



# Safeguarding Adults

# Keeping you safe

A leaflet for adults with learning disabilities



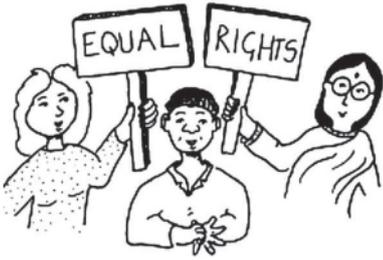
Image taken with permission from the NIACE/DfES Safer Practice, Safer Learning resources (at <http://shop.niace.org.uk>), originally adapted from CHANGE picture bank.

With thanks to Coventry City Council  
for sharing their work



## Protecting

**yourself and others  
from abuse**



## Rights

People with learning disabilities have the same rights as everyone else. You have the right to be respected like anyone else.



## Abuse

Abuse is worse than an argument with your friend.

Abuse is when somebody does a bad thing to you that makes you very frightened or unhappy.

Sometimes it is so bad that it is against the law.



**It is not your fault.**

**Nobody has the right to abuse  
you or anyone else.**



## It is wrong...

for anyone to hit or push you around.



## It is wrong...

for anyone to touch your private parts without your permission or make you touch them.



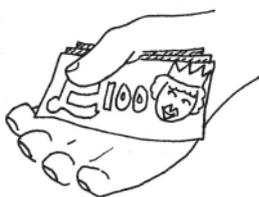
## It is wrong...

for anyone to say nasty things that they know will upset or frighten you.



## It is wrong...

for anyone who is caring for you not to care for you properly.



## It is wrong...

for anyone to take your money or things that belong to you without you saying they can.



## It is wrong...

for anyone to treat you unfairly or bully you. This may be because of the colour of your skin, your religion, your disability or because you are gay.

# Make it stop



Tell someone if you think this is happening to you.

Tell someone if **you** are being abused.



Tell someone if you know that **someone else** is being abused.

It is **good** to  
**protect** each other!

# Who can you tell?

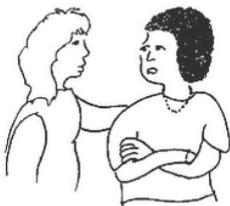
## Tell someone you feel safe with



a carer, parent or family member.



a doctor or nurse.



a friend.



a member of staff.



Police officer or social worker.



If one person doesn't listen then  
**tell someone else.**

# People you can tell



If you or someone you know is being abused, you can ring a social worker.

If you live in Leicester City ring

0116 256 5226 during the day, or

0116 256 8299 in the evenings or at weekends

Minicom 0116 352 7011

If you live outside the city (Leicestershire) ring



0116 305 0004 during the day, or

0116 255 1606 in the evenings or at weekends

Minicom 0116 305 0007

If you live in Rutland you can ring



01572 758341 during the day, or

0116 255 1606 in the evenings or at weekends



If you want to talk to someone who works for the health service ring

0755 411 5492 or 0783 676 9061



In an emergency ring 999

Or you can ring 101 at anytime.



Or you can ring the Mencap Learning Disability Helpline  
0808 808 111

# What happens next?



**If you have told someone that you are being abused you should get support.**



**This person will make sure that you are safe while they are finding out what has been happening.**



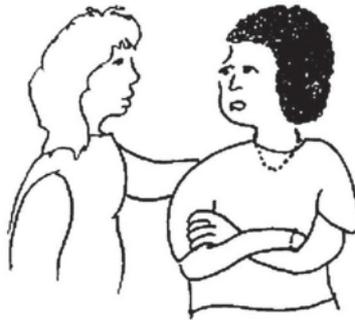
**If you have reported that someone else has been abused you should get support.**



**A special person who knows about keeping people safe will talk to you to find out what is happening.**

**This person will ask you questions.**

# It is not your fault.



# Nobody has the right to abuse you or anyone else.

If you would like this information in another language or format, please contact the Patient Information Officer on  
**0116 295 0903**



This leaflet was made easier to understand by Leicestershire Partnership NHS Trust using Change Picture Bank