

# STOP ADULT ABUSE



*Information booklet designed by the  
Cheshire East Service User Reference Group*



Cheshire East Safeguarding Adults Board

[www.stopadultabuse.org.uk](http://www.stopadultabuse.org.uk)

# EMOTIONAL ABUSE



**Emotional abuse can be when people bully you, say mean things to upset you. Or make you do things you don't want to.**

**This can be:**



Bullying me, calling me names and laughing at me.

Being held against my will. Threatening to hurt me or making me do things I don't want to.



Gaslighting me – gaslighting is when someone manipulates or bullies you into doubting your own thoughts.

# PHYSICAL ABUSE



**Physical abuse is when someone hurts you, such as shaking, pushing, hitting, force-feeding, tying up or locking up. It is when someone hurts you, this could be by hitting, kicking, grabbing, or pushing you.**

**This can be:**

Hitting or slapping me.

Grabbing or pushing me.

Kicking me.





# FINANCIAL ABUSE



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

**This can be:**



Taking my things or my money without asking.

Only coming to see me because I have been paid.



Making me pay for their shopping when they are supposed to be supporting me.

# NEGLECT



**Neglect is when your care and support needs are not being met.**

**This can be:**

Not letting me have enough food.

Not letting me heat my home.

Not taking me to appointments.





# SELF-NEGLECT



**Self-neglect is not looking after your own needs.**

**This can be:**

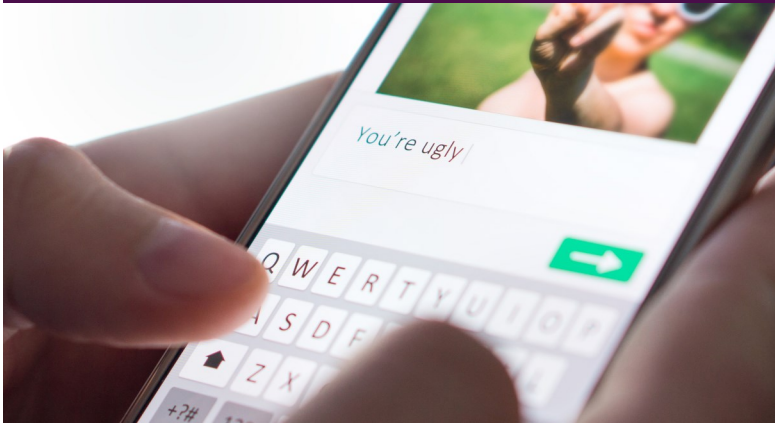
Not keeping myself clean.

Not taking my medication.

Filling my home with so many things I can't move around safely.



# HATE CRIME & MATE CRIME



**Hate crime is when people say horrible things to you because they think you are different. This can be in person and online.**



**Mate crime is when people pretend to be your friend and don't treat you nicely. They might make you do things you don't want to or take advantage of you.**

**This can be:**



Sending me horrible messages.

People pretending to be someone they are not online.

Pretending to be my friend so that they can borrow money.



# SEXUAL ABUSE



**Sexual Abuse can include being forced to take part in sexual activity that you don't want or agree to.**

This can be:



Being touched somewhere private or forcing me to have sexual relations against my will.

Being made to watch sexual videos or look at sexual images that I don't want to look at.



Making me take naked pictures of myself.



# ORGANISATIONAL ABUSE



**Organisational abuse can include more than one abuser, it is poor care and support.**

**This can look like physical and emotional abuse, it might be that someone doesn't let you make choices.**



**This can be:**

Being controlled by the organisation that support me.



Ignoring me and putting the support staff first.

Not asking me what I want or letting me make my own choices.

# DOMESTIC ABUSE



**Domestic Abuse such as a partner, spouse or family member using violence or intimidation to control someone in their home.**

**This can be:**

Making me feel useless or that I am no good.

Stopping me from seeing my friends and family.

Hitting me, slapping me or pinching me.





# EXPLOITATION



**Exploitation is when someone makes you do something for them, usually so that they make money. This sometimes can be an unsafe or illegal task.**



**This can be:**

Making me work for no money or very little money.

Taking my personal documents so I can't leave.



Being promised things or made to feel guilty if I don't do what they say.



**Who abuses people?** It could be anyone - even someone you are comfortable with like a friend, carer or family member. It could be a stranger.

**Where does the abuse happen?** Abuse can happen anywhere - like at home, college, online or in a public place.

**What do you do if a bad thing is happening to you or someone else?**

## **Abuse is wrong. Tell someone.**

Call Cheshire East Adult Social Care **0300 123 5010**

If you are hearing or speech impaired, you can use Text Relay

If someone is hurt or it is an emergency, please ring **999**

**If you are scared, tell someone you trust who can report it for you.**

## **What happens next?**

We will believe you.

We will listen.

We will only tell people about your concern if they can help us stop the abuse.

We will support you.

What we do next will depend on what you or the other person you are worried about wants, and how serious it is.

