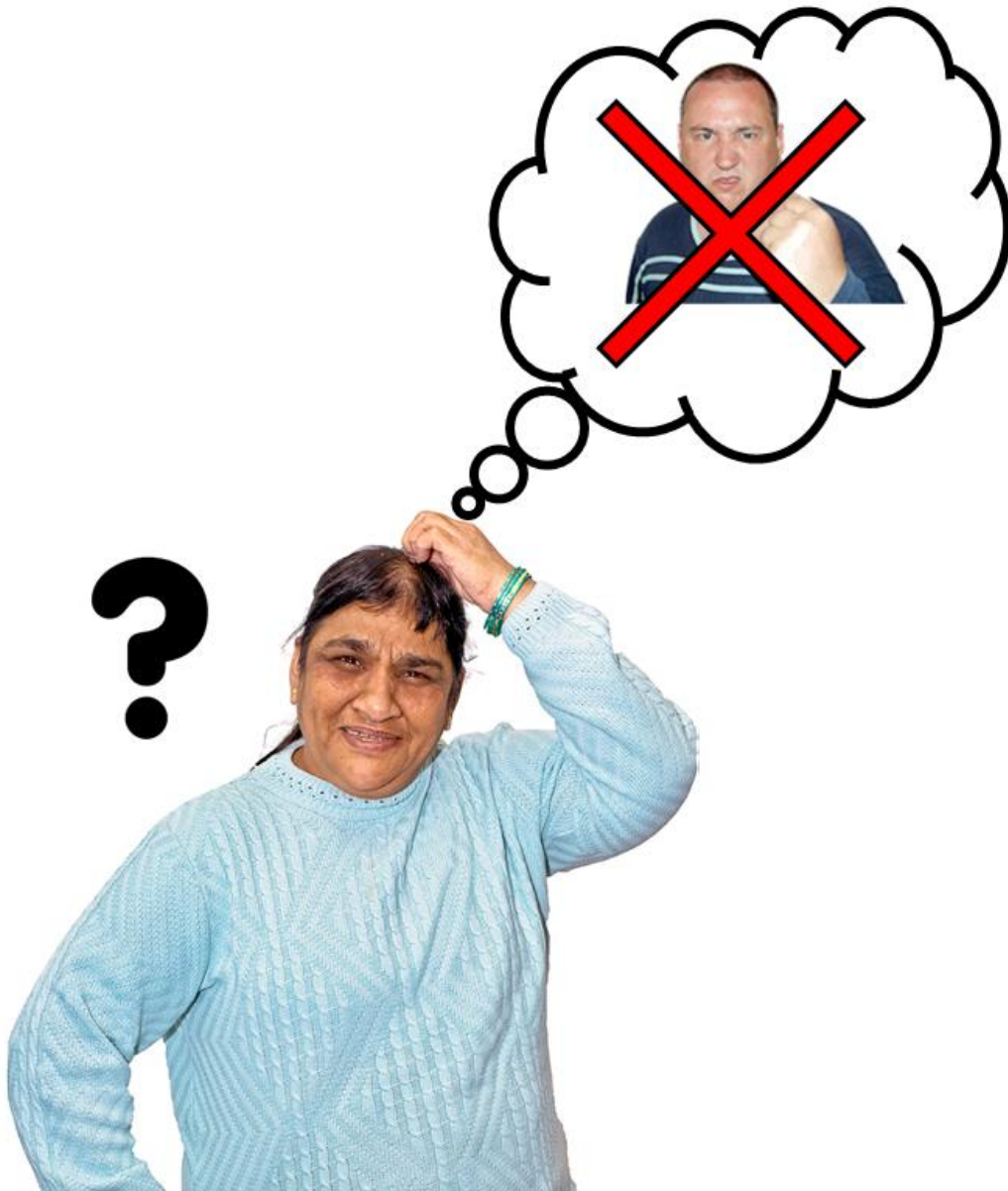


What is Safeguarding?





What is Safeguarding?

1

This booklet tells you:



- What different words mean.
- **Abuse** is when someone does something or says something that makes you upset or scared. This booklet will tell you what to do if abuse happens to you or someone else.
- What will happen when people check if someone has been abused. This is called an **investigation**.

Vulnerable Adult

A **vulnerable adult** is:



- 18 years old or over
- Needs support to look after himself or herself
- Can easily be bullied or hurt
- Can't stand up for themselves



Safeguarding

Safeguarding is what we do to keep **vulnerable people** safe from **abuse**.



What is Safeguarding?

2



Abuse

Abuse is when someone does something or says something that makes you upset or scared.

There are different types of abuse:



- Physical abuse

Physical abuse is when someone hurts you. They might hit you, kick you, burn you or hold you down.



- Sexual abuse

Sexual abuse is when someone touches you in a way you do not like or do not understand.

They might touch your private parts, undress you or have sex with you when you don't want them to.



- Emotional abuse

Emotional abuse is when people say bad things that upset you. They might call you names or not listen to you.



- Financial abuse

Financial abuse is when someone takes your money or your things without asking.

It can also be when people don't let you choose how you spend your money.



What is Safeguarding?

3



- Neglect

This is not giving someone something that they need. This could be not giving someone food, drink or proper clothing.



- Hate Crime

This is when someone hurts you or makes fun of you because of your disability, culture, sexuality or religion.



- Paid People giving Poor Care

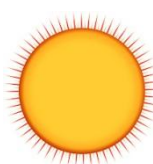
This is when care services keep providing poor care to people.

This is sometimes called **institutional** abuse.



Where does abuse happen?

Abuse can happen anywhere. For example at home, at hospital or outside.



Abuse can happen any time. For example in the day or at night.



What is Safeguarding?

4

What can I do if it happens to me or to someone I know?

If you think you have been abused or if someone is making you unhappy then tell someone you trust straight away.



You could tell:

- a good friend or your family
- staff
- A personal assistant
- a social worker or support worker
- an **advocate**. An advocate helps people speak up for themselves.
- a doctor or nurse
- someone from your church, synagogue, mosque or temple
- a police officer





What is Safeguarding?

5



What happens when someone tells us about abuse?

If we think abuse has happened then we will check. This is called an **investigation**.

This is what will happen:



- 1 We will be told that someone has been abused.



- 2 We will contact the person. We ask what happened. We will find out what would make them feel better.



- 3 We will check to see if abuse happened.



- 4 If abuse has happened we will make sure it doesn't happen again.



What is Safeguarding?

6

Who can help?



To tell the Police that someone has broken the law phone 101. Ring 999 if it's an emergency.



You can ring the Council on 01702 215 008 between 8.45 and 5.15 in the week. You can e-mail them at accessteam@southend.gov.uk



You might need to talk to someone when the office is closed. For example in the evening or at the weekend. Then telephone 0845 606 1212.



You can get information and advice from the Ask SAL website at www.asksal.org.uk . You can call Ask SAL on 08452 666 663.