

Types of abuse

Adullam has a duty to make sure tenants, residents, service users and staff are safe and protected from being abused. We call this safeguarding.

It can be difficult to realise that some of the things happening to you count as abuse.

The main types of abuse and some examples of them are:

Physical abuse

Being hit, suffering violence, or hurt in some way



Sexual abuse or exploitation

Any form of inappropriate touching or sexual comments that make you feel uncomfortable



Psychological abuse

Being bullied, called names, ignored or intimidated



Financial or material abuse

Taking your money or your belongings from you



Neglect

Not meeting your basic needs such as for food or clothing



Discrimination

Any racist, sexist, homophobic comments or threats



Institutional

Poor treatment by professionals or agencies that are meant to be helping you



Taking advantage

Of somebody's vulnerability or mental health



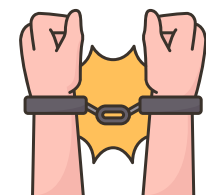
Domestic abuse

Any form of abuse between intimate partners or family members



Illegal practices

Female Genital Mutilation, radicalisation, child sexual exploitation, modern slavery.



If you are affected by any of these, you must report it and ask for help.
Talk to a member of staff you trust or to the safeguarding lead at your project.
We're here to take care of you.