

# You have a right to be safe from abuse



## Abuse is

- being bullied
- being hit, slapped or shaken
- being badly looked after
- having your money taken
- being touched where you do not want to be touched (sexually assaulted)
- being made to feel worried or scared
- being shouted at
- being ignored
- being kept apart from your friends and family

Are you being abused?

 **0161 909 6517**

or tell someone you trust

No-one should do any of these things to you.  
Even people who are supporting/caring for you.