

# Abuse and what to do about it

Easy Read copy of 'How to Protect Yourself from Abuse'



# What is abuse?



Abuse is when someone says or does something to hurt you or make you feel bad.

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This booklet tells you about the different kinds of abuse and how to help stop yourself and other people from being abused.

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Some people need more support than others to lead an ordinary life.

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Some people are more likely to be abused than others and we want them all to be safe.



## Types of abuse

**Physical or sexual abuse** is when someone hurts your body. It could also be when someone makes you do sexual things that you do not want to do.

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**Emotional abuse** is when someone says or does bad things to make you feel upset or worried. They might threaten or shout at you, call you names or laugh at you.

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**Financial abuse** is when someone takes or uses your money without your permission.

People may trick you to give them money or sell you something you do not want.

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**Neglect** is when the person who is supposed to be supporting you does not do it properly.

Self neglect is when you do not look after yourself. It could mean you are left on your own or you do not get enough food and drink or you do not get the right care or medicine.

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**Human trafficking:** People being moved from one place to another without their consent. For example, someone being made to move by a criminal gang or smuggled into the country





- **Modern slavery:** Forced to do work for no money, for people who abuse you or are cruel to you. You might be kept like a prisoner



- **Computer (cyber) crime:** People can try to hack in to your computer they use fake emails and websites to steal your money and your identity for other crimes. Social media websites are used for grooming, hate crime and mate crime.

Online Safety is about being careful with information you share about yourself, especially with people you don't know on the internet. It is about protecting yourself and your privacy on social networking sites and knowing how to report bullying and other things that make you feel unhappy or unsafe.



- **Scams:** People contacting you on your computer, the phone, by post, or knocking at your door. They want you to give them cash, buy something from them, or give your bank account details. They cannot be trusted they are criminals.



- **Radicalisation:** When people have very strong views that can lead to crime or abuse.

They pretend to be your friend and make you trust them. They persuade you to do things which may be criminal.

# Hate Crime

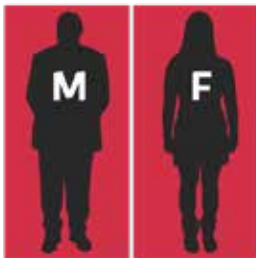
**Hate crime** is when someone hurts or upsets you because of your;



- **race:** the country or culture you come from



- **religion or belief:** what you believe in



- **gender identity:** you are born male or female. You might want to live as the other gender all the time, or some of the time



- **sexual identity:** Some people know they are straight, gay, lesbian or bisexual. Other people might not know yet



- **disability:** if you have a mobility problem, visual problem, hearing problem, mental health problem learning difficulty, or learning disability



**Mate crime and grooming** is when somebody wants to make you think they are your friend. This could be for:



**Money.** First, they make you trust them. Then they want to get your money or your belongings. They pretend to be your friend to start with.



**Your home.** First, they make you trust them. Then they want to spend more and more time at your home and bring other people in. They pretend to be your friend to start with.



**Cuckooing.** First, they make you trust them. Then they want to use your home for criminal activity and to force you out of your home. This could be for growing drugs or hiding stolen property. They pretend to be your friend to start with.



**Putting you down.** First, they make you trust them. Then they make jokes about you and say other nasty things about you. They pretend to be your friend to start with.



**Sexual.** First, they make you trust them. Then they make you do sexual things that you do not want to do. They pretend to be your friend to start with.

# Who might be an abuser

An abuser might be anybody, you cannot always tell who.

Abusers might be:



Friends



Family



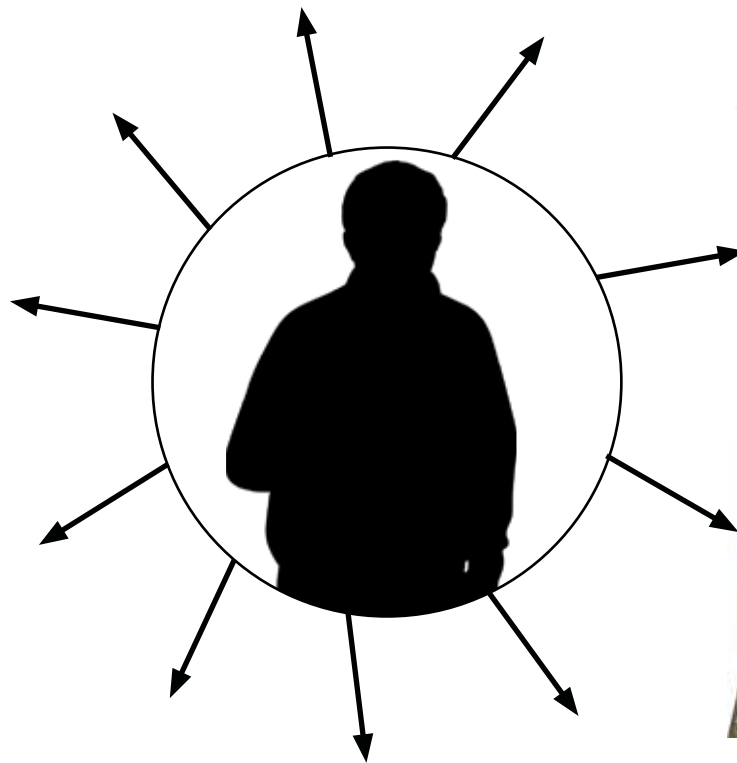
Health staff



Care staff



Supporter



Computer Friendships



Doorstep sales



Telephone abuser



Professionals



Scammers



## What can you do?



If you think someone is doing or saying something to hurt you or a person you know, it is important that you tell someone.

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Sometimes other people know that abuse is happening but are frightened to tell anyone.

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You will be helping yourself and other people by telling someone you trust.

By telling someone you trust, the abuse can be stopped.

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If you tell us about abuse, we will talk to you about what we can do.

If you do not tell us, we can not stop it and it may keep happening.

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**CrimeStoppers.**  
Speak up. Stay safe.

If you think someone is in danger, this is an emergency, please call the police on **999**.

If it is **not an emergency** please call Crimestoppers on 0800 555 111



# How to report abuse in Medway



Medway Council has to make sure that all citizens in Medway can be safe.

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Please tell us if you think that you are not safe or someone is abusing you.

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Please tell us if you think someone else is not safe or they are being abused.

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You do not have to say who you are if you do not want to.

There are two different numbers you can phone:



During the day you can phone:

**01634 334 466**

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During the night you can phone:

**03000 41 91 91**

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If you think someone is in danger, this is an emergency, please call the police on: **999**

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If you want some more information, you can look at this website:

[www.medway.gov.uk/abuse](http://www.medway.gov.uk/abuse)

# How to report abuse if you are not in Medway



Kent County Council has to make sure that all citizens in the rest of Kent can be safe.



Please tell us if you think that you are not safe or someone is abusing you.



Please tell us if you think someone else is not safe or they are being abused.



You do not have to say who you are if you do not want to.



There are two different numbers you can phone:

During the day you can phone:  
**03000 41 61 61**

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During the night you can phone:  
**03000 41 91 91**

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If you think someone is in danger, this is an emergency, please call the police on: **999**

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If you want some more information, you can look at this website:  
[www.kent.gov.uk/adultprotection](http://www.kent.gov.uk/adultprotection)

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This document is available in alternative formats and languages.  
Please call: 03000 421553 Text relay: 18001 03000 421553 for details  
or email: [alternativeformats@kent.gov.uk](mailto:alternativeformats@kent.gov.uk)



This booklet has been redesigned with **Shout Out**, an independent self advocacy group for adults with learning disabilities in Medway.  
Email: [shoutout@sunlighttrust.org.uk](mailto:shoutout@sunlighttrust.org.uk)