



**Diogelu Gwent**  
**Gwent Safeguarding**



# What is Abuse?

**Safeguarding is everyone's responsibility**  
**Signs to look for and action to take**



# Who is this leaflet for?

This leaflet is for everyone... we are all responsible for keeping children and adults in our communities safe from abuse.

This leaflet refers to adults, children and young people. This leaflet is for you, whether you are:

- a child or young person
- an adult
- an adult with care and support needs
- a parent, carer or relative
- a practitioner
- an employer
- a friend or neighbour
- a concerned member of the public
- anyone who comes into contact with the public

**‘Safeguarding is everyone’s responsibility’.**



# What is abuse?

People can be abused and harmed in a number of ways.

The term 'abuse' includes **financial abuse, physical abuse, sexual abuse, emotional and psychological abuse** and **neglect**.



**Safeguarding  
is everyone's  
responsibility**





# Physical Abuse

Where someone injures or physically hurts a person.

This can include:

- hitting/shaking
- throwing/poisoning
- drowning/suffocating
- burning/scalding
- slapping/punching
- strangling/pinching





# Sexual Abuse

Where a person is forced or coerced to take part in sexual activities, whether or not the person is aware of what is happening. This includes (but is not restricted to):

- physical contact, including penetrative or non-penetrative acts
- non-contact activities, including grooming or exploitation via the internet
- being made to look at, or take part in the production of pornographic material
- encouraging the person to behave in sexually inappropriate ways

**Stop It Now!**

UK & IRELAND

**Helping prevent  
child sexual abuse**

**0808 1000 900**

Live chat and secure email available see  
**[www.stopitnow.org.uk/helpline](http://www.stopitnow.org.uk/helpline)** for details

**Being forced or coerced to take part  
in sexual activities**



# Emotional/ Psychological Abuse

Emotional abuse is the ongoing emotional maltreatment of a child, young person or adult, which can have a severe and persistent negative effect on their mental health and wellbeing, as well as their development.

Psychological abuse is the denial of human and civil rights including choice and opinion, privacy and dignity. It can include coercive control and/or grooming.

Emotional abuse could be a one-off isolated incident or multiple acts repeated over time, including (but not restricted to):

- **verbal abuse and humiliation (name calling, put downs)**
- **threats of harm and/or of abandonment**
- **isolating the person from others**
- **witnessing the abuse of others**

**Emotional abuse is the ongoing emotional and/or psychological maltreatment of a child or adult**





# Neglect

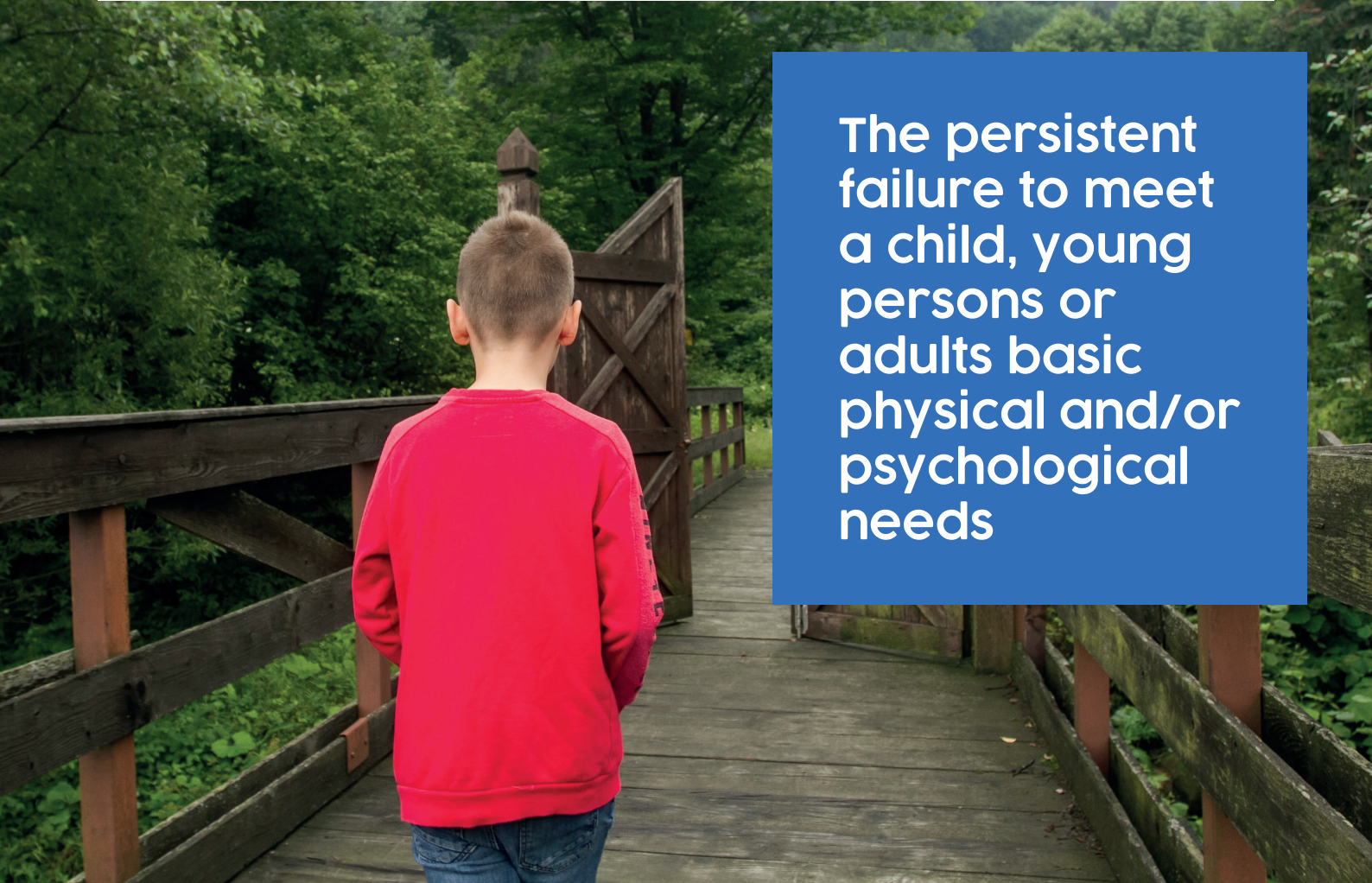
Neglect is the persistent failure of a parent or care giver to meet a child, young person or adults basic physical and/or psychological needs, in a way that is likely to result in the serious impairment of an individual's health, their wellbeing and in serious cases even death.

In children, neglect and mistreatment may affect their development.

Professionals and organisations can also be neglectful, if they fail to provide a good level of care.

Neglect can include:

- **not providing adequate food, shelter, clothing**
- **access to appropriate medical care or treatment**
- **protection of the person from danger**
- **lack of supervision and support**
- **ignoring emotional needs**
- **neglecting developmental and educational needs (children)**



The persistent failure to meet a child, young persons or adults basic physical and/or psychological needs





# Self Neglect

Adults who self-neglect, may also be at risk of harm. Rather than being a life choice, for some people their ability to take care of themselves and their affairs can fluctuate (reduced mental capacity). They may be impacted by substance misuse, various mental health disorders, forms of dementia and other types of illness. A person's ability to look after themselves and their affairs may need to be assessed (Mental Capacity Assessment). A person's self-neglecting behaviour may also pose a risk to others, including where they are unable to observe safe practices within the home, and maintain their home to a suitable standard (and avoid increased risk of fire, infestation etc.).

**A person's ability to look after themselves may need to be assessed (Mental Capacity Assessment).**

**A person's ability to look after themselves may need to be assessed (Mental Capacity Assessment)**



# Financial Abuse

Financial abuse is any theft or misuse of a person's money or property.

Typical examples of financial or material abuse (not exhaustive):

- theft
- misuse of money, including state benefits, disability benefits, property, possessions and insurance
- gaining money or possession by threat, persuasion, or exploitation
- being defrauded or put under pressure in relation to money or other property

**Safeguarding is everyone's responsibility**



# Providing help and advice about violence against women, domestic abuse and sexual violence



**For confidential information advice or support call the Live Fear Free Helpline.**

## Domestic Abuse

Domestic abuse is any incident or pattern of controlling, coercive, threatening, degrading or violent behaviour, including sexual violence. In most cases, this is perpetrated by a partner or ex-partner, but can also be inflicted by a family member or carer. Domestic abuse can occur within the home or elsewhere, and often continues after the relationship between the survivor and perpetrator is over.

Domestic abuse affects people directly and indirectly and comes in many forms including one or more of the following:

- **physical**
- **financial or economic**
- **sexual**
- **emotional/psychological**
- **coercive and controlling behaviour**
- **digital and online**
- **harassment and stalking**

A child is a victim in their own right if they experience domestic abuse, and this includes when they witness, overhear or are aware of the impact on the abused individual.



# How does abuse and neglect affect people?

Abuse and neglect can have a lasting effect on physical and mental health, happiness and wellbeing, confidence, self-esteem and resilience.

Amongst adults, this can include individuals not accessing or having access to the health and other care and support services they need.

Amongst children, physical and mental health, and cognitive and physical development can be affected, as well as their ability to form attachments and to feel safe. This in turn can impact emotional responses and relationships throughout their lives.

A child or adult may be at risk of significant risk of harm or death as a result of the abuse, neglect (including self-neglect), and mistreatment they are experiencing.

It is essential that we act, when we have concerns about a child or adult who we believe is at risk of abuse or neglect, as our help can make a difference.

**So please... do something and tell someone.**



**Abuse and neglect can have a lasting effect... it is essential that we act**



# I am concerned about someone - what do I do?

If you are concerned that someone could be at risk of abuse or neglect and therefore at risk of harm, please phone the appropriate local authority number on the back page and talk to them about your concerns. It may also be helpful to talk to one of the following people:

- **Care Home Manager**
- **Health visitor**
- **Doctor**
- **Social Worker**
- **Nurse**
- **Police**
- **Support Worker**

**Talk to others  
about your  
concerns**

The Older Person's Commissioner for Wales website has a support directory with details of local and national organisations you can contact for support if you or another adult are affected by abuse. Support Directory - Older People's Commissioner for Wales; <https://olderpeople.wales/support-directory/>



# I am a child or young person - what can I do? Who can I talk to?

If you are a child or young person who is:

- unhappy about life or
- worried about a friend or someone else at school you should tell someone that you trust

You could tell:

- a friend
- someone in your family
- your teacher or school nurse

If you don't want to speak to any of these, you could phone **Childline** confidentially on **0800 1111**.

**Childline** also have a website with helpful information for children and young people – [www.childline.org.uk](http://www.childline.org.uk)



You could tell a friend, family member, teacher or school nurse



# Worried about a child at risk?

If you are worried that a child or young person is being abused or neglected you must report your concerns to your local Information, Advice and Assistance Service below:

<b>Blaenau Gwent</b>	<b>01495 315700</b>
<b>Caerphilly</b>	<b>0808 100 1727</b>
<b>Monmouthshire</b>	<b>01291 635 669</b>
<b>Newport</b>	<b>01633 656656</b>
<b>Torfaen</b>	<b>01495 762200</b>

After 5pm and on weekends and bank holidays please contact the **South East Wales Emergency Duty Team** on **0800 328 4432**.

If you think a child or young person is in immediate danger then contact the Police on 999 and tell them what is happening.

If you are a child/young person yourself, you may wish to speak to **Childline** confidentially on **0800 1111**.

[www.childline.org.uk](http://www.childline.org.uk)

**Report your concerns**





# Worried about an adult at risk?

If you are concerned about an adult being at risk of abuse or neglect please contact the following:

<b>Blaenau Gwent</b>	<b>01495 315700</b>
<b>Caerphilly</b>	<b>0808 100 2500</b>
<b>Monmouthshire</b>	<b>01873 735492</b>
<b>Newport</b>	<b>01633 656656</b>
<b>Torfaen</b>	<b>01495 762200</b>

If it is an emergency and you need to contact us outside of office hours please call our **Emergency Duty Team** on **0800 328 4432**.

If you think an adult is in immediate danger contact the Police on 999 and tell them what is happening.

For further information about what you can do to protect people, visit the **Gwent Safeguarding** website, [www.gwentsafeguarding.org.uk](http://www.gwentsafeguarding.org.uk)

To find safeguarding guidance for practitioners working with adults and children in Wales, access the Wales Safeguarding Procedures, [www.safeguarding.wales](http://www.safeguarding.wales)



## Diogelu Gwent Gwent Safeguarding

[www.safeguarding.wales](http://www.safeguarding.wales)