

LEISURE DIRECT
Charity Number 1050948

SAFEGUARDING POLICY – EASY READ

WHAT TO DO IF SOMEONE TREATS YOU BADLY



Abuse is when someone does or says something that makes you feel unhappy, scared or angry and it does not feel right for you.



You may be abused on purpose, or by someone who may not realise that what they are doing is abusive.



It can be done by anyone. It might be someone you know or a stranger.



Abuse can happen anywhere, at any time.

**Abuse is always wrong and never your fault.
There are different types of abuse.**

PHYSICAL ABUSE



This is when someone physically hurts you

Physical abuse can be:

- Hitting
- Kicking
- Pulling hair
- Pinching or shaking
- Giving someone too much or not enough medication so they find things difficult to do.

SEXUAL ABUSE



When someone touches your body or private parts in ways you don't want them to. This includes:

- Someone making you touch them
- Undressing or having sex when you don't want to
- Being made to watch others doing sexual acts when you don't want to
- Someone taking photos of you when you are naked and you don't want them to.

EMOTIONAL ABUSE



This is when people say bad things to you to hurt your feelings, shout at you or threaten you. This includes:

- Calling you names
- Laughing at you
- Blaming you for things that aren't your fault
- Ignoring you
- Telling other people things you didn't want them to say about you
- Encouraging other people to say bad things to you or ignore you.

FINANCIAL ABUSE



When people take or control your money or belongings without asking you. This includes:

- Stealing your money or belongings
- Being forced to pay for other people's things
- Someone not letting you choose what to spend your money on
- Letters in the post or people who come to your house and try to make you buy things or spend money when you don't want to.

DISCRIMINATORY ABUSE



This means being treated unfairly because you are different. For example because:

- You have a different skin colour
- You are lesbian or homosexual
- Your religion is different
- You speak a different language
- You are disabled

NEGLECT



When the people who look after you do not help you properly. This includes:

- Not keeping you warm, safe or clean
- Not giving you enough food
- Not taking you to the doctor if you are ill
- Not having clean clothes to wear
- Not having equipment when you need it, like hearing aids or a wheelchair
- Not helping you with jobs you find hard

HATE CRIME



This is when people commit crimes against you because of your disability, religion, race, belief, gender identity or sexuality. This includes:

- Threatening behaviour
- Assault
- Robbery
- Damage to property
- Inciting others to commit crimes

CYBER BULLYING



This is when people use computers or mobile phones to say hurtful or threatening things to you or call you names This can happen on:

- Email
- Social media sites
- Text messages
- Online gaming

WHAT TO DO IF YOU THINK YOU OR SOMEONE YOU KNOW IS BEING ABUSED



You should tell someone you trust even if you feel scared or if someone tells you it's a secret.

You could tell:

- Your family
- A Police Officer
- A friend
- A nurse or doctor
- A social worker, care worker or support worker

WHAT HAPPENS NEXT?



The person you tell will need to make a Safeguarding Referral so they can get the right people involved to help you.



Or they will ring the Police to make sure you are safe



If the person you tell doesn't do these things, tell someone else!

WHAT HAPPENS WHEN A SAFEGUARDING REFERRAL IS MADE?



Someone will come and talk to you. This is called an investigation. This person will:

- Listen to you
- Help you to stay safe
- Give you help and support
- Ask you questions about what is happening to you
- Try to stop the abuse that is happening to you
- Make sure no one treats you badly because of what you say



Every person is different so investigations can take different amounts of time.

Normally a decision will be made 2 days after the interview about what to do.

SOME HELPFUL CONTACT NUMBERS



You can call any of these numbers if you think you or someone you know is being abused:

Police

Police (non-emergency) 101

Police (emergency) 999

Hertfordshire County Council

Safeguarding 0300 123 4042