





Keeping safe from abuse



Speaking up about abuse

What is this book about?



Everybody has a right to be safe from abuse. This book has been written to help you understand abuse and to stay safe.



Safeguarding is about everyone working together to make sure people are safe.



This book has information about how to speak up about abuse and report it.

You can read it alone or with someone to support you.

Speaking up about abuse is hard



Abuse and neglect are never OK. If you or someone you know is being abused, tell someone you trust.



Speaking up about abuse is not easy. You might feel:

- Scared or stressed
- Ashamed or embarrassed
- That no one will believe you
- Worried about getting into trouble or getting other people into trouble



Abuse is **never your fault**. It is always OK to speak up about abuse.



If you feel scared or worried and are not sure if it is abuse, still tell someone.

What to do if you know the person who is abusing



Speaking up about abuse can be harder if you know the person doing the abuse.



They might:

- Tell you to keep it a secret
- Tell you they will hurt you, your family or your pets
- Tell you no one will believe you
- Tell you that you are confused
- Tell you that it's your fault



It is still important to speak up and get help. Tell someone that you trust.

Talk to someone you trust



Think about someone you trust and feel happy talking to.



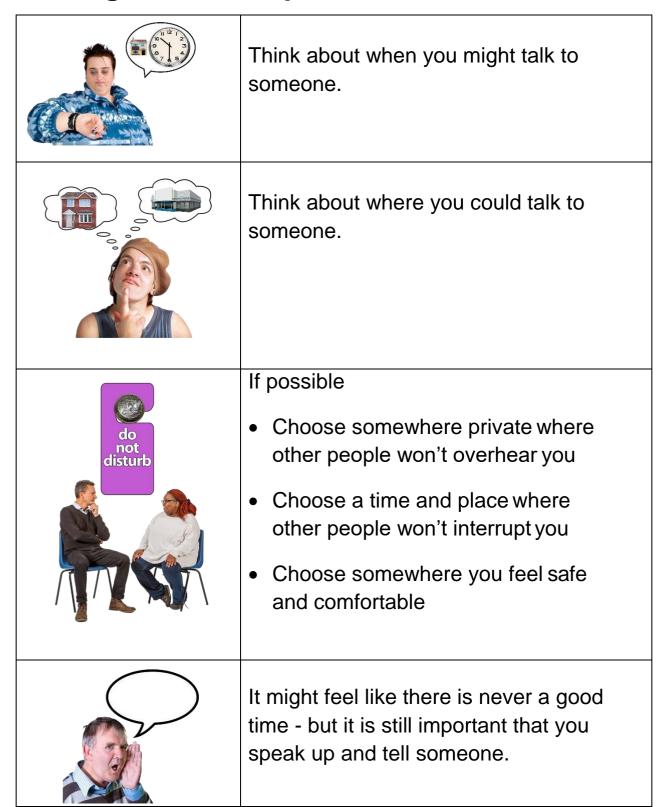
This could be:

- Someone in your family
- A friend
- A carer or support worker
- A social worker
- An advocate
- The police
- A nurse or doctor
- Someone from a charity like Mencap, Age UK or Mind
- Someone from the Care Quality Commission
- Someone you work with



Tell them you have something important you want to talk about.

Finding a time and place to talk



It is good to talk



Sometimes it can be good to just talk to someone.



It can help you think about what is happening and you can hear what another person thinks.



They might be able to help you sort out whatever is wrong.



If you experience abuse it is important that you or someone you trust tells the Council.

If you don't have a person you can trust



If you are in danger, please call 999 to get help straight away.



Anyone can report abuse if they are worried.

You can request for an Advocate to support you.

Contact details

North Tyneside Council Telephone: 0191 643 2777	Northumberland County Council Council Telephone: 01670 536 400
	Northumbria Police
	For emergencies call
	999. To talk to
	someone call 101.

Thank you!

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