

Being Safe

(safeguarding information)

You should feel safe

You have the right to be safe from people hurting you, doing bad things to you or making you do something you do not want to do.

When someone does something to you that you do not like it is called abuse or harm.

There are different ways someone can harm you.

Abuse is wrong. What is Abuse?

Abuse is when someone says or does something that:

- hurts you
- takes advantage of you
- frightens you
- makes you unhappy

There are different kinds of **Abuse**

Physical Abuse is when: someone hurts your body – this could be by:

- hitting or kicking you
- pushing or shaking you
- giving you too much medication

Domestic Violence is abuse that happens at home and includes violent or controlling behaviour towards another member of the household.

Sexual Abuse is when someone:

- touches parts of your body you don't want them to touch
- makes you touch them
- makes you have sex with them

Financial Abuse is like stealing – it is when someone

- takes your money without asking
- takes your things without asking
- makes you pay for things which are not for you
- does not let you choose how to spend your money

Emotional Abuse is when someone says bad things:

- shouting at you
- laughing at you
- calling you names
- ignores you
- treats you like a child
- blames you for things that are not your fault

Modern Slavery is when someone forces you to do something – this could be forcing you to work for little or no money or even forcing you to get married.

discrimination is when someone is mean to you because you are different – they may say or do bad things to you because of:

- the colour of your skin
- your disability
- your age
- your religion
- where you come from
- your sexuality

discrimination is also when someone treats you unfairly because you are different.

Neglect is when someone does not look after you properly – this could mean:

- you are often cold
- you are often hungry
- you have no clean clothes
- you are in danger

Self Neglect is also a kind of abuse – this is when someone is not looking after themselves properly and needs more help.

Who can abuse you?

Anyone could abuse you and anyone could behave in a way that is abusive – the person could be:

- a worker or a member of staff
- a carer
- a family member
- a friend of the family
- another adult at risk of harm

What can you do?

- tell someone you trust
- tell someone as soon as you can

Here are some of the **people you could tell**

- your tutor
- or the safeguarding team

What happens next?

Tell your tutor or a member of the Safeguarding Team.

They will:

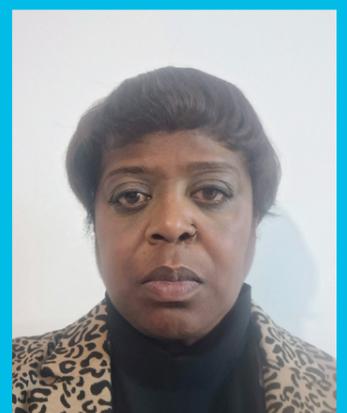
- Listen to you
- Find out more about what happened
- Tell you what they are going to do about it
- Give you help and support



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