What is abuse?

Safeguarding is all about keeping people safe from abuse or neglect.

Abuse is when someone hurts you or treats a person badly.

Abuse happens when someone has power or control over you, and you do not agree to what is happening to you.

You might feel too scared to speak or to stop them. It can make you feel sad, unhappy, angry, and frightened.

It is important you speak up and tell someone.

Abuse can happen anywhere

Abuse might happen where you live, spend your day or when you are out and about.

You might be abused by someone you know like a carer, family member or friend.

You might be abused by a stranger.

Abuse can happen on purpose and the person knows it is wrong.

Sometimes the person abusing you might not know that what they are doing is wrong.

Remember abuse is always wrong.

Things can get better if you tell someone.

You have the right to speak up and get help.

You have the right to feel safe and keep safe.