



### Signs someone's being abused:

- They become quiet and withdrawn.
- They have injuries they can't explain.
- They wear clothes that cover them up even when it is hot.
- They don't like being touched.
- They put themselves down.



### Are you being abused?:

- Remember that it's not your fault - the person who's abused you is to blame.
- Remember that you have the right to feel safe.
- Tell someone you can trust, like a parent/carer, teacher or friend.

### Is someone you live with being abused?:

- Keep safe. Find a safe place in the house or somewhere else you can go to when things get hard at home.
- Tell someone you can trust, like a teacher or friend, or call one of the helplines listed under Contacts.
- Try to get them to seek help, and point out the helplines listed under Contacts.



- Connexions Direct 080 800 13 2 19 [www.connexions-direct.com](http://www.connexions-direct.com)
- Hertfordshire Domestic Violence Helpline 08088 088 088
- ChildLine 0800 1111 [www.childline.org.uk](http://www.childline.org.uk)
- NSPCC 0808 800 5000 [www.nspcc.org.uk](http://www.nspcc.org.uk)
- [www.thehideout.org.uk](http://www.thehideout.org.uk)
- [www.channelmogo.org](http://www.channelmogo.org) go to 'Need some advice'

# abuse

*"I keep pretending to forget my PE kit so I don't have to do games lessons, but really I don't want anyone to see the bruises on my legs".*

Most young people get enough care and love to grow up into happy, healthy adults. But some aren't so lucky, and experience abuse - either to themselves or to someone they live with.

There are four kinds of abuse:

**Physical** which is hitting, punching, burning, wounding, etc.

**Sexual** which is when you're forced to have sex, someone touches you in a way that makes you feel uncomfortable, etc.

**Emotional** which is when someone criticises you all the time or shouts at you, etc.

**Neglect** which is when you don't get enough food or don't have clothes to keep you warm, etc.

A young person usually knows the person who is hurting them or making them do things that they should not. Abuse can happen anywhere.

If you are being abused it can be very upsetting and it can make you feel frightened, angry, alone, guilty and unloved.

**Remember abuse is never right. No one chooses to be abused.**

