

Easy read leaflet



North Tyneside Council

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 or 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.



RESPOND

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.



REFER



Call **0191 643 2777** (daytime)

You can contact them at these times

8.30am - 5pm, Monday to Thursday

Mon	Tue	Wed	Thu	Fri	Sat	Sun
✓	✓	✓	✓			

8.30am - 4.30pm, Fridays

Mon	Tue	Wed	Thu	Fri	Sat	Sun
				✓		



Call **0191 200 6800**

(night time and weekends)

You can contact them at these times

Night time

Mon	Tue	Wed	Thu	Fri	Sat	Sun
✓	✓	✓	✓	✓		

Weekends

Mon	Tue	Wed	Thu	Fri	Sat	Sun
					✓	✓



Text **0795 008 1316**



Visit

www.northtyneside.gov.uk/mycare