

Physical

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Deliberately hurting a child causing injuries such as bruises, broken bones, burns or cuts.

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Basically involves a person using physical force which causes, or could cause, harm.

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The most visible form of abuse.

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This can include being assaulted, hit, slapped, pushed, restrained, being denied food or water, or not being helped to go to the bathroom when you need to go. It can also include misuse of your medication.

✂

Assault.

✂

Hitting.

✂

Slapping.

✂

Punching, kicking, hair-pulling, biting, pushing.

✂

Scalding and burning.

✂

Physical punishments.

✂

Making someone purposefully uncomfortable
(e.g. Opening a window and removing blankets, smashing objects).

✂

Involuntary isolation or confinement.

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Misuse of medication (e.g. over-sedation).

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Forcible feeding or withholding food.

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Unauthorised restraint, restricting movement (e.g. tying someone to a chair).

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Psychological

This includes someone emotionally abusing you or threatening to hurt or abandon you, stopping you from seeing people, and humiliating, blaming, controlling, intimidating or harassing you. It also includes verbal abuse, cyber bullying and isolation, or an unreasonable and unjustified withdrawal of services or support networks.

Enforced social isolation – preventing someone accessing services or educational and social opportunities, or seeing friends.

Preventing someone from meeting their religious and cultural needs.

Preventing the expression of choice and opinion.

Failure to respect privacy.

Preventing stimulation, meaningful occupation or activities.

Intimidation, coercion, harassment, use of threats, humiliation, bullying, swearing or verbal abuse.

Addressing a person in a patronising or infantilising way.

Threats of harm or abandonment.

Without the visible signs of physical abuse, this type of abuse can stay hidden for years.

Can affect your inner thoughts and feelings as well as exert control over your life. You may feel uncertain of the world around you and unsafe in your own home... Can destroy intimate relationships, friendships and even your own relationship with yourself.

Emotional

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Is the ongoing emotional maltreatment or emotional neglect of a child. It's sometimes called psychological abuse and can seriously damage a child's... and development... Can involve deliberately trying to scare or humiliate a child or isolating or ignoring them.

✂-----
Calls you names.

✂-----
Keeps shouting at you, even if you haven't done anything wrong.

✂-----
Puts you down .

✂-----
Ignores you or leaves you out of things.

✂-----
Says or does things that make you feel bad about yourself.

✂-----
Makes you feel like you don't belong.

✂-----
Makes you take responsibility for things you shouldn't have to do until you're older.

✂-----
Tries to control you or put pressure on you to do things you're not ready to do.

✂-----
Treats you differently from your brothers or sisters.

✂-----
Puts you in dangerous situations.

✂-----
Is aggressive and violent to other people in your family and you keep seeing it.

✂-----
Stops you from having friends.

✂-----
Controlling behaviour is a range of acts designed to make a person subordinate and/or dependent by isolating them from sources of support, exploiting their resources and capacities for personal gain, depriving them of the means needed for independence. Resistance and escape and regulating their everyday behaviour.

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Coercive behaviour is an act or a pattern of acts of assault, threats, humiliation and intimidation or other abuse that is used to harm, punish, or frighten their victim.

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Financial

This could be someone stealing money or other valuables from you, or it might be someone who is appointed to look after your money on your behalf using the money inappropriately or coercing you into spending it in a way you are not happy with. Internet scams and doorstep crime are also common forms of... abuse.

Theft of money or possessions.

Preventing a person from accessing their own money, benefits or assets.

Undue pressure, duress, threat or undue influence put on the person in connection with loans, wills, property, inheritance or financial transactions.

Arranging less care than is needed to save money in order to maximise inheritance.

Misuse of personal allowance in a care home.

Someone moving into a person's home and living rent free without agreement or under duress.

False representation, using another person's bank account, cards or documents.

Exploitation of a person's money or assets, e.g. unauthorised use of a car.

Misuse of a power of attorney, deputy, appointeeship or other legal authority.

Sexual

This includes indecent exposure, sexual harassment, inappropriate looking or touching, as well as rape. Sexual teasing or innuendo, sexual photography, subjection to pornography, witnessing sexual acts, and sexual acts that you didn't agree to or were pressured into consenting to all count as... abuse.

Rape, attempted rape or sexual assault.

Inappropriate touching anywhere.

Non-consensual masturbation of either or both persons.

Non-consensual sexual penetration or attempted penetration of the vagina, anus or mouth.

Any sexual activity that the person lacks the capacity to consent to.

Inappropriate looking, sexual teasing or innuendo or sexual harassment.

Sexual photography or forced use of pornography or witnessing of sexual acts.

Indecent exposure.

Involves forcing or enticing a child or young person to take part in sexual activities, not necessarily involving a high level of violence, whether or not the child is aware of what is happening. The activities may involve physical contact, including assault by penetration (for example, rape or oral sex) or non-penetrative acts such as masturbation, kissing, rubbing and touching outside of clothing. They may also include non-contact activities, such as involving children in looking at, or in the production of, sexual images, watching sexual activities, encouraging children to behave in sexually inappropriate ways, or grooming a child in preparation for abuse (including via the internet).

Children in exploitative situations and relationships receive something such as gifts, money or affection as a result of performing sexual activities or others performing sexual activities on them.

Children or young people may be tricked into believing they're in a loving, consensual relationship. They might be invited to parties and given drugs and alcohol. They may also be groomed online. Some children and young people are trafficked into or within the UK for the purpose of sexual exploitation. Sexual exploitation can also happen to young people in gangs.

Cyber abuse

Is bullying that takes place using electronic technology. Electronic technology includes devices and equipment such as cell phones, computers, and tablets as well as communication tools including social media sites, text messages, chat, and websites. Examples of... include mean text messages or emails, rumors sent by email or posted on social networking sites, and embarrassing pictures, videos, websites, or fake profiles.

Is rife on the internet and most young people will experience it or see it at some time. In our recent national bullying survey, 56% of young people said they have seen others be bullied online and 42% have felt unsafe online... can happen 24 hours a day, 7 days a week and it can go viral very fast.

This is when someone will hack into someone's email or social networking account and use the person's online identity to send or post vicious or embarrassing material to/about others. The making up of fake profiles on social network sites, apps and online are commonplace and it can be really difficult to get them closed down.
