

# Adult Support and Protection In Shetland





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# What is harm?

Harm is when someone does or says things to you to make you upset or frightened.

You may be scared to speak out or to stop them.

You may be harmed on purpose, or by someone who may not realize that what they are doing is harmful.

It's when someone has power over you, and you do not agree to what is happening. There are different types of harm.

# Physical harm

This is when someone physically hurts you.



- Physical harm can be:
- Hitting
- Kicking
- Pulling hair
- Pinching or shaking
- Or giving someone too much medication so they find things difficult to do.

# Sexual harm

This is when someone makes you do sexual things that make you sad, angry or frightened.



Sexual harm is being touched where you do not want to be touched

- Your private parts
- Your bum
- Your breasts
- Your penis or vagina

Or being made to touch other people in these places.

# Emotional harm

This is when **people say bad things** to hurt your feelings, **shout** at you or **threaten** you.



Examples of emotional harm are:

- Calling you names
- Laughing at you
- Blaming you for things when it's not your fault
- Treating you like a child
- Ignoring you

# Financial harm

This is when someone takes your money or belongings without asking.



Financial harm can be:

- Stealing your money
- Being forced to pay for other people's things
- When you don't have a say in how your money is spent



# Neglect

Neglect is when your care or support is not enough to meet your needs.



Neglect can be:

- Being cold much of the time
- Being hungry much of the time
- Having only dirty clothes to wear
- Being put in danger

# Discriminatory harm

This is when people say or do bad things to you, or treat you unfairly because you are different.



Discriminatory harm is being treated unfairly because you:

- Have different colour skin
- Have a different religion
- Are disabled
- Are lesbian or gay
- Speak a different language

# Who might harm you?

Anyone could harm you.

It might be someone you know or a stranger.

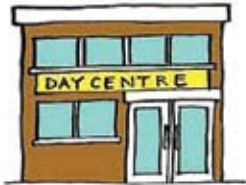


# Where might harm happen?

Harm can happen anywhere, at any time



In a **house**



At a **day centre or college**



At **work**



In a **hospital**



At a **club**

# Who can I tell?

Tell someone you trust. Do this as soon as you can.

My family



The Police



A social worker



A friend



A nurse



A care inspector



Staff who support you



A doctor



# What happens next?

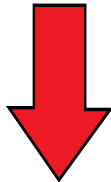
If you tell the police, or someone else you know and trust:



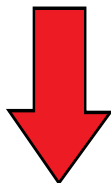
They will listen to you



They will help you to stay safe



They will find out more



They will give you help and support

On the back page there are some  
phone numbers of places where  
there are people who can help you.

# Important contact numbers

## Social Work

Grantfield

Lerwick

Tel: 01595 744400

9am-5pm weekdays

At all other times Tel: 01595 695611

## The Police

Lerwick Police Station

Market Street

Lerwick

Tel: 101

In an emergency call 999

## Advocacy Shetland

Market House

14 Market Street

Lerwick

Tel: 01595 743929 or 743930

## **Action on Elder Abuse Telephone Helpline:**

0808 808 8141

**[www.safershetland.com/adult-protection](http://www.safershetland.com/adult-protection)**

