

What is Abuse: How to recognise the signs

Financial Abuse Financial or material abuse can take

many forms including:

- Fraud
- Taking out loans in your name
- Using your store card or other property without permission
- Making calls from your phoneTheft stealing your money
- Not giving you money for things you need
- Not paying your bills for you
- Eating your food





Sexual Abuse

Sexual abuse is when someone is forced, pressurised or tricked intotaking part in any kind of sexual activity with another person.



- Being touched in a way youdon't like without giving permission or consent
- Someone flashing or exposing themselves to you online or offline
- Kisses or touches that you do not want
- Having sex when you do not want to (lack of consent)
- Rape
- Sending you sexy pictures or messages which you do not want
- Forcing you to watch pornography







Emotional Abuse

Emotional abuse is a way to control another person this can be through:

- Monitoring and controlling who you spend time with
- Isolating you from your friends and family
- Threatening you, or your loved ones
- Taking your money
- Extreme jealousy and accusing behaviour
- Ridiculing or teasing you Delivering constant criticism
- Refusing to let you spend timealone
- Gaslighting making you doubt your perceptions and experiences



Discrimination

Discrimination is when a person is treated unfairly or badly because the person is one of a particular group. You might be discriminated against because of your:

- Age
- Gender
- Marriage or civil partnership
- Pregnancy
- Race
- Religion
- Disability
- Gender reassignment

Discrimination can take many forms. It can include not being hired for a job, being paid less money than others at the same job, being refused a home or apartment, teasing, harassment, or simply being treated differently than other people.





Physical Abuse

Physical Abuse includes:

- Hitting or slapping
- Use of weapons
- Kicking
- Burning
- Pinching
- Pulling your hair
- Holding You down
- Choking or strangling
- Throwing things
- Force deeding or denying you food
- Using objects that could hurt you
- Invading your personal space







Neglect

Neglect includes:

- Not being provided with enough food or with the right kind of food
- People not taking care of you.
- Leaving you without help to wash or change
- Leaving you in dirty or wet clothes,
- Not getting you to a doctor whenyou need one
- Not making sure you have the right medicines
- Not giving you choices
- Doing other things when supposed to be providing support
- Talking on the phone and ignoring your needs
- Self-neglect is when you become ill because you are not looking after yourself



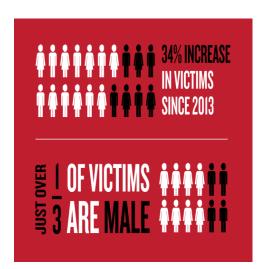
Domestic Violence

Is abuse committed by a family member or partner. It can involve:

- Hurting you
- Putting you down
- Isolating you
- Stopping you doing things you enjoy
- Controlling where you go
- Controlling who you see/checking your phone
- Bullying behaviour
- Stalking
- Stopping you working
- Taking your money







Modern Slavery

Modern slavery involves:

- Making you work for little or no pay
- Restricting where you can go
- Violence
- Being forced to do jobs you don't want to do
- Being made to live in a certain place





What to do

If you think you are or know someone who is being abused, what can you do?

- Tell someone you trust.
- Seek help
- If you are in immediate danger call 999

If you are being abused, or see it happening to someone else, you must tell your support worker or call:

 Active Prospects on (01737)924084.

If it is out of hours contact:

- On Call Manager
 07412037474
- Director of Care 07825507214

If you or someone is in immediate danger call 999







What happens next?

- Social services will talk to you aboutwhat you has happened.
- They will ask what you want to happen to be safe.
- You can ask for support to help you decide what you want to happen.



Other Useful Contacts

If a crime has been committed call Surrey Police on 101 or in an emergency dial 999

Multi-Agency Safeguarding Hub

Surrey 0300 470 910

(Out of hours: 01483 517898)

Brighton and Hove: https://www.brighton-hove.gov.uk/adult-

social-care/keep-people-safe/help-adult-risk-abuse-or-

neglect or tel: 01273 29 55 55

West Sussex: www.westsussexsab.org.uk or 01243 642 121

East Surrey Domestic Abuse Service

Mobile: 07860 039720 /Telephone:01737 771350

Email: support@esdas.org.uk

Modern Slavery Helpline

08000 121 700 This is open 24 hours a day, 365 days a year.



LGBT Hate Crime

Telephone: 01483 630474

Email: LGBT@surrey.pnn.police.uk

Rape Crisis

Telephone: 01483 568000

Email: admin@rasasc-guildford.org

Mental Health Crisis Helpline

Telephone: 0800 915 4644

Mobile: 07717 989 024