

Safeguarding Adults in Bracknell

How to Keep Safe Whoever you are



- We all have the right to live safely and to be free from violence, fear and any abuse.
- No matter who you are, your age, disability, race or health, you still have this right.



What is abuse?

Abuse is when someone

- Does something to you that breaks the law
- Hurts you
- Frightens you
- Makes you unhappy
- Steals your money
- Makes you do things you don't want to do
- Do not support you when they should



Examples of abuse are



Physical



Sexual



Financial



I hate the way
I am spoken to

Emotional



Neglect

Discrimination

This is when people treat you different or not fairly because of;

- Skin colour
- Religion
- Disability
- Who you love
- The language you speak
- How old you are

Who could abuse you?

Anyone can abuse you, even if it is somebody you know. You can be abused anywhere.



Who can I tell if I feel abused?

You should tell someone you feel safe with.

- Police
- Anyone that works with you
- Doctor/nurse
- Family or friend



If you think you or anyone you know has been abused, you should report it.

You can telephone, e-mail or visit these people;

Safeguarding.adults@bracknell-forest.gov.uk



Bracknell Forest Council

01344 35 15 00

01344 78 65 43

Time Square, Market Street

Bracknell

RG12 1JD



Thames Valley Police

101 or 999

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