



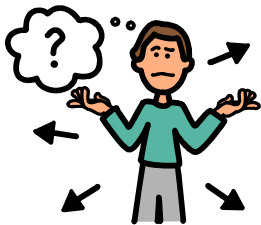
FACTS 4 U 2: I am being abused

Welcome خوش آمدید
 ભલે પધારો આપણાં ઠું
 کھانی صدقے سواگاتم
 歡迎 Witamy
 Bienvenue خوش آمدید
 به خیر بین Mire se vini
 Dobro doshli مرحبا
 आपका स्वागत ह

This fact sheet can be made available in other languages or formats on request by contacting:



0161 770 6666. For further information please see our detailed fact sheet – **Information for all**

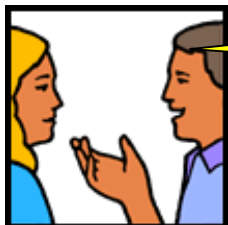


If you are being abused or are worried that someone you know is being abused you might find it hard to know where to go for help and advice. This might be for a

number of reasons. You might be embarrassed or scared or think people will not believe you. You might feel adults have let you down and so find it hard to trust them.



It can be very hard to talk about some things but these types of problems do not always go away if you try to sort them out by yourself or ignore them. You do not have to manage on your own though. There are people who understand and can help.



I am being abused

If you are being abused it is important that you tell someone so that they can help you make the abuse stop.

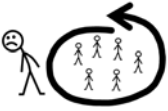
Remember you **never** ask for abuse and it is **never** your fault.

What is abuse?

There are several different kinds of abuse.



Physical Abuse: This is when someone hurts any part of your body. For example, they might kick, beat or punch you.



Emotional abuse: This is when you are being called names all the time, being threatened or made fun of, or made to feel small. It is also emotional abuse if you often see violence between the people who care for you.



Sexual abuse: This is when you are being touched in a way you do not like or being forced to have sex or are being made to look at sexual pictures or videos, or anything else that makes you feel uncomfortable.



Neglect: This is when you do not have anywhere to stay, do not have enough food to eat or clothes to keep you warm or if you are not being looked after properly.



If any of these things are happening to you, you might feel frightened, confused, unloved, guilty or ashamed.



You may feel completely alone but you are not. There are people who can help and it is important to get in touch with them. Abuse can be very confusing especially if you look up to the person hurting you or if they are a friend or a member of your family.



You might like some of the attention that they give to you – this is ok. It does not mean it is your fault or that anyone will blame you for it happening.



Remember, if something is worrying you or making you scared and you are not sure that it is abuse, it is still important to talk to someone you trust or get in touch with one of the services listed in this fact sheet and tell them what has happened.

Remember you are not alone



Whatever is happening you do not have to keep it to yourself. You might feel that there is no way out of your situation because you are unhappy or scared. If you are being abused you might be pressured not to tell anyone. But there are people you can turn to who can help you.



Talking to someone about what is happening in your life can help you to understand the choices you have and help you find a solution. If you or someone you know is being abused, telling someone and getting help can stop the abuse happening. This is the first and most difficult step.

Who can help?

You might want to talk to someone you can trust. This could be:

- A close friend



- A parent or carer or someone else in your family



- A teacher or school counsellor



- A doctor



- A school nurse



- A youth worker



- A social worker



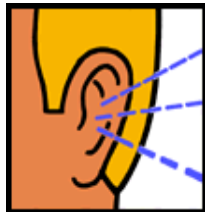
- A neighbour



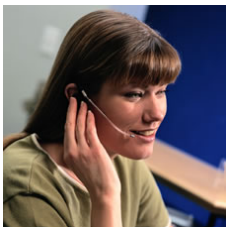
- A best friend's older brother or sister or their mum or dad.



If you are worried that you or someone you know is being abused, it is usually best to talk to an adult because you will probably need help from professionals to stop the abuse happening.



If a friend tells you they are being abused listen to them and encourage them to talk to an adult they trust or contact one of the services listed in this fact sheet.



You might not want to talk to someone you do not know and might prefer to speak or email someone at one of the services in this fact sheet.



These services have people who are trained to help and support you and they will not be shocked or surprised at what you say. They will listen to you and help you decide what to do.



If you cannot get through to one of the phone lines do not give up – try again.



If you tell someone your worries and they do not hear you the first time or will not listen, tell them again or talk to somebody else you trust. Or you can get in touch with any of the services in this fact sheet.

What will happen if I talk to someone?



The idea of talking about what is happening in your life can be scary. If you or someone you know is being abused or harmed in some way, you might be worried about what will happen if you tell someone.



You are in control of how much information you want to share.



You do not have to give your name and address if you do not want to. If you contact one of the services listed in this fact sheet ask the person to explain their **confidentiality policy**. This means what they do with the information that you give them



They should also tell you whether they have to share this information with other professionals, like social services or the police.

Take control



If you are not sure if you want a service to take action to help you to be safe, you should still talk to the service adviser about your worries so you can talk together about your choices. Remember to ask the adviser about their confidentiality policy first.



Different services have different rules about whether they keep what you tell them private and confidential. If they are very worried about your safety they need to pass information on to other people who can help to make things safe for you.

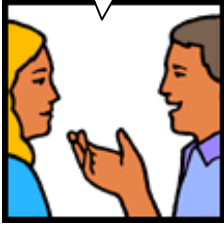
Every service wants to help you and would rather act with your agreement.



However, social services, the police and the NSPCC can take action to protect you whether you agree or not. They can do this if: they know that you or another young person are being abused or are in danger.



Are you worried about mv safetv?



The adviser should tell you if they are worried about your safety, or that of another young person. They should also tell you what they might want to do about this. If they do not tell you, ask them to.



This can sound confusing, but do not let it put you off. The services in this fact sheet want to help you.

What happens next?



If you tell someone about abuse and the information is shared with social services and the police, their job is to find out more about what has happened.



They will want to work out how to make things safe for you. While they are doing this you might be asked to tell several people, like a social worker, police officer or doctor, about your situation.



They may also want to talk to your family or other people who know you, like your teacher or doctor.



There may be a meeting to talk about the best way to help you. You should be given the chance to go to this meeting if you want to, or someone else can go for you. Tell someone if you want to go to this meeting or if you want someone to go for you.



You might be worried that if you tell someone about abuse, your family will be split up or you will be taken into care (be looked after). Most young people stay at home unless it is dangerous for them.

Remember, abuse is never your choice and is never your fault.

Speak up



If you do not know what is happening, ask the people helping you to explain. They should also tell you about your right to complain if you think they are not listening to you.

Do not be afraid to ask questions.

People who can help



If you cannot talk to anyone you know, or you have talked to someone but nothing seems to be happening, you can contact one of the following services. When phone numbers are not free, the charges may change.



You might have to pay for some of the freephone numbers if you call from a mobile phone.



In an emergency, call the police



Phone: 999



Textphone: 18000

If you are worried about abuse, you can also call your local police station and ask to speak to a child protection police officer. Look in your local phone book under police.



Childline gives comfort, advice and protection to children and young people who are worried about any problem.



Phone: 0800 1111 free (open 24 hours)

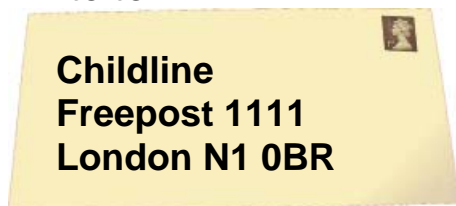


Textphone: 0800 400 222 (open 9.30am to 9.30pm Monday to Friday and 9.30am to 8pm at weekends)



Website: www.childline.org.uk

Write to:



Oldham Social Services



Oldham's Children, Young People and Families is in charge of keeping children and young people safe and protecting them from harm. They offer a wide range of care and support services to children, young

people and their families.



They employ social workers and have a duty to check things out if they think a child or young person is suffering or likely to suffer

harm. Social workers will listen carefully to what you say and should involve you in any decisions that affect you.

Contact the **Children's Assessment Team**



Phone: 0161 770 3790/1

or in an emergency situation outside office hours contact:



The **Emergency Duty Team** on 0161 770 6936



Youth Access will put you in touch with local services that offer information, advice and counselling.



Phone: 020 8772 9900 (open 9am to 5pm Monday to Friday)



Email: admin@youthaccess.org.uk



Get Connected will find the best place in the UK that can help you, whatever the problem. The helpline can also provide a free connection to the most suitable service.



Phone: 0808 808 4994 free (open 1pm to 11pm every day)



Website: www.getconnected.org.uk



The Samaritans provide confidential emotional support for people who are going through feelings of distress or despair, including those that may lead to suicide.



Phone: 08457 90 90 90



Email: jo@samaritans.org

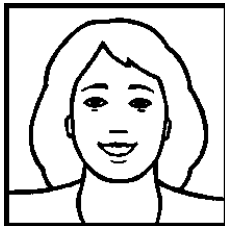


Website:
www.samaritans.org.uk

Write to:

Chris
The Samaritans
PO BOX 90 90
Stirling FK8 2SA

We want your comments and suggestions



We want to provide good quality services for people in Oldham and as we are a public service, you have a say in everything we do.

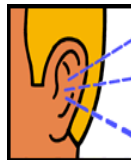
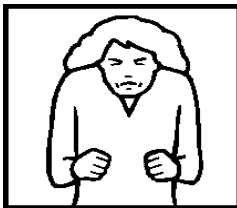
We want you to be happy with our services, but to make sure we do this we need to know what you think.



What do we do best?



What could we do better? Do you have any ideas or suggestions?



Only by listening to you can we give you the service you deserve. Our Complaints & Representation Officer welcomes everything you have to say and will reply to you personally about what you have said.

You do not
need a stamp



Free post, Complaints & Representation Officer
OMBC, PO BOX 4, Civic Centre, Level 8,
West Street,
Oldham,
OL1 1UL



Tel: 0161 770 1129



Fax: 0161 770 3222



Email: cypf.complaints@oldham.gov.uk

Welcome خوش آمدید
ભલે પધારો આપણાં હું
کمیابی صدقے سواगतम्
歡迎 Witamy
Bienvenue خوش آمدید
به خیر بین Mire se vini
Dobro doshli مرحباً
आपका स्वागत ह

The Complaints & Representation Officer only speaks English but if you like we can arrange to visit you with an interpreter.

January 2007 OCFS-CHILD-FACTS4U6E (Version 8) CB