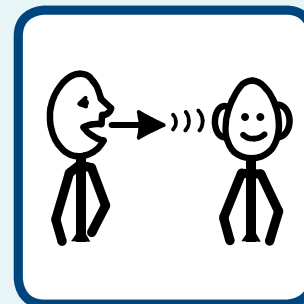
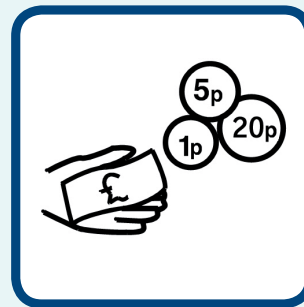


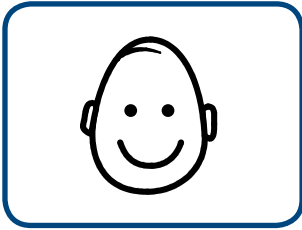
Castlebeck

Keeping Safe

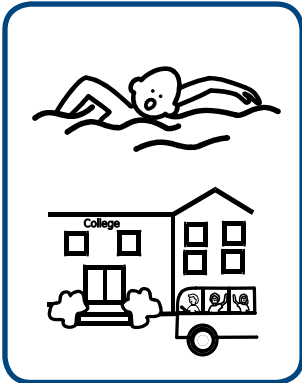


An easy read guide to keeping safe

- **what is abuse**
- **what to do if abuse happens**
- **who can help**

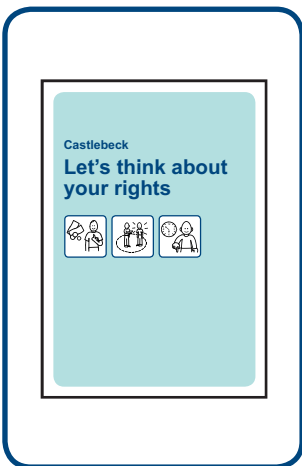


You have a right to be safe and protected from harm.



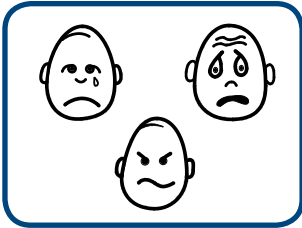
You have a right to be treated fairly.

You have a right to get good support to do the things that matter to you.

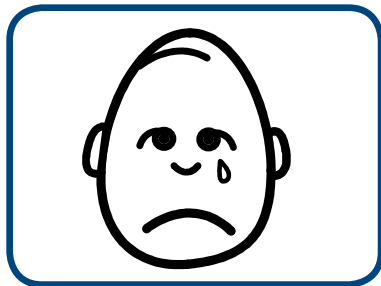


There is another leaflet like this one called Let's think about your rights.

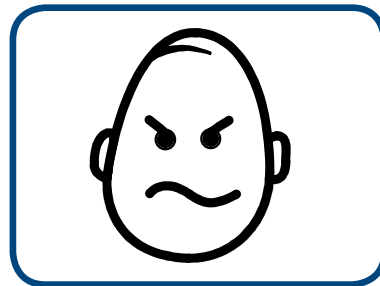
It has a list of lots of other things you should get.



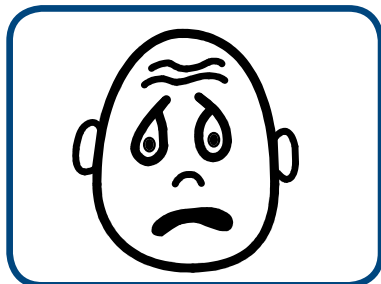
If you do not get these things or if someone hurts you you might feel



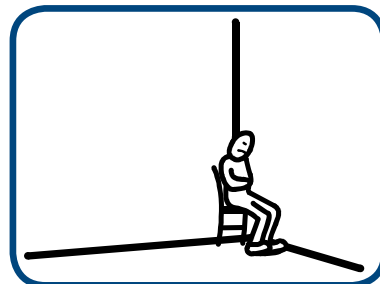
sad



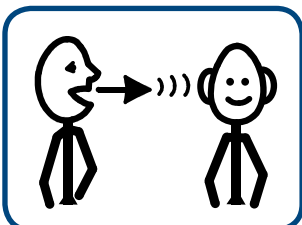
angry



scared



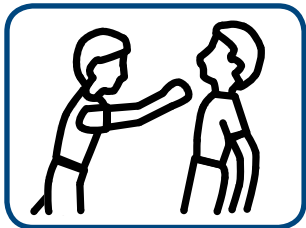
alone



If this happens this could be abuse and we want you to tell someone about it.

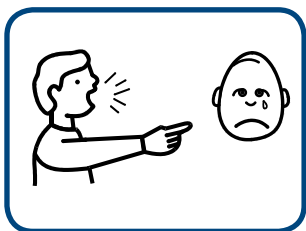
This will help us to sort it out and make sure you are safe.

What is abuse



If someone hurts you.

If someone tells you they will hurt you if you do not do what they say.



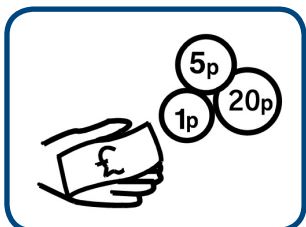
If someone says things to you that make you feel bad.

If someone calls you names.



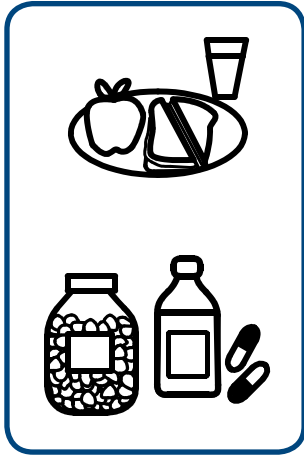
If someone makes you do something that you know is wrong.

If someone touches you where they shouldn't do and you don't want them to.



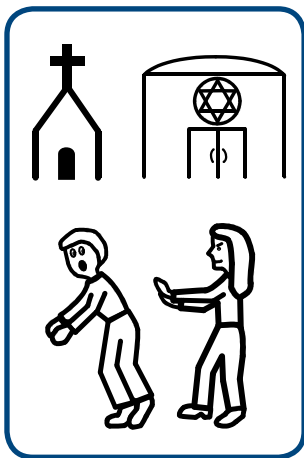
If someone takes your money or other things that belong to you.

If someone will not let you use your own money.



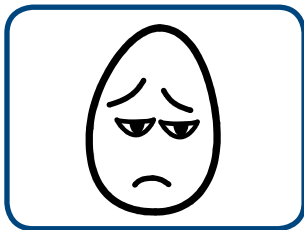
If you do not get the things you need like

- food and drink
- medicine and tablets
- other support.

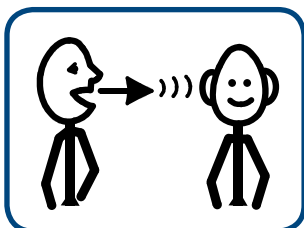


If someone does something bad to you because of

- your religion
- how you look
- things that matter to you.



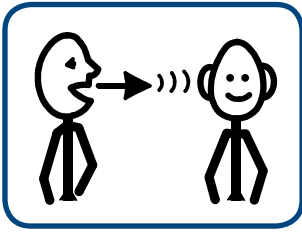
If you are not happy with the support you get.



If any of these things happen you should tell someone. This will help make things better for you.

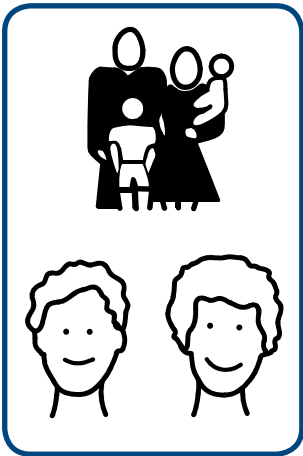
If you see any of these things happening to someone else you should tell someone. This will help to sort it out.

If someone does something to you that you know is wrong or makes you feel bad



You should tell someone you trust.

This could be



- your family
- a friend
- your keyworker or named nurse
- someone else you trust.



You can get an advocate if you need one.

An advocate can help you tell someone if you think you are being abused.

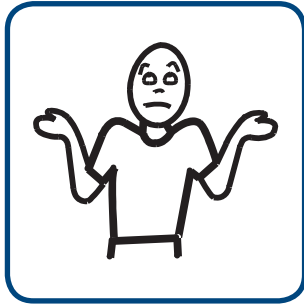
Here is the name and telephone number of your advocate.



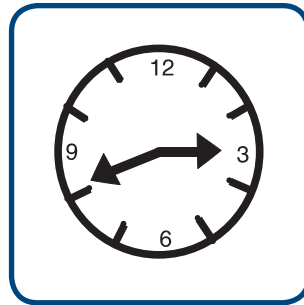


The person you talk to will listen to what you tell them.

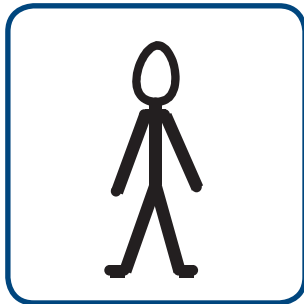
They will need to know things like



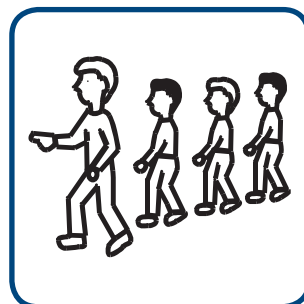
What happened?



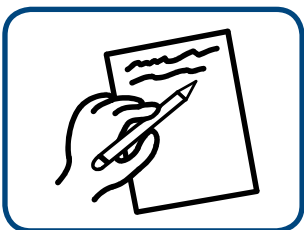
When did it happen?



Who did it?



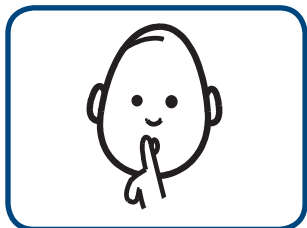
Was anybody else there?



The person you talk to will write down what you say.

They will check with you to make sure they understand what you have told them.

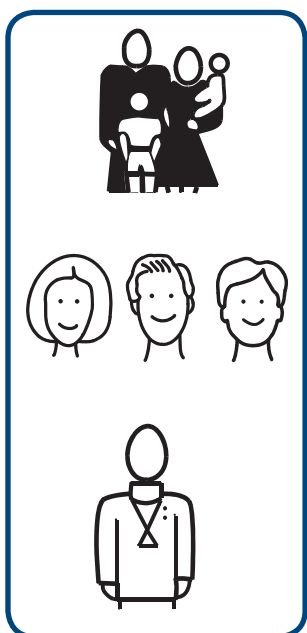
Keeping information private



The person you talk to will only tell people who need to know.

This is so that we can keep you safe.

They might need to tell



■ your family

■ your social worker

■ your doctor.



They might need to tell the police if what happened was against the law.

What happens next?



The person you talk to will also tell the manager of the place where you live.

The manager will find out more about what happened.

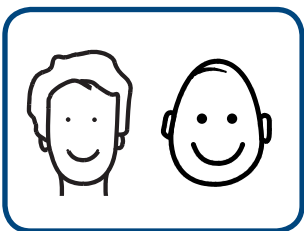


If you are telling us that the manager where you live has done something wrong we will not tell them.

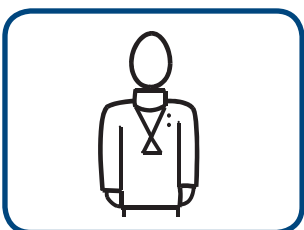
We will talk to their manager instead.



The manager will talk to you and the other people who saw what happened.

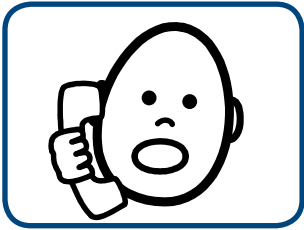


The manager will make sure that you are safe.
They will tell you what they will do to make sure you stay safe.



If you are hurt the manager will make sure you can go to the doctor.

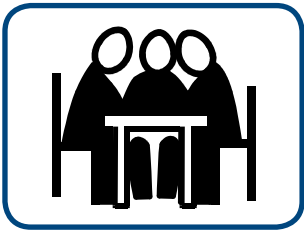
The manager will then tell social services



When someone tells us that abuse has happened we tell social services.

This is called a safeguarding adults alert.

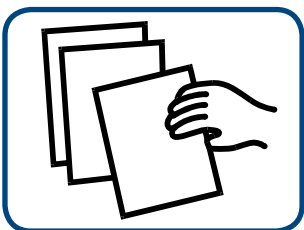
After we tell social services they might



■ have a meeting



■ talk to the police.



There will be a leaflet about what happens near the place you are living.

You can ask the manager to get this leaflet for you.



Castlebeck

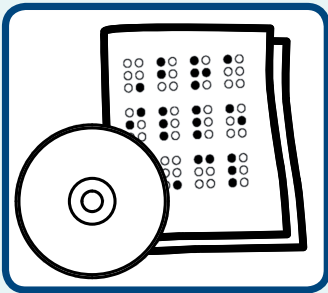
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