

**Have I been abused? Has She been abused? Has he been abused?
What do I do?**



Abuse happens in a lot of ways.

Verbal abuse – someone is shouting and swearing at you

Bullying – someone is pushing you, calling you names, spreading rumours about you, telling lies on you – doing these things to make your life bad and to make you feel unhappy or frightened.

Financial – someone is asking you for money that you don't own them. Someone is taking money off you.

Physical – someone is being violent to you, hitting, kicking, punching you, causing you to feel physical pain.

Sexual – someone is doing things to you that you don't like, touching you on private places without your consent.

Discriminatory—someone is abusing you because of your ethnic origin, religion, language, age, sexuality, gender or disability.

You can report all these things to a member of staff in complete confidence. If the abuse is sexual the staff member is legally obliged to report to either their superior or the appropriate authorities.

The complaints policy can be used if you wish.