

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 a 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 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.

You or someone on your behalf can contact us, the Safeguarding and Protection Team.

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

**Safeguarding and Protection Team,
Ballyshannon Health Campus,
An Clochar, College Street,
Ballyshannon, Co . Donegal.
Email: safeguarding.cho1@hse.ie
Tel: 071 9834660**

The HSE also has an information line on 1850 24 1850.

It operates from 8am to 8pm Monday to Saturday and you will be provided with details on local services and staff that can assist you.

Website: www.hse.ie/safeguarding



National Safeguarding Office

Safeguarding Vulnerable Persons at Risk of Abuse National Policy and Procedures 2014

*Easy Read Leaflet
May 2016*



What are my rights?

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

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.

What is abuse?



Abuse is when someone hurts you, frightens you or treats you badly.

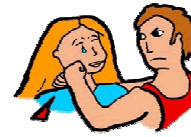
There are lots of different types of abuse.

Abuse can happen to anyone, anytime, at any place.

Abuse is wrong and should never be tolerated!

Abuse can make you feel sad, scared, angry, worried or stressed.

What are the types of abuse?



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



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.



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.



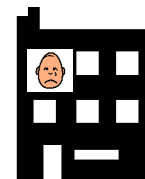
Psychological abuse includes when someone speaks to you badly. It can involve being threatened or being frightened of someone.



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



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



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.