

# What is Abuse?

Abuse is when someone hurts you, frightens you or treats you badly. There are lots of different types of abuse. Abuse can happen to anyone, anytime, at any place. Abuse can make you feel sad, scared, angry, worried or stressed.



One of our most important rights is that you have a Right to Feel Safe.

You should have a good quality of life where you feel safe.

You should feel safe wherever you are; in your home, in work, in your centre or out on the street with your friends.

Sometimes if you don't feel safe, abuse might be happening to you.

Every individual has rights that are protected by our law.

Just some of these rights include:

- The Right to Privacy
- The Right to Education
- The Right to be Part of your Community

You can phone HSELive to speak to one of our agents on:  
1800 700 700 or  
00 353 1 240 8787  
(from outside Ireland)

Website: [www.hse.ie/safeguarding](http://www.hse.ie/safeguarding)



## ARE YOU WORRIED ABOUT YOUR SAFETY?

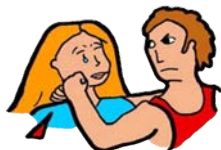
Information Leaflet



National Safeguarding Office

## What are the types of abuse?

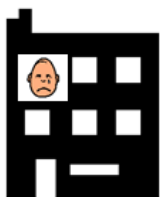
**Physical abuse** includes when someone hurts your body. It can involve being pushed, shoved, kicked or slapped.



**Financial abuse** includes when anybody takes your money or belongings when you don't want them to. It can also involve coming under pressure to give someone some of your belongings or money.



**Institutional abuse** is when you are treated badly in the place you live in. This can include; being told what time to go to bed, not being allowed to do things that you enjoy, or being told what you can eat and drink.



National Safeguarding Office

**Sexual abuse** is any sort of sexual contact that you have not agreed to. It can include somebody touching you and asking you to keep it a secret.



**Psychological abuse** includes when someone speaks to you badly. It can involve being threatened or being frightened of someone.



**Discriminatory abuse** is when someone treats you badly because something about you is different. It might be because of your age, gender, race, disability, religion, sexuality, appearance or your culture.



**Neglect** includes not having enough food, clothes or heat. You might be stopped from getting an education or training



**Who do I talk to if I am worried about abuse to me or someone else?**

Talk to a family member, staff member or friend you can trust.

**What is the national policy on safeguarding?**

This is the way all staff and services in the country work together to keep vulnerable people safe from abuse.

**Who are the Safeguarding and Protection Team?**

We are a team of social workers who work with services, families and community organisations to stop abuse and to try to make sure you are safe.

We work with people who are over the age of 18, who may be at risk of abuse. We will assist you in making sure your voice is heard in all decisions.

If you have a worry that abuse may be happening to you or someone you know, then you should contact: