

## WHAT IS ABUSE?

Abuse is behaviour that can lead to harm or distress; for example hitting, pushing, bullying, stealing, neglect, or sexual activity without consent.

It can happen to both men, women and children, and in many different places.

It is carried out by different people, but it's often someone known and trusted.



## TYPES OF ABUSE

The key types of abuse associated with child and adult abuse are shown below.

### Child abuse includes:

- Physical (symptoms of which are unexplained/inconsistent bruising, soft tissue injuries etc.)
- Emotional
- Sexual
- Neglect

### Adult abuse includes:

- Physical
- Domestic
- Sexual
- Psychological
- Financial
- Slavery
- Discriminatory
- Organisational
- Neglect
- Self neglect

## SIGNS OF CHILD ABUSE

The signs of child abuse aren't always obvious, and a child might not tell anyone what's happening to them.

### How to tell whether behaviour is normal for their age...

Children develop and mature at different rates. So what's worrying for a younger child might be normal behaviour for an older child. If a child looks or acts a lot older or younger than their age, this could be a cause for concern.

However, if a child develops more slowly than others of a similar age and there's not a cause such as physical or learning disabilities, it could be a sign they're being abused.



## SIGNS OF ADULT ABUSE

There can be various warning signs that indicate abuse is occurring. Some typical signs include:

- Signs of malnutrition
- Unexplained injuries
- Low self-esteem
- Isolation
- Fear of outside intervention
- Self-harming
- Excessive fear/apprehension of, or withdrawal from relationships
- A change of appetite, weight loss/gain
- Uncooperative and aggressive behaviour
- Sign of distress: tearfulness, anger
- Missing personal possessions
- Unexplained withdrawal of funds from accounts
- Poor physical condition and/or personal hygiene
- Poor living conditions
- Hoarding

## RECOGNISE IT AND REPORT IT

If you think someone is being abused or you think their safety is at risk, then it is important to report your concerns.

You must never assume that somebody else will recognise and report what you have seen or heard.

Where a crime has been committed or if you're worried about someone's immediate safety, contact Staffordshire Police by dialling 999.

### Can I remain anonymous?

You will be asked about your own details but as a member of the public, you can choose to remain anonymous.

See something, Say something!

**REPORT IT**  
IF YOU SUSPECT ADULT ABUSE  
Call: 0345 604 2719

IF YOU SUSPECT CHILD ABUSE  
Call: 0800 131 3126



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Protecting Vulnerable Adults & Children

Protecting children  
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