

Who is this for?



This leaflet is about protecting your rights and stopping abuse.

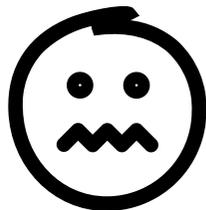
It is for adults who are aged 18 and over.

What is abuse?

Abuse can look different for everyone. It might be:



- Someone doing or saying something that makes you scared or upset.
- Someone doing something to you even when you ask them to stop.
- Someone trying to take your rights away.



You might feel scared to tell your abuser to stop. You might feel scared to tell people about what is happening.



Abuse is always wrong. You can tell someone you trust if someone is hurting you or making you feel scared.

We are here to help

If you or someone you know is being abused or is at risk of abuse, it is important that you tell someone **straight away**.

In an emergency - Call 999

Local authority (pick the number for the local authority in your area):

Stockport – 0161 217 6029

Tameside– 0161 922 4125

Cheshire East – 0300 123 5010

Trafford – 0161 912 2820

Wigan– 0194 282 8777

Salford– 0161 631 4777

Rochdale – 0300 303 8886

Derbyshire – 0162 953 1151

Congleton– 0300 123 5010

Contact Stockport NHS Adult Safeguarding Team

By phone: 0161 419 5124

By email: adultsafeguarding@stockport.nhs.uk

What is adult safeguarding?

An easy to read guide



Types of abuse



Physical abuse

Hitting, pushing, kicking, shaking, burning, too much or not enough medication.



Emotional abuse

Threats, name-calling, ignoring you, shouting at you, not involving you in decision making about you, isolating you from friends, family and services.

Sexual abuse or exploitation

Touching you when you do not want to be touched, unwanted sexual intercourse or any sexual activity, being made to watch sexually explicit films. Receiving something in exchange for performing a sexual act.



Financial or material abuse

Stealing your money or things, using your money to buy things for themselves, not letting you choose how you spend your money.



Neglect

Not giving medication, or giving you too much. Not letting you to visit the doctor. Not letting you to have the heating on if you are cold, not giving you clean clothes or food or drinks when you are hungry or thirsty.



Who might abuse me?

Anyone can be an abuser.

It could be:

- A partner or a member of your family, a friend or neighbour
- A member of staff or carer
- Another adult at risk
- A stranger
- It could be more than one person



It's important to remember that most people will not want to abuse you, and most people will want to support you.

Abuse can be:

- Something that happens once
- Something that happens more than once
- A deliberate act
- Something that was unintentional
- A crime

What are my rights?

Abuse is **never okay**. If you are being abused it is not your fault, and **you do not deserve it**.

- You have the right to live your life free of abuse and to be treated with dignity and respect.
- You have a right to be listened to and to be supported if you feel you are experiencing abuse or that you are at risk of abuse.

Where does abuse happen?

Unfortunately, abuse can happen anywhere, and at any time. Abuse can happen:

- In your home
- In hospital, at a day centre, residential home or college
- At a friend's, family member's or partner's house
- On public transport
- At a place where you socialise
- In any street or public place



Who can I talk to?

It can be hard to know what you need to do if you think you might be being abused, but it is important to tell someone you trust as soon as you can.

You could tell a friend, family member, nurse, social worker or the police.

The police will listen to you and make a record of what happened.

They won't tolerate abuse and will help make a plan to keep you safe.

