

Feel Safe

Keep Safe





This book is about abuse.

It says what abuse is and what you can do about it.

It is important that you know abuse is always wrong.
You have the right to feel safe and keep safe.

It is important that you know abuse is not your fault.
You have the right to be treated with respect.

It is important that you know who can help.
You have the right to speak up and tell someone.

It is important to know what happens after you make a report.
**The information in this book will help you to
feel safe and keep safe.**

What is abuse?

Abuse is when someone hurts you or treats you badly.

Abuse happens when someone has power over you and you do not agree to what is happening to you.

You might feel too scared to speak out or stop them. It can make you feel sad, unhappy, angry and frightened.

It is important that you speak up and tell someone.



Abuse can happen anywhere.

Abuse might happen where you live, spend your day or when you are out and about.

You might be abused by someone you know like a carer, family member or friend. You might be abused by a stranger.



Abuse can happen on purpose and the person knows it is wrong.

Sometimes the person abusing you might not know that what they are doing is wrong.

Remember abuse is always wrong.



**Things can get better if you tell someone.
You have the right to speak up and
get help.**

**My right to
feel safe and
keep safe**



**You have the right to feel safe
and keep safe.**





There are different kinds of abuse.

Physical abuse

This is when someone hurts or treats you roughly.

They might hit, kick, push, scratch or punch you.

Someone might not give you your medication or give you too much.

Physical abuse is wrong.



Sexual abuse

This is when someone touches your body in ways you do not like or want.

They might kiss you or make you touch them in places you don't want to.

They might have sex with you when you do not want them to.

Sexual abuse is wrong.

Financial abuse



This is when someone takes or uses your money when you don't want them to.

They might steal your money or force you to pay for other people's things.

Sometimes it might mean that you don't have a say in how your money is spent.

Financial abuse is wrong.



Emotional abuse

This is when people talk to you in unkind ways.

They might shout, threaten or swear at you.

They might tease you or call you names.

Sometimes they might treat you like a child.

Sometimes they might ignore you.

Emotional abuse is wrong.

**My right to
feel safe and
keep safe**





Neglect

This is when the person who is supposed to be looking after you doesn't support you properly.

They might not give you enough food or drink.

They might not help you to stay warm or look after yourself.

Sometimes it might mean they do things that put you in danger.

Neglect is wrong.



Discrimination

This is when someone makes fun of you or treats you unfairly because they think you are different to them.

They might say or do bad things to you because of how you look, act or speak.

They might treat you unfairly because of your disability, religion, sexuality or colour of skin.

They might be unkind to you because of who you are.

Discrimination is wrong.



Your rights

You have the right to feel safe and keep safe where you live or spend your day.



You have the right to feel safe and keep safe when you are with friends, family or people whose job it is to support you.

You have the right to speak up if something is happening to you that makes you frightened, hurt, angry or sad.



You have the right to be listened to and to be taken seriously.

You have the right to be treated with dignity and respect.



You have the right to good support to help you feel safe and keep safe.

You have the right to be kept safe from abuse.

**My right to
feel safe and
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What to do if you are worried

Talk to someone

It is important you tell someone you trust as soon as you can.

It is important you get the right help and support to stay safe.

You can talk to a friend, neighbour, advocate, support worker, doctor or social worker. All of these people can help you to think about what to do next.

Don't ignore what is happening. Talk to someone.
Things can get better if you report it.

Report it

Access Social Care (Warrington Borough Council)



They will listen to you and help you get the right support.
Safeguarding services will help you to keep safe.

01925 444 239 (week days between 8.30am and 5pm)

01925 444 400 (after 5pm and weekends)



Police

They will listen to you and help you.

999 (in an emergency)

101 (anytime)



You have the right to report abuse.

What you say is very important.



What happens next?

This is what happens after you make a report.



Step 1

The police or someone from Adult Social Care will write down what you say. This will be shared with a social worker and the safeguarding team.

They will make a decision about what to do next.

They need to think about three things:

- How unsafe are you?
- Is anyone else unsafe?
- What does the law say?

If what has happened to you is against the law then the police may need to be told.



Step 2

There are different ways you can get help to feel and keep safe.

A social worker can give you information and advice. They can tell you about groups or organisations who help people who have been abused.

If what has happened to you is a crime then the police and safeguarding team will work together to keep you safe.



**My right to
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Step 3



A social worker, member of the safeguarding team or police might come and speak to you.

They will check that you are safe and give you some ideas about how to keep safe.

They will ask if you want someone with you when they talk to you.

You have the right to have good support.

**This should be someone who can help you speak up.
This person can be a friend, family member or
an advocate.**



The person making you feel unsafe might be someone you know.

If this happens the social worker will make sure you have an advocate.

An advocate will support you to speak up and have your say.

They will also help you to understand what is happening.

Step 4



The social worker and safeguarding team might decide to have a meeting.

You have a right to take part in this meeting. You can also have someone go with you to the meeting or they can go to the meeting for you.

The meeting will look at what or who is making you unsafe.

They will look at ways to help you.

You have a right to say what you would like to happen.



Step 5

Sometimes it is important to make a plan about how to help you stay safe.

You have the right to see the plan and understand what the plan means.

The social worker or safeguarding team will make sure that everything in the plan is happening.



When the plan is complete the social worker will make sure you feel safe and know how to keep safe.

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Important Numbers



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01925 444 400 (after 5pm and weekends)



Police



999 (in an emergency)

101 (anytime)

Warrington
Speak UP



Advocacy

01925 246 888

warrington
[safeguarding]
adults board

The Feel Safe keep Safe booklet has been commissioned by Warrington Adult Safeguarding Board.

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