

Physical abuse and how to get help



Contact us on
0300 123 22 24
adults@somerset.gov.uk



**We use pictures to help you understand this leaflet.
Some of these pictures might upset you.**

Contents



Who we are

page 3



What is abuse

page 4



What is physical abuse?

page 5



Who might carry out physical abuse?

page 6



Signs of physical abuse

page 7



Who to contact for help

page 8

Who we are

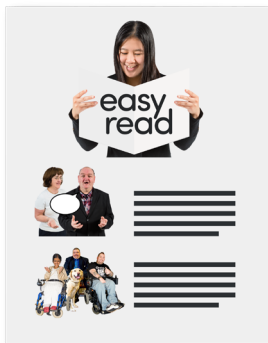


We are **Somerset Safeguarding Adults Board**.

Safeguarding means making sure people are safe.



We work with other organisations to make sure all adults can live safely in Somerset.



This leaflet tells you what **physical abuse** is and what you can do about it.



This leaflet might upset you.

You can ask someone you trust to read it with you.

What is abuse?



Abuse is when someone does or says something that hurts or upsets someone else.

Abuse can happen to anyone.



Abuse is never OK.

No one has the right to abuse people.



Abuse can happen once.

Or it can happen over weeks, months or years.



This leaflet tells you about **physical abuse**.

What is physical abuse?

Physical abuse can be



- Hitting, pushing or kicking.
- Biting.
- Hair pulling.



- Holding someone down.
- Stopping someone seeing friends.



- Giving someone the wrong medicine.
- Making someone too hot or too cold.



- Stopping someone's food.
- Forcing someone to eat.

Who might carry out physical abuse?



Most people are kind and respectful.

But a stranger or someone you know or trust could abuse you.



It could be a

- Partner, child or family
- Parent
- Housemate
- Care or support worker
- Staff
- Volunteer
- Friend or neighbour
- Stranger.



Physical abuse can happen anywhere at home or outside.

Signs of physical abuse

Someone who is abused might have



- Cuts and scratches
- Bruises
- Burns
- Broken bones.



They might have problems going to the toilet.

Or they might wet themselves.

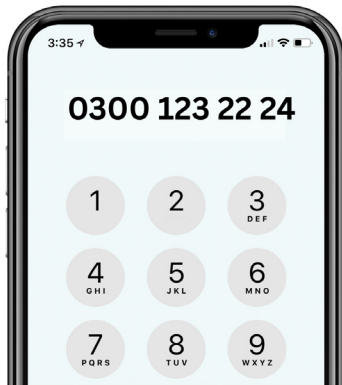


They might look scared when people get near them.



They might try to cover up their body or parts of their body.

Who to contact for help



You can contact Somerset Council about abuse on

- Phone **0300 123 22 24**
Monday to Friday
8.30am to 5.30pm
- Email **adults@somerset.gov.uk**



You can call the Out of Hours team at Somerset Council on **0300 123 23 27**.



You can also contact the police about the abuse.

- Call **101**
- Or call **999** in an emergency.

More information



You can find more information on our website

www.SomersetSafeguardingAdults.org.uk



You can also use your phone to scan this QR code to visit our website.



We have a leaflet with more information on each type of abuse.



**Abuse is never your fault.
We are here to help you.**



This Easy Read document has been tested by a team of consultants with learning disabilities.

www.OpenStoryTellers.org.uk