ABUSE HURTS
AT ANY AGE

RECOGNISE
RESPOND
REFER

Call (0191) 643 2777 to speak to someone
Recognise

What is abuse?

Abuse is when someone hurts you or treats you badly.

**Physical abuse** is when you are hurt, hit, kicked, burnt or pushed around.

**Sexual abuse** is when you are touched in a way you do not like, or someone makes you touch them when you do not want to.

**Psychological abuse** is when people tease you, say bad things to you, hurt your feelings or threaten you.

**Financial abuse** is when your money or things are taken without you saying it is OK.

**Neglect** is when you are not given the care you need.

**Discriminatory abuse** is when people treat you badly because of your disability, religion or race.

**Institutional abuse** is when a service or home where you are living does not put your needs first.

**Domestic abuse** is when a person is treated badly by someone they have a relationship with, this could be your partner of a family member.

**Modern slavery** is when someone tries to control you and can force you to do something you do not want to do.

**Self-neglect** is when you do not look after yourself, your health or your home.

**Radicalisation** is when a person or group of people are made to listen to harmful beliefs and live by them.

**Sexual exploitation** is when someone makes you take part in sexual acts in return for something like food, drugs or gifts.
Where does abuse happen?
Abuse can happen anywhere - home, street, where you spend time.

Who abuses?
Anyone can abuse - family, friend, staff, carer; stranger.

Abuse is always wrong
If you are being hurt in any way it is not your fault.

Tell someone you trust
You can tell family, friend, social worker, police or doctor.
You can contact them at these times

**Call 0191 643 2777 (daytime)**

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**Call 0191 200 6800**

(night time and weekends)

You can contact them at these times

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**Text 0795 008 1316**

**Visit**

www.northtyneside.gov.uk/mycare