

STOP

Adult

Abuse is

WRONG

What are MY RIGHTS?



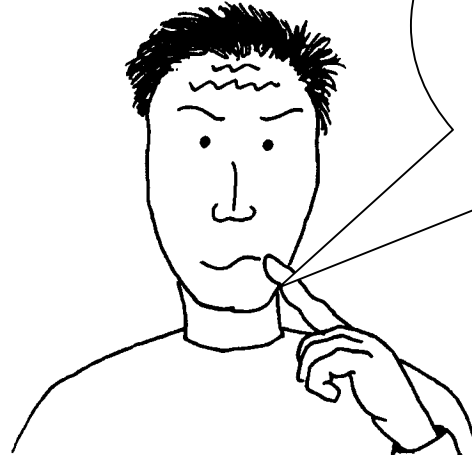
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ABUSE



What is it?

What can I do about it?

What is it?

Abuse
Is when someone does or says things that makes you upset or frightened. You may be too scared to speak out or stop them.



WHAT CAN I DO?

What if it happens to me or I see it happen to someone else?

It is important to speak out and tell someone you trust. Do this as soon as you can.



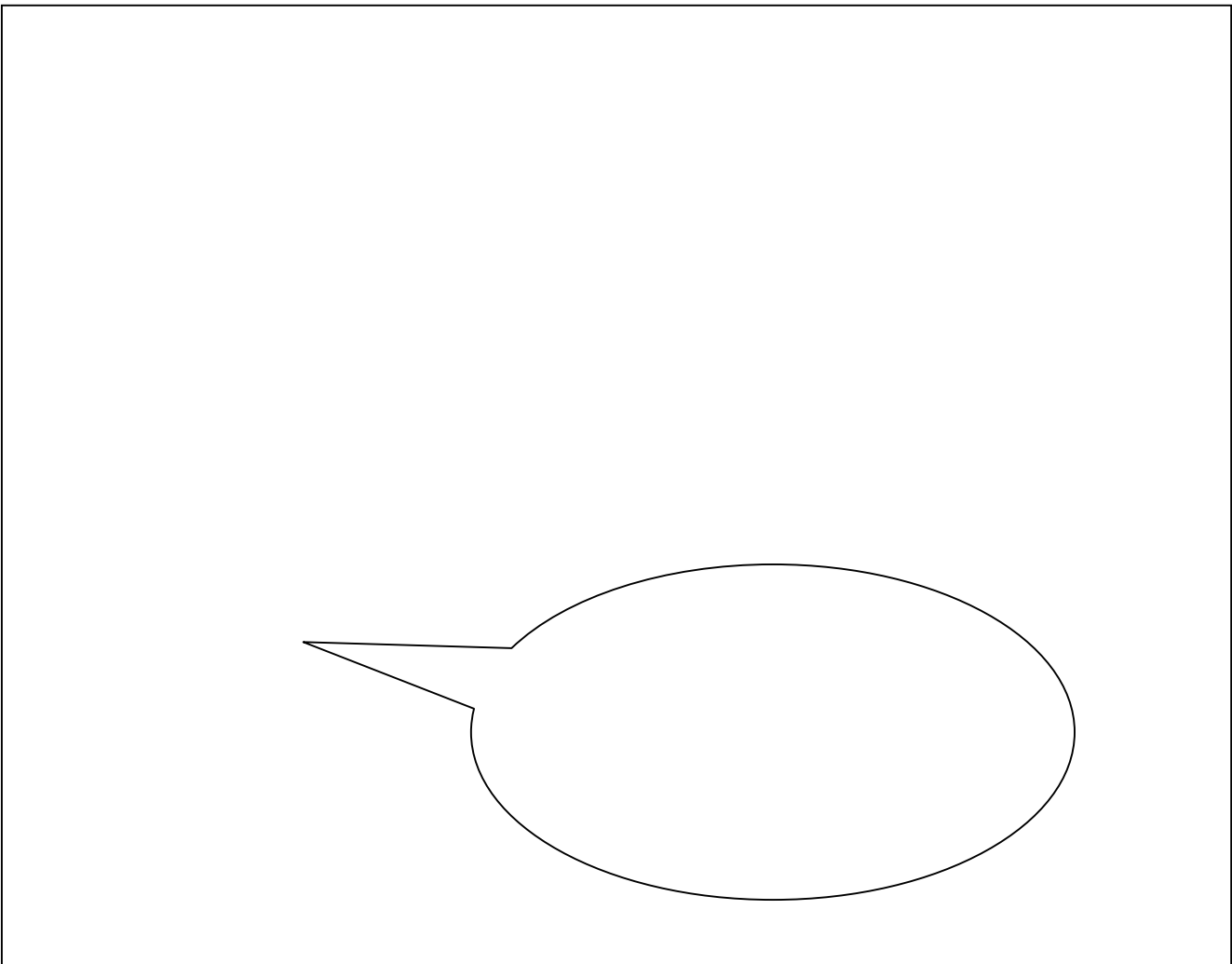
THERE ARE DIFFERENT KINDS OF ABUSE



Sexual Abuse. **What is it?**

- It is when someone touches your body and does things to you that you do not like or understand.
- They may touch your private parts, undress you or have sex with you when you don't want them to.





Neglect. **What is it?**

- It is when people say they are going to help you but they do not do it.
- They do not help you get food, have a warm house, or keep you safe from danger.

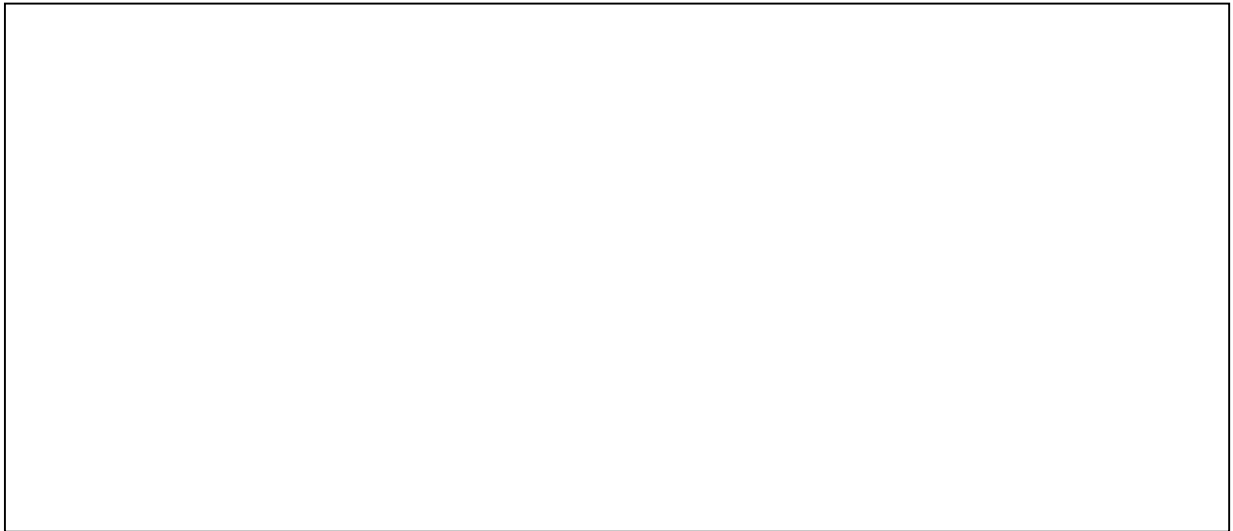


Discriminatory Abuse. **What is it?**

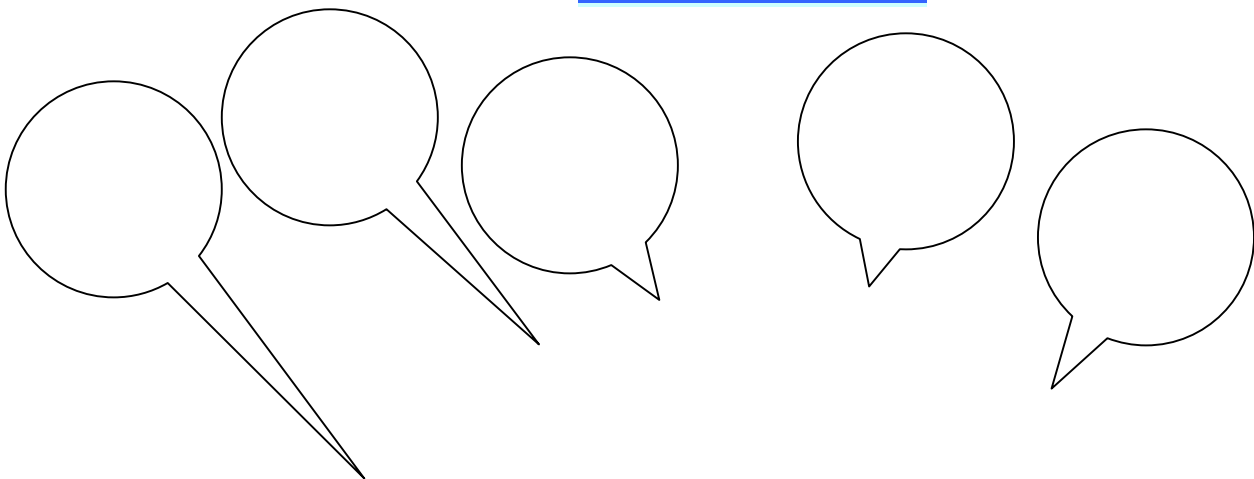
- It is when people say bad things to you because you are different from them.
- You may be a different colour, have a different religion, be disabled, speak a different language.
- They may not let you go to church or temple, or have the care you need.



WHO MIGHT ABUSE YOU



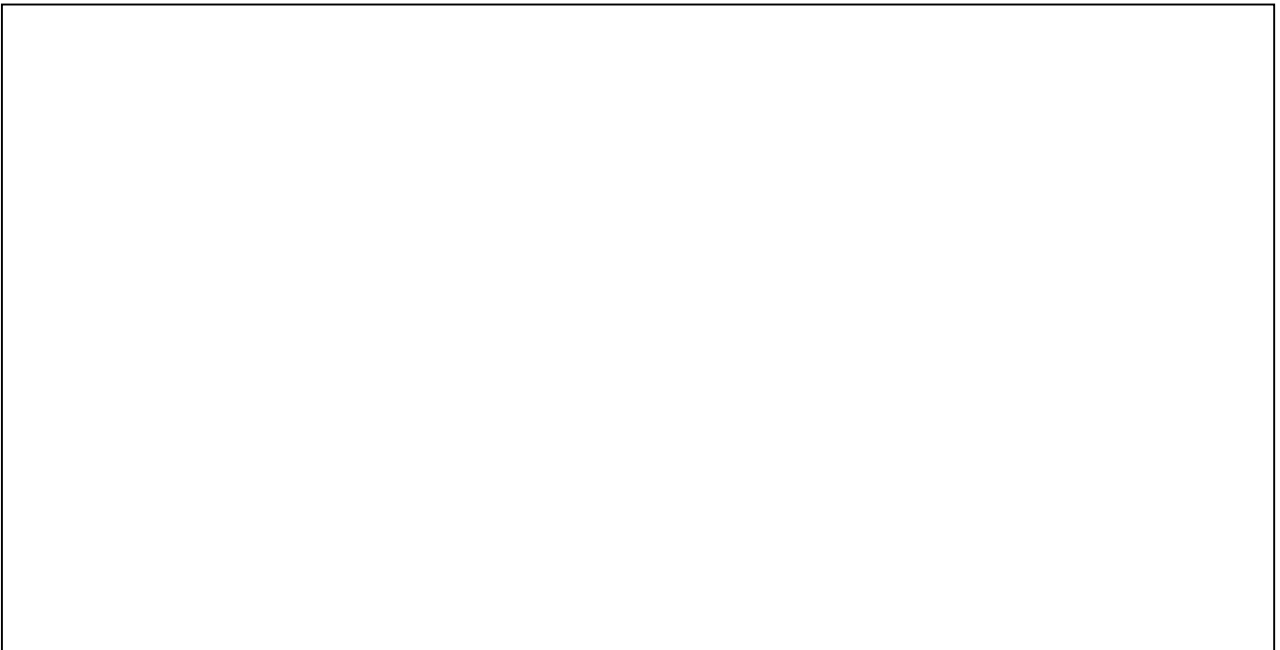
Who will help to **STOP** the abuse



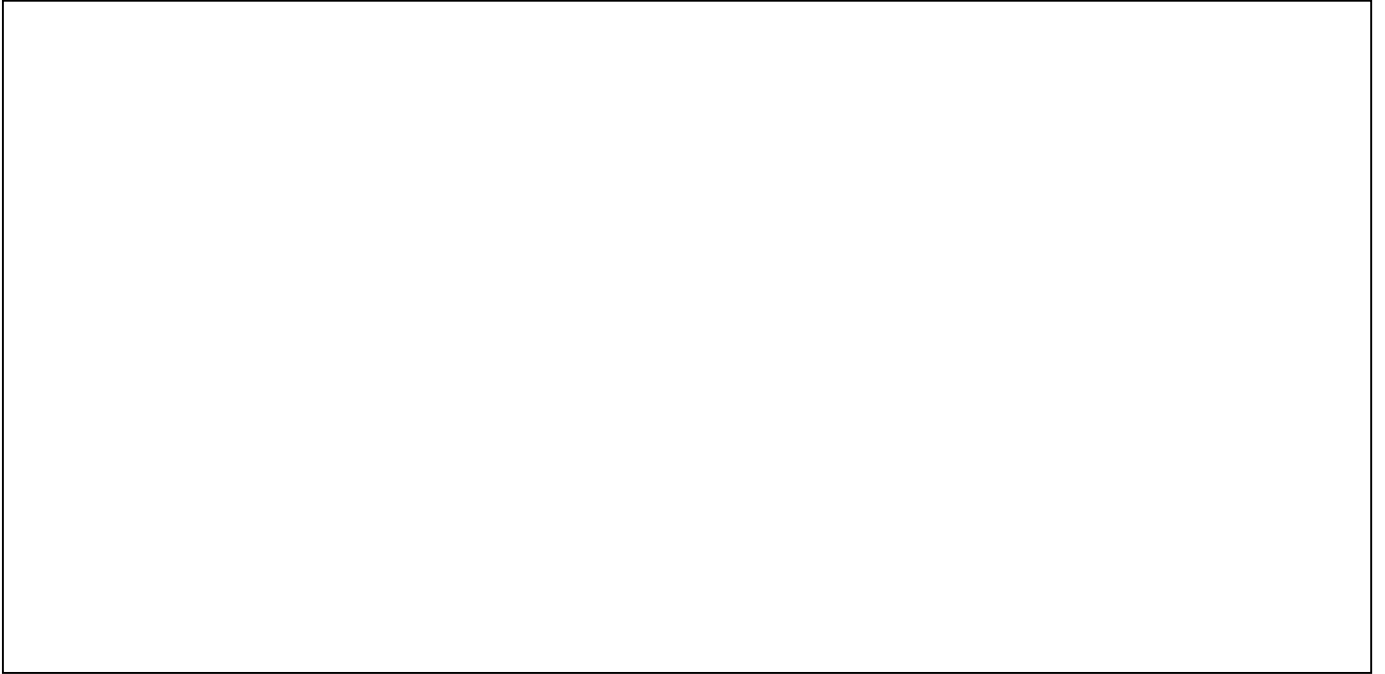
WHO

A large, empty rectangular box with a thin black border, intended for writing the answer to the question 'WHO'.

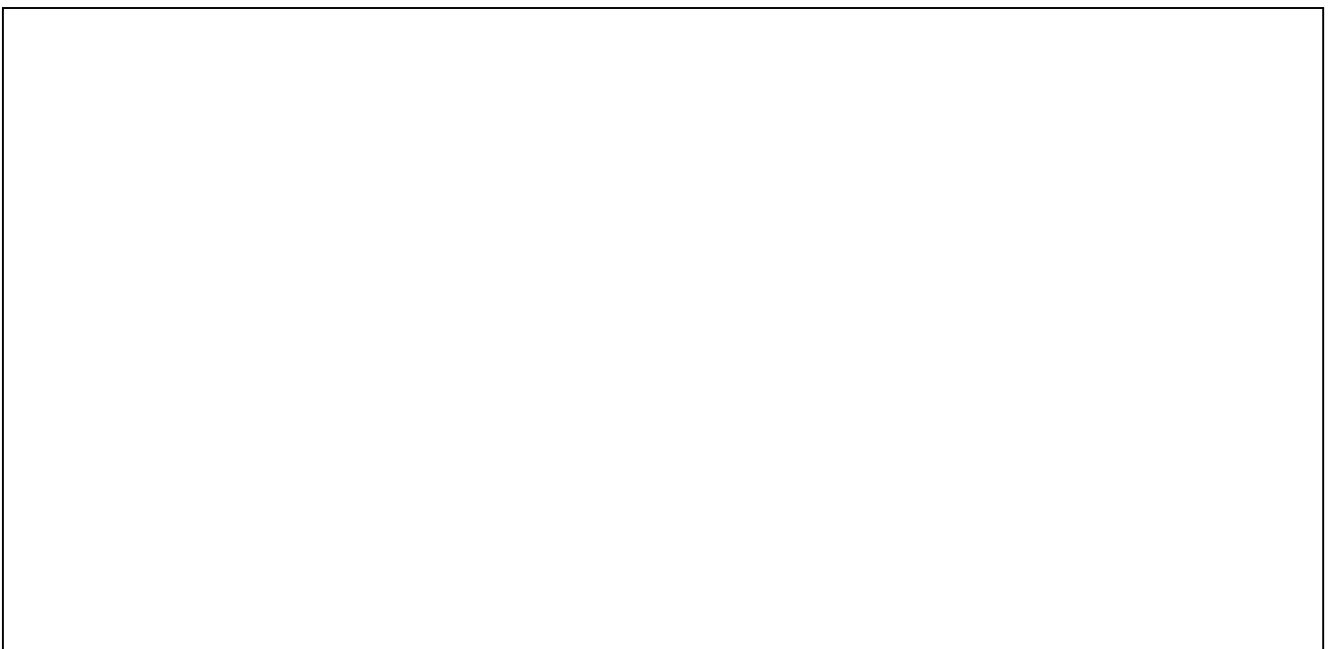
HOW

A large, empty rectangular box with a thin black border, intended for writing the answer to the question 'HOW'.

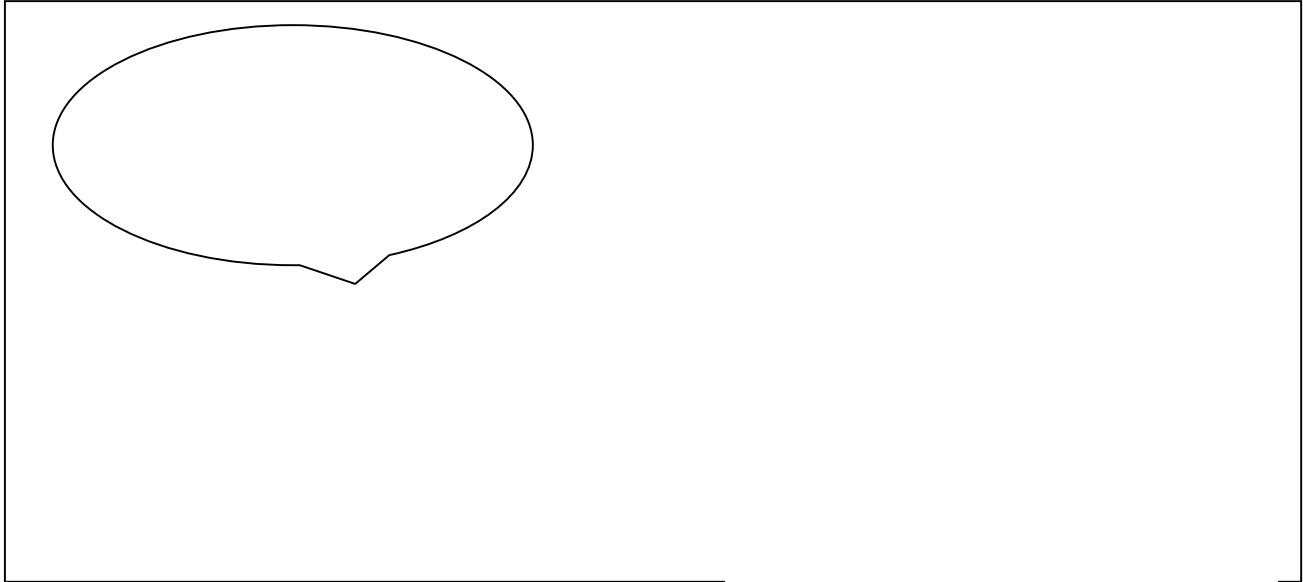
YOU HAVE THE RIGHT TO FEEL SAFE



HOW



**WHO DO YOU CONTACT IF:
You are worried about abuse or
You want to talk to someone.**

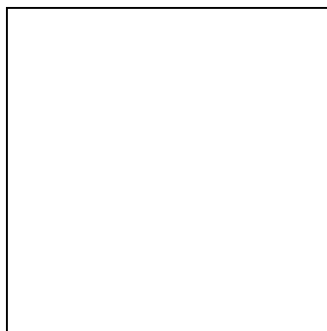


**Brighton & Hove Integrated
Learning Disability Services**



01273 295550

or



01273421921

**or Brighton & Hove Interact &
Advoact on 01273 422971**

If you are worried about abuse or feel sad, ashamed, angry or depressed and wish to speak to someone in private you may Phone or Minicom:

The Respond National Helpline which is now on **Freephone 0808 808 0700**.

This line is available from 1.30pm to 5pm Monday to Friday.

There is also a Web site on www.respond.org.uk which may help you and the people who support you to understand a little more about abuse.

Brighton & Hove Integrated Learning Disability Service would like to thank:



Kent & Medway Adult Protection Committee for their help in producing this leaflet.