



Is someone hurting you?

Information for adults with learning disabilities



Abuse is when someone hurts you or does bad things to you. Abuse can happen once or lots of times. These could be things like:



Physical abuse or domestic violence

Hurting you (kicking, punching, slapping, pushing, biting). Sometimes this can be a family member, friend or carer.



Abuse with my money

Stealing your money or other things that belong to you.



Emotional abuse

Talking to you in a bad way (teasing, threatening, shouting, swearing or ignoring you).



Treating me badly

When you are not being looked after properly, for example, not giving you enough food, not keeping you warm, not giving your medication or not getting you help when you need it.



Treating myself badly

This is when you do not look after yourself, for example not eating properly or having a shower.



Sexual abuse

Someone touching your body or your private parts in a way you do not like or want. They may make you touch them when you do not want to.



Treating me differently

This is when people treat you badly because your skin is a different colour, or you follow a different religion, or you have a disability or you are lesbian or gay person.



Mate Crime

This is when a friend treats you badly. Takes things from you without asking or asks you to do things and if you don't do them, they tell you that you are no longer their friend.



Forced into working

This is when you are being forced to work for no pay or low pay or do work that you do not want to do or locking you in a room.



Abuse by people who help me

This is when people who look after you treat you badly and do not take the time to understand your needs. They only think about their business.



Who can abuse you?

Sometimes it might be a stranger. It could also be someone you know, such as:

- Family member
- Friend or neighbour
- Carer (people paid to look after you).



Where can abuse happen?

Abuse can happen in many places. It can be:

- Where you live – your home
- Where you work or spend lots of time
- On public transport
- In the street.



What should you do if you are being abused?

Even if you are scared it is very important that you tell someone. This should be someone that you trust. This might be:

- Someone in your family
- A friend or neighbour
- A social worker or nurse
- A member of staff
- An advocate
- A manager
- The police.



If you are being abused it is important that social services or the police know about it.

Call Social Services on 020 8871 7707 and they will help you to keep safe.