

WE ARE HERE FOR YOU AND WILL ALWAYS LISTEN.

When someone hurts you, it can be called **abuse**. This is when someone does something to you that is harmful, unpleasant or painful like:

- ✚ If someone hits you, hurts you, injures you or makes fun of you
- ✚ If someone says or does something that makes you feel bad about yourself or hurts your feelings which makes you feel scared, sad, upset or frightened.
- ✚ If someone shouts, threatens, hits or hurts someone you love whilst you are around which makes you scared, unhappy or worried.
- ✚ If someone doesn't take proper care of you so you feel lonely.
- ✚ If someone touches you in places you know are wrong (P.A.N.T.S)
- ✚ If someone makes you look at things which make you feel ashamed, embarrassed, uncomfortable or guilty. They may ask you to keep it a secret or give you presents.

Abuse is never ok and if you are being or have been abused you must remember –it is not your fault.

You must always tell someone and they will help it to stop. If you need to talk –we will listen.

DO NOT BE SCARED TO TELL SOMEONE STRAIGHT AWAY.



ASK FOR HELP

BULLYING IS NOT OK

USE KIND WORDS

SELF CARE

END ABUSE NOW!

