

# 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 this 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 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](http://www.westsussexsab.org.uk) or 01243 642 121

### East Surrey Domestic Abuse Service

Mobile: 07860 039720 /Telephone:01737 771350

Email: [support@esdas.org.uk](mailto: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](mailto:LGBT@surrey.pnn.police.uk)

### Rape Crisis

Telephone: 01483 568000 Email: [admin@rasasc-guildford.org](mailto:admin@rasasc-guildford.org)

### Mental Health Crisis Helpline

Telephone: 0800 915 4644

Mobile: 07717 989 024