



Sexual 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 sexual abuse?

page 5



Who might carry out sexual abuse?

page 7



Signs of sexual abuse

page 8



Who to contact for help

page 9

Who we are

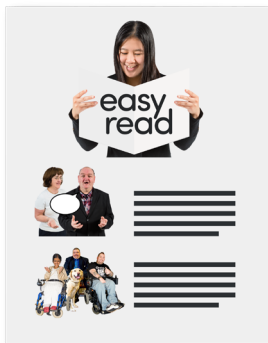


We are **Somerset Safeguarding Adults Board**.

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 **sexual 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 normally happens over weeks, months or years.

But abuse can also happen once.



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

What is sexual abuse?



Sexual abuse is when somebody makes another person do sexual things when they do not want to.



For example, when somebody

- Forces someone to have sex. This is called rape.
- Makes someone look at their naked body or private parts.



- Does not listen when someone says **no** to flirting.
- Touches someone in a sexual way.



- Shows someone sexual photos or videos when they do not want to see them.

Using someone for sex



Another type of sexual abuse is **sexual exploitation**.

This is when someone tries to control somebody else so they will have sex with them.



They might take away things that are important to someone.

And only give them back if they have sex with them.



It could be food, drink, money or something else.



This might start by someone asking for sexual photos or videos.

Who might carry out sexual abuse?



Most people are kind and respectful.

But someone you know or trust could abuse you.



It could be a

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



A care worker should never ask or force the person they support to do sexual things.



Sexual abuse can happen anywhere.

Signs of sexual abuse

Someone who is sexually abused might



- Have bruises
- Have ripped or bloody underwear



- Be quieter than normal
- Seem sad or upset
- Find it hard to focus on things



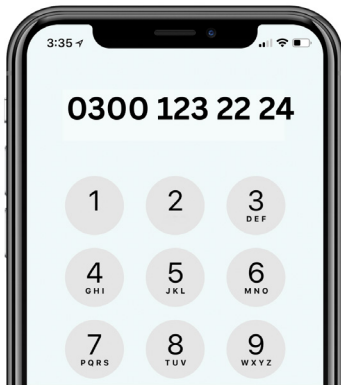
- Have painful private parts
- Have diseases spread by sex.



Consent is when a person understands what they are agreeing to.

If a person does **not** consent to sex or doing sexual things then it is abuse.

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