

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 phone Theft 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 into taking part in any kind of sexual activity with another person.



Examples of sexual abuse include:

- **Being touched in a way you don'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 time alone**
- **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 feeding 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 when you 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 about what you have 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