

Safeguarding Adults Week 2023

Monday 20 – Friday 24 November
#SafeguardingAdultsWeek

Keeping ourselves safe, and
how safeguarding is
everyone's responsibility

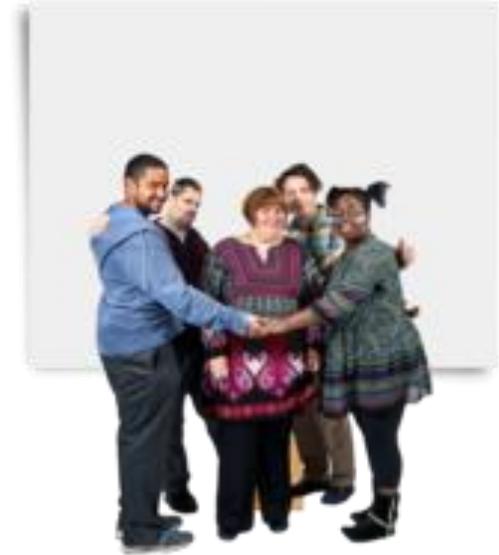


Safeguarding means making sure you, and everyone, are safe from abuse and neglect.

What is abuse?

Abuse is when someone hurts you or treats you badly.

Abuse is always wrong.



Abuse

There are different kinds of abuse

Physical abuse - when someone hurts you, for example hitting, kicking, biting

Emotional abuse - when people talk to you in unkind ways. For example, teasing, threatening, swearing, ignoring you, shouting, putting you down or treating you like a child.



Sexual abuse - when someone touches your body or your private parts in ways you do not like or want. This includes kissing you, making you touch them, having sex with you when you do not want them to.



Financial abuse - when people take or control your money or things which belong to you.



Neglect - this is when people who are supposed to help you, do not look after you properly. For example, not giving you enough food, not keeping you warm and safe, not giving you medication or taking you to the doctors if you are ill.



Discrimination - is when people treat you badly or unfairly because of the colour of your skin, your religion, your disability, your sexuality or your age



If these things happen to you or your friends or even someone you do not know, you should tell someone you trust.



Can you think of someone you could tell?



You could tell:

A member of staff

Someone in your family

A nurse or social worker

A friend or neighbour

An advocate or a member of the LDPB

A police officer



We need to keep ourselves safe by being able to speak up when something is wrong



We need to keep each other safe by being able to speak up when something looks wrong for someone else



We need to listen when someone tells us something is wrong

The West Berkshire Safeguarding team will investigate if something is wrong and take action if it is



The Safeguarding Adults Team

- Email safeguardingadults@westberks.gov.uk
- Telephone [01635 519056](tel:01635 519056)



Safeguarding is everyone's
responsibility

Stay safe everyone!

