff in a hospital, care home or a care provider do not support you properly or respect your rights.

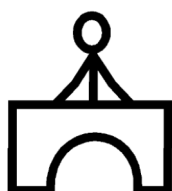
This can be when:



All of the staff treat you badly and have bad attitudes



Staff don't let you do what you want to do in your own home



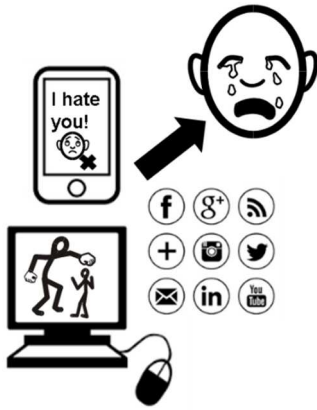
Staff make all the rules and routines without involving you



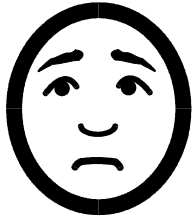
Staff don't let you have any choice in what you want to do. Like having to always go to bed early.



Staff miss your home visits a lot of the time and this causes you to get hurt



Cyber Bullying



This is when someone sends you messages or emails that are not nice. The bullying takes place online and can be through smart phones, tablets or computers.

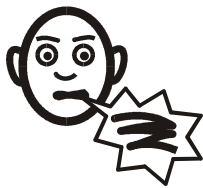


This is usually done through online social media and gaming.

This can be things like:



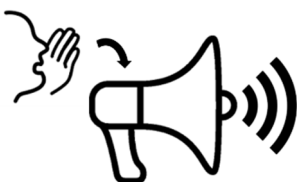
Someone keeps sending you messages or emails that make you upset.



Someone sends out information that is fake and untrue to spread rumours about you.



Someone uses your email or social media account to send embarrassing things about other people.



Someone tricks you into revealing secrets, pictures or videos.



Reporting it



Nottinghamshire County Council

Phone 0300 500 80 80



Nottinghamshire Police

Phone 101



Emergencies

Phone 999

