

Let's talk about safeguarding - Responding to abuse



Getting help from someone about abuse and neglect if you see abuse

If you have been abused or neglected, or you see abuse, you are probably scared or upset.



Do you know someone who has the knowledge and experience in how to support you?

Tell them what has happened. They will support you to report it to the police.



Write down the people you can talk to.

You can draw or add pictures if you want to.

A large empty rectangular box with a thick purple border, intended for drawing or writing.

What happens when I report abuse?

Speak to someone you know and trust. This person may be someone who supports you.

They will listen to you, and they will need to write down what you say.



This person could be a family member or friend.

Family members and friends can be advocates and supporters.



You will then get help and support to report the abuse or neglect.

You will be asked what you want to happen, and your feelings will be taken into account!



You will also be asked about the people you want involved so you have all the support you need.



You may be asked if you want to make a plan to keep you safe.

You can have other people help you with this.



Write or draw somethings that are important to you to feel supported when you report abuse.

This could be having a friend with you or being given more time to answer questions.



Will what I say be kept a secret?

We cannot keep secrets! But we can make sure the information we share is confidential .

Confidential means that the only people who will know are the people who can help you.



Other people may need to know, but you should always be asked before.



If the police are supporting you, someone else you trust can also help you and be with you.



Write or draw the person or persons you would want to be with you if you had to report abuse.

A large, empty rectangular box with a thick purple border. It is intended for the user to draw or write the person or persons they would want to be with if they had to report abuse.

Do I have to report abuse?

We all have rights as human beings and there are laws that protect these rights. The law that tells us all these rights is called the Human Rights Act (1998).



The Human Rights Act says we have a right to life!

This means the police and support staff where you live should keep us safe if we are in danger.



Another law we need to know about is called 'The Care Act (2014).

This act helps us know what abuse is, and what we can do if we see it.

We have a right to be treated in a way that is respectful and doesn't make us feel scared, sad or hurt.



The Care Act (2014) says that Mencap must work with other organisations to help keep people safe.

The Care Act (2014) also says that Mencap and everyone else when someone is being abused or neglected. It gives details on how to keep people safe.



Mencap and other organisations have a duty of care to help with any issues that could hurt you.

Duty of care means Mencap cannot ignore abuse. We have to do something about it.



We also have the right to feel free and safe.

When someone hurts us, it is very important to tell someone else about it.

Most people will have freedom to make their own choices, or some won't and will have people to do it for them.



Reporting abuse

If you need to report abuse or neglect:



- Remember some forms of abuse are also crimes. The police may need to be involved.



- Speak to a friend, family member or support worker if you are not sure.



Step 1:

You see that abuse has happened, or you have been abused.



Step 2:

The person needs to get to a place of safety. This will be the responsibility of the staff member at the service.

If you have been abused go somewhere safe or go to someone who can keep you safe.



Step 3

If you think a crime has happened call the police!

If you do not know, call someone who can help you.



Mencap takes safeguarding very seriously.

We want everyone to be able to live their life safely and with respect.



For more information visit our [Let's talk about safeguarding - What is abuse? Easy Read page](#).



If you, or someone you know needs help urgently, we have some useful contact numbers [on our Crisis advice page](#), but where there is an immediate risk of harm you should call 999.

For safeguarding advice you can contact [the Learning Disability Helpline](#).



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