

STAYING SAFE WITH CIVIK CARE GROUP

**Easy-read safeguarding
leaflet for clients and families**

What is abuse?

Abuse is when someone hurts you or treats you badly. It can be:

- | | | |
|---|---|---|
| <input checked="" type="checkbox"/> Physical
<i>hitting, pushing</i> | <input checked="" type="checkbox"/> Financial
<i>taking your money</i> | <input checked="" type="checkbox"/> Discrimination
<i>treating you unfairly for who you are</i> |
| <input checked="" type="checkbox"/> Emotional
<i>shouting, bullying</i> | <input checked="" type="checkbox"/> Neglect
<i>not helping with food, medication, or care</i> | <input checked="" type="checkbox"/> Sexual
<i>touching you in a way you don't want</i> |

How can I tell if something is wrong?

- New bruises or injuries
- Feeling scared, sad, or ignored
- Money missing
- Being left hungry, dirty, or without help

What should I do if something feels wrong?

- Tell someone you trust:
- A care worker
- A family member
- A friend

Or contact our Safeguarding Lead:

Jevon Burns

 **07487 552099**

 **jevonburns@civikcaregroup.co.uk**

**We will listen.
You will not get in trouble.**

Other places you can get help:

- Devon Safeguarding Adults Team: **0345 155 1007**
- CQC (Care Quality Commission): **03000 616161**
- Police: **999 (emergency)** or **101 (non-emergency)**

Final Message:

You have the right to feel safe.

Abuse is never OK.

If something feels wrong — speak up.

We are here to help.