

# IS SOMEONE HURTING YOU OR TREATING YOU BADLY?



**SEEN  
SOMETHING?**



**SAY  
SOMETHING.**



**Fife Adult Support & Protection**

[www.fife.gov.uk/adultprotection](http://www.fife.gov.uk/adultprotection)





## What is harm?

Harm is when someone hurts you or treats you badly.



## Harm is always wrong

If someone is hurting you, you must tell someone and get help.



Someone might harm you and say "Don't tell anyone."

They are wrong.

You must tell someone.



## Who can I tell?

If you are worried about harm, you can phone this number:

**01383 602200**



This is the Adult Support and Protection Phone Line.

# What will happen if I phone the Adult Protection Phone Line?

## The person on the phone will:



- Listen to what you say and ask you questions to understand what has happened



- Check that you are safe right now
- Get medical help if it is needed.



- Tell the police if there has been a crime



- Get help from the right people to keep you safe and stop the harm.

## Physical Harm



Physical harm means someone doing things that hurt your body or stop you moving about.



You should not be hit, kicked, punched, bitten, or shaken.



You should not be locked in a room.

## Emotional Harm



Emotional harm is when a person makes you feel upset or sad.

You should not be bullied, or made to feel scared.



No-one should ignore you or tell you what to do all the time.



No-one should pick on you or treat you like a child.

## Sexual Harm



Sexual harm means making you do sexual things that you do not want to do.

No-one should touch you in a sexual way if you do not want them to.



No-one should make you have sex if you do not want to.



No-one should take sexual photos of you or make you look at sexual photos or DVDs if you do not want to.

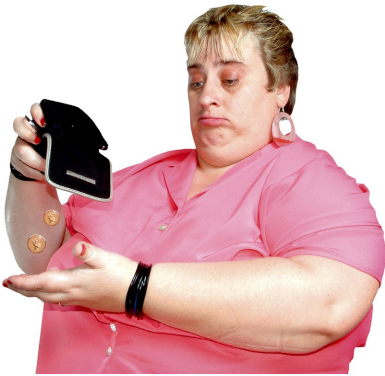


No-one should make you do sexual things for money or presents.

## Financial Harm



Financial harm means stopping you from having your money or the things you own.



No-one should stop you from having or using your own money.



No-one should try to steal your money or benefits.

You should not have to change your Will if you do not want to.

Your Will is a letter that lets people know what to do with your money and your things when you die.



## Neglect



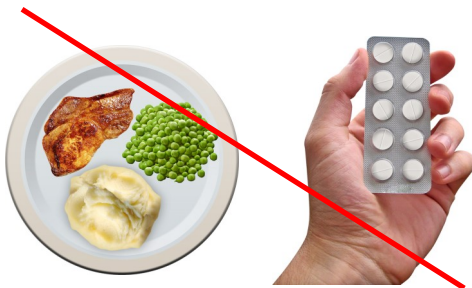
Any person who helps you to do things, or helps you to live independently, should look after you properly.

If they do not, this is **Neglect**.

Neglect means stopping you getting the things you need.

This could be:

- not giving you food
- not giving you medicine
- stopping you from seeing your doctor
- not helping you to keep clean
- or not keeping you warm.



Neglect can also mean leaving you alone for a long time.



## Self-Harm

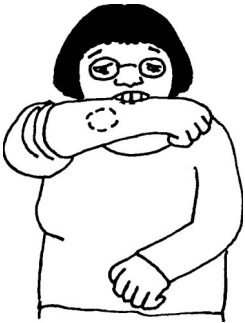


Sometimes when people are very upset or worried, they hurt themselves because it makes them feel better.



This is called self-harm.

They might cut themselves,



bite their body,



pull out their hair, or hurt themselves in other ways.



Self-neglect is when you do not look after yourself properly, because you are ill or very unhappy.

## What if I need help to talk to someone?



If you find it difficult to make a phone call, tell someone you trust and ask them to help you.



## What is advocacy?

Advocacy helps people to speak up about things that are important to them.



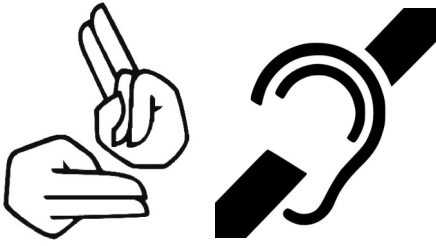
## What is an advocate?

An advocate is a person who can support you to have your views heard.



You can ask for help from an Advocacy service.

Find out which kind of advocacy is right for you at:  
[www.fifeadvocacyforum.org.uk](http://www.fifeadvocacyforum.org.uk)



People who use British Sign Language or someone who has a hearing loss should text the SMS Emergency service if they are in danger.



To register for this service  
Text the word **register** to 999.  
You will get a text back with more information.

If it is not an emergency:

- text Police Scotland SMS 24 hour number
- or text Fife Council SMS number **07781 480 185**



Both these SMS services need you to register.

The Police SMS number will be sent to you when you have registered.



Get both registration forms at:  
[Adult Support and Protection | Fife Council](#)

If you think someone is being harmed,  
or someone is harming you call the  
Adult Protection Phone Line: **01383 602200**

If you are in danger call **999**



**STOP HARM**



**SPEAK UP**



**STAY SAFE**

Original booklet made with West Fife Community Support Service, and the Communication for Health Project Team.



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