



Preparation for

Adulthood

Citizenship and

Employment

Keeping safe from abuse

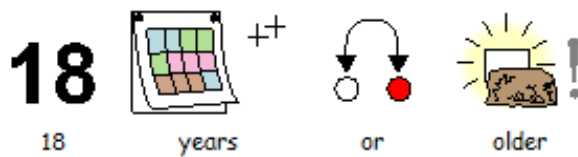
This leaflet tells you how you can get help
and advice

'I have the right
to feel safe and
valued

'I have the right
to live a life free
from abuse'

Who is at risk?

An adult at risk is a person who is:

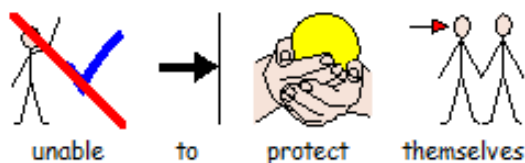


18 years or older



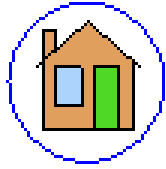
Has care and support needs. This maybe because of their age, disability, mental health needs, drug or alcohol misuse or other condition.

and



Is unable to protect themselves

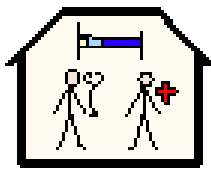
Abuse can happen anywhere



home



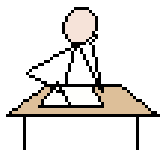
At home



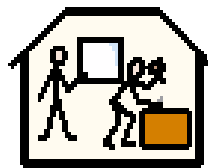
hospital



In a hospital



work

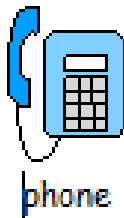


college

At work or in college



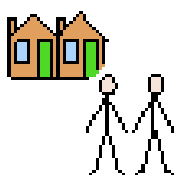
internet



phone



On the internet or
phone

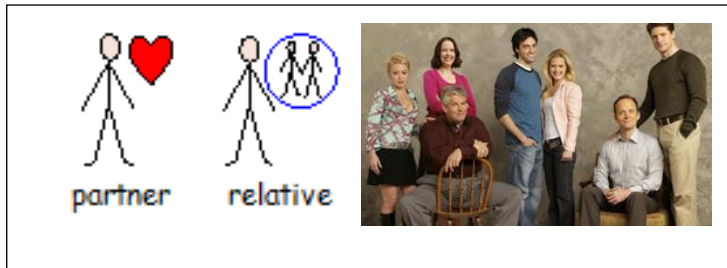


public



In a public place or in
the community

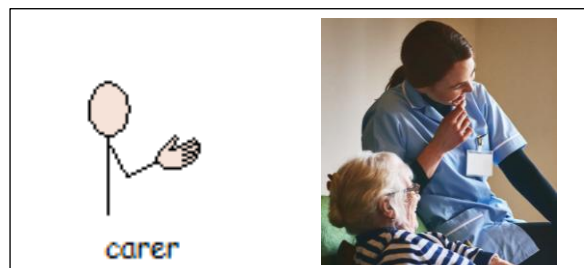
Abuse can be caused by anyone



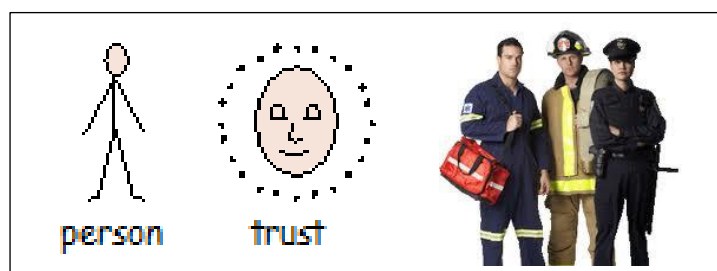
A partner or relative



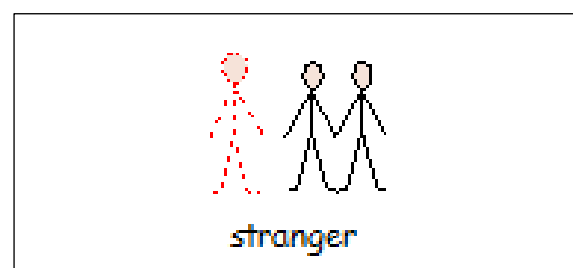
A friend or neighbour



A carer



Someone in a position of trust

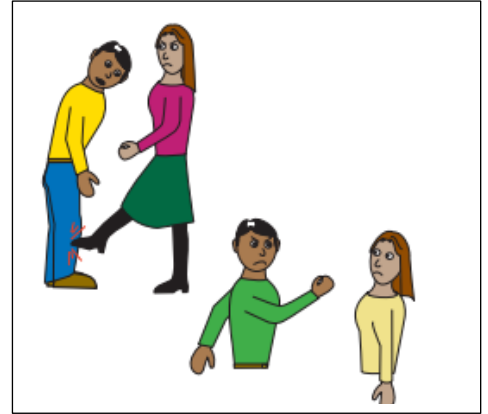


A stranger

Different kinds of abuse

Physical abuse

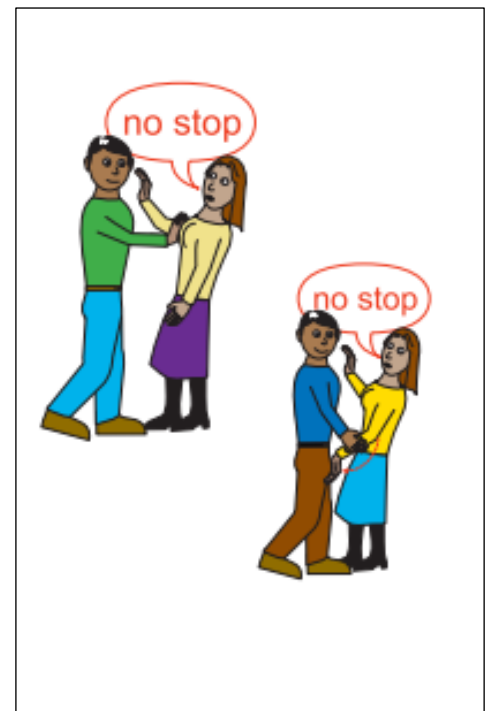
This involves being hit, slapped or kicked or hurt in another way



Sexual abuse

This is when someone touches your private parts when you don't want them to, or makes you touch them.

It is also when someone talks to you about sex when you don't want them to.



Psychological abuse

This is when someone makes you feel sad, afraid or not important.

This could be by shouting at you, calling you names or making fun of you



Financial or material abuse

This is when someone takes something that belongs to you without asking, or makes you give them things



Neglect

This is when you do not get the help you need. It might include not getting help with your medication or not giving you enough food.



Discriminatory abuse

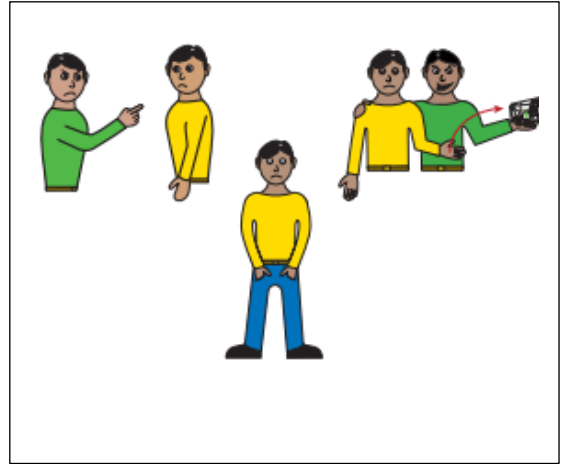
This is when someone treats you badly because you are different to them. This is sometimes called a Hate Crime. This could be because of your

- Age or gender
- Sexuality or disability
- Race or religious belief



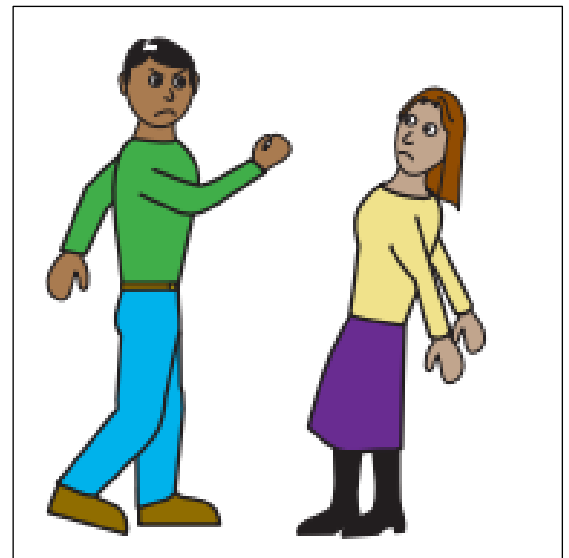
Modern Slavery

This is when someone is forced to work with little or no pay, or threatened with violence if they do not work



Domestic Violence and Abuse

This is when abuse takes place between partners or family members



Self-neglect

This is when someone might come to harm because they do not look after themselves. This might be not eating or looking after their personal hygiene.

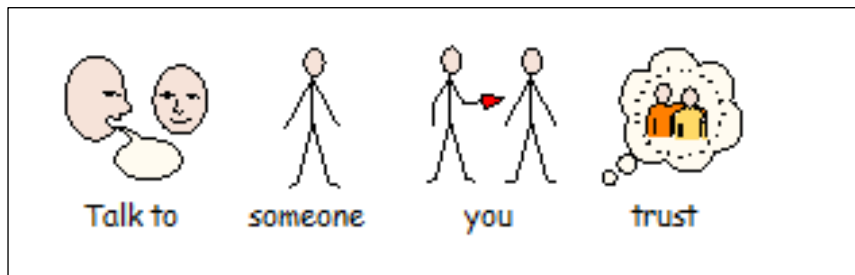
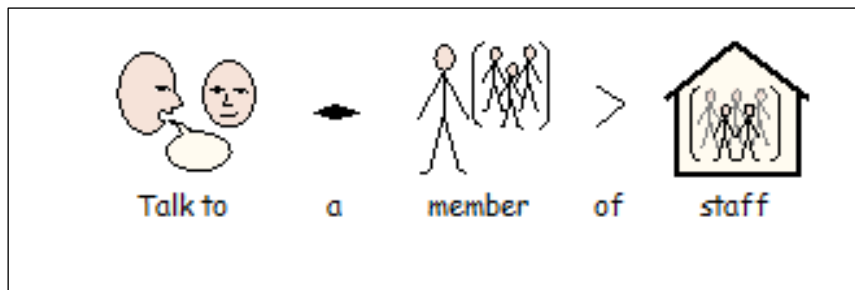


What can you do?

Remember: Abuse is always wrong

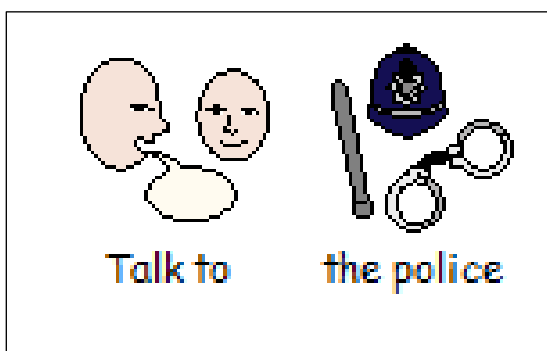
If I was worried about abuse, I could talk to:

A member of staff in college or a person I trust



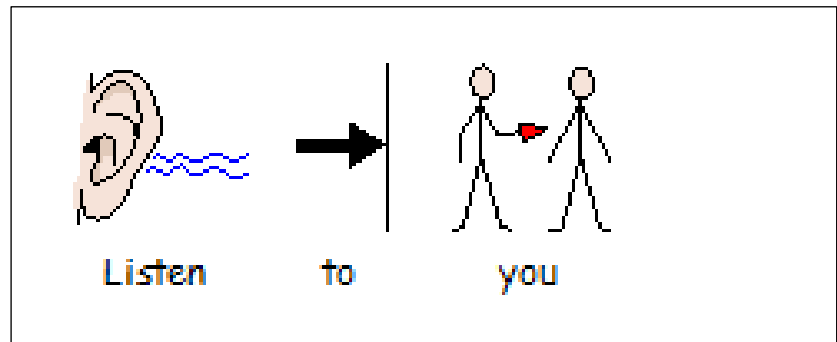
Or a DSL – Designated Safeguarding Lead in college

or talk to the police if it's a criminal matter



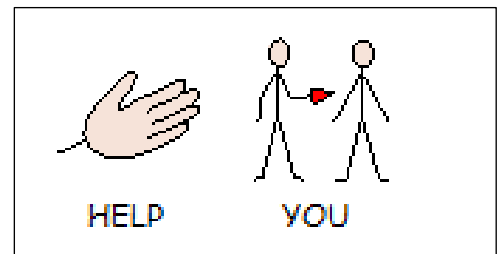
When you talk to someone they will

Listen to you



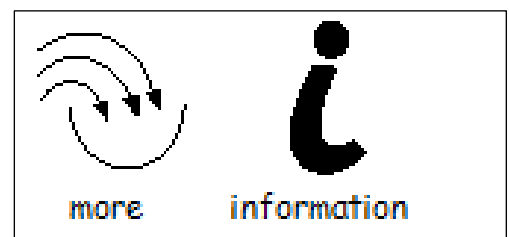
Take you seriously

Respond sensitively



Listen to your wishes

For more information:



Lancashire Adult social care

<https://lancshiresafeguardingpartnership.org.uk/safeguarding-adults>

Telephone **0300 123 6721** and ask to speak to a duty social worker.

Blackburn with Darwen Adult Social Care

<https://www.blackburn.gov.uk/adult-social-care>

Phone the Customer Liaison Team (for adult social care referrals, social work enquiries) on (01254) 587547, Monday to Friday from 8.45am to 5pm.