



What is safeguarding and abuse?





What is Safeguarding?

Safeguarding is when we need to protect vulnerable adults or children from abuse.

What is abuse?

Abuse is when someone hurts you or makes you do things you don't want to do.

Here are some different types of abuse:

Physical Abuse

This is when someone hurts your body:

- Kicking
- Hitting
- Spitting
- Pinching
- Hair pulling



Emotional Abuse

This is when someone talks to you in an unkind way.

Says unkind things to hurt your feelings, like calling you names, swearing at you or ignoring you. Or shouting at you.





Sexual Abuse

When someone touches your private parts or other parts of your body in a way you do not like or want.

It is also when someone makes you do sexual things that make you sad, angry or frightened.



Financial Abuse – Stealing

This is when someone takes your money or things without asking.



Organisational Abuse

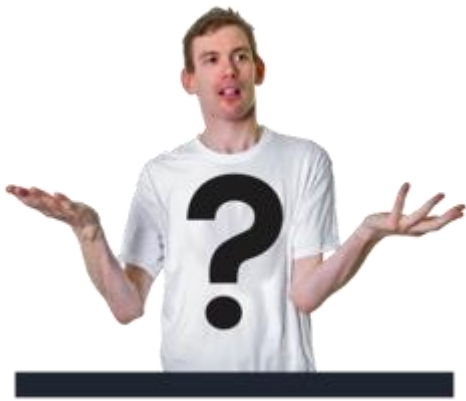
This is when paid staff do not care for you properly or respect your rights.



Domestic Abuse

'Domestic abuse may be physical abuse, sexual abuse, financial abuse or emotional abuse.

Domestic abuse is when the abuse is by your partner or a member of your family'



Where can abuse happen?

Abuse can happen anywhere, like:

- at home
- at work
- at your day centre
- on the bus



Who can abuse you?

Most people don't abuse. People who could abuse you:

Friend or Family
Carer
Neighbour
Volunteer
Paid professional



What can I do if I think I am being abused?

Talk to someone you trust like:

Friend/Family
Police officer
Social Worker
Doctor
Your CASBA advocate



Abuse is not your fault, speak up.

Contact details



For support, please speak to a member of the team below:

CASBA Safeguarding Lead:

Rohan Manghra– tel: 07842505004

or rohan.manghra@casba.org.uk

Deputy Safeguarding Lead:

Halema Khan– tel 07707 585838

Or Halema.khan@casba.org.uk

Speak to our safeguarding leads first. They are the experts. Rohan or Halema can give you support and advice if you have safeguarding worries at CASBA.