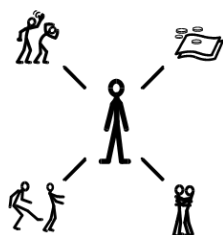


# Safeguarding adults – types of abuse



This easy read document tells you about types of abuse, including:

- [Emotional Abuse](#)
- [Physical abuse](#)
- [Sexual abuse](#)
- [Sexual exploitation](#)
- [Modern slavery](#)
- [Domestic abuse](#)
- [Financial abuse](#)
- [Discrimination](#)
- [Neglect](#)
- [Organisational abuse](#)
- [Cyber bullying](#)



We have more information on other easy read documents:

[Safeguarding Adults](#) – keeping safe, and

[Safeguarding Adults Process](#) – what happens when abuse is reported.

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**If you have concerns or think someone is being abused:**

[Always Report It](#)

**In an emergency dial 999**

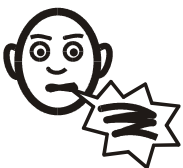
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## Emotional Abuse



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

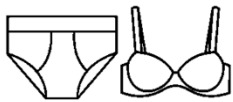


- Gives you the wrong medication

## 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

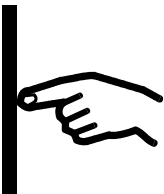
## When someone:



- 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 takes advantage of you for sexual reasons.



It could be for things like drugs, food, money or somewhere to stay



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 someone 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 don't 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 is abused by their romantic partner or a member of their family.

## **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.



- Other abuse by family members.



- People can tell you they are doing it for religious or cultural reasons.





- They can say that it will be better for the family.



- Someone might take you to another country without your permission.



- Force 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 or the right clothes for the weather.

## 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:**



- Staff treat you badly and have bad attitudes



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



- Staff make all the rules and routines without involving you



- Staff don't let you choose what you want to do.



- Staff miss your home visits this causes you to get hurt

## Cyber bullying



This is when someone sends you messages or emails that are not nice.

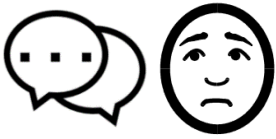


The bullying happens online through smart phones, tablets or computers.



The bullying happen on social media and online gaming.

## **This can be things like:**



- Someone 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 telling them secrets, sharing pictures or videos.

## **Reporting abuse**

If you or someone you know is being abused, you can contact:



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**In an emergency  
dial 999**



If it is not an emergency, you can contact Nottinghamshire Police by dialing 101



You can [contact our Customer Services Centre](#)



The Customer Service Centre is closed in the evenings, at weekends, and public holidays.



At these times you can our Emergency Duty Team by Telephone: 0300 456 4546



You can fill in our [online reporting form](#).

## Customer Service Centre



Our Customer Service Centre can answer most of your questions and help with information and form filling.

There are several ways to contact them, including:



**Web:** [Use our online contact form](#)



**Telephone:** 0300 500 80 80



**Relay UK**

**Text Relay:** 18001 0115 977 4050

People who have hearing or speech difficulties and prefer to communicate via text can use the Text Relay service through the [Relay UK app](#).



**SignVideo**

### **Sign Video**

People who use British Sign Language to communicate can use [the SignVideo app](#) to speak with us.

## **Links in this document**

### **Safeguarding adults – keeping safe**

[nottinghamshire.gov.uk/global-content/easy-read-library/safeguarding-adults-keeping-safe-easy-read](https://nottinghamshire.gov.uk/global-content/easy-read-library/safeguarding-adults-keeping-safe-easy-read)

### **Safeguarding adults – process**

[nottinghamshire.gov.uk/global-content/easy-read-library/safeguarding-adults-process-easy-read](https://nottinghamshire.gov.uk/global-content/easy-read-library/safeguarding-adults-process-easy-read)



## **Nottinghamshire County Council – contact us form**

[nottinghamshire.gov.uk/contactform](http://nottinghamshire.gov.uk/contactform)

## **Relay UK app**

[www.relayuk.bt.com/how-to-use-relay-uk/download-app.html](http://www.relayuk.bt.com/how-to-use-relay-uk/download-app.html)

## **SignVideo app**

[signvideo.co.uk/download](http://signvideo.co.uk/download)

## **Nottinghamshire County Council – online reporting form**

[nottinghamshire.gov.uk/reportabuse](http://nottinghamshire.gov.uk/reportabuse)

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For plain English web page version of this information, go to:

[Adult Abuse Leaflet | Nottinghamshire County Council](#)

[nottinghamshire.gov.uk/care/adult-social-care/social-care-publications/adult-abuse-leaflet](http://nottinghamshire.gov.uk/care/adult-social-care/social-care-publications/adult-abuse-leaflet)

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