



## **Abuse Prevention**

# What is Abuse?

- ▶ Abuse means that someone is trying to control the behaviour of another person.



# Staff are here to help!

- ▶ Staff are here to help and respect you
- ▶ Alternatives has a zero tolerance towards any abuse
- ▶ If you have been abused, staff will help you contact the appropriate people to help you deal with the abuse
- ▶ Staff will keep all information private
- ▶ Staff are here to listen and to help



# Who can be abused?

**Anyone can be abused!**

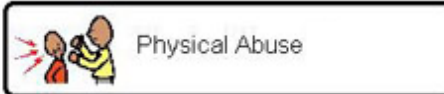
It is very important that if you feel you are being abused that you tell someone you trust.



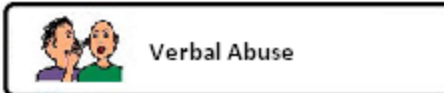
- Parents
- Caregivers
- Teachers
- Workers
- Staff members
- Police
- Friends
- Aunts, Uncles
- Brothers, Sisters
- Boss at work

# Types of Abuse

► Physical



► Verbal



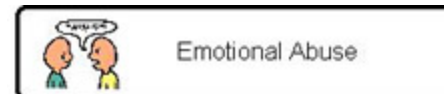
► Sexual



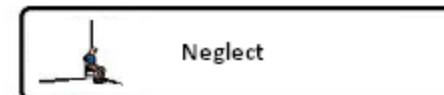
► Financial



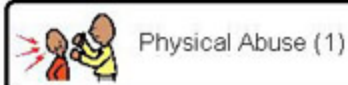
► Emotional



► Neglect

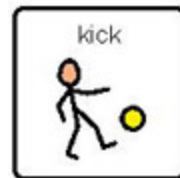
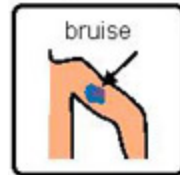


# Physical Abuse

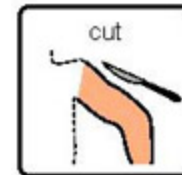


Physical abuse is the most common form of abuse, and usually gets worse over time.

- ▶ Hitting
- ▶ Punching
- ▶ Beating
- ▶ Slapping
- ▶ Pulling hair
- ▶ Bruise
- ▶ Kicking



- ▶ Use of weapons
- ▶ Burning
- ▶ Biting
- ▶ Cutting
- ▶ Spitting
- ▶ Choking



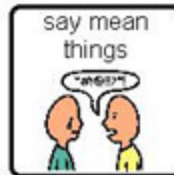
# Verbal Abuse



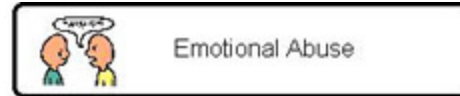
Verbal Abuse

Verbal abuse is abuse achieved primarily with words.

- ▶ Bad mouth people
- ▶ Make fun of people
- ▶ Start rumours
- ▶ Say mean words
- ▶ Put down
- ▶ Threaten

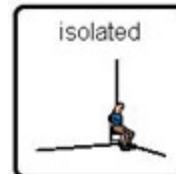


# Emotional Abuse



Emotional Abuse is abuse that uses emotions to intimidate the victim.

- ▶ Name calling
- ▶ Ignoring feelings and concerns
- ▶ Making you feel guilty
- ▶ Intimidation/Fear
- ▶ People mistreating you
- ▶ Being rejected all the time
- ▶ Being left alone all the time





# Sexual Abuse



Sexual abuse is forced sexual contact or behaviour that takes unfair advantage of you.

- ▶ Inappropriate touching
- ▶ Being shown other's private areas
- ▶ Not respecting private areas
- ▶ Looking at private photos
- ▶ Sexual Harassment



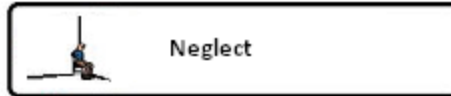
# Financial Abuse



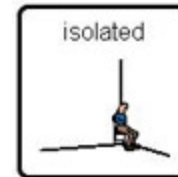
- ▶ Stealing
- ▶ Spending money that is not yours
- ▶ Withholding money
- ▶ Not keeping private financial information confidential
- ▶ Controlling bank accounts
- ▶ Having your cheque book or debit card taken away
- ▶ Not sharing where the money is spent
- ▶ Pressure to spend money that you don't want to spend



# Neglect



- ▶ Seclusion
- ▶ Not providing food, shelter, clothing
- ▶ Not providing a clean environment
- ▶ Not having a place to feel safe and secure
- ▶ Not having a place that is private



# What to do if you feel a friend is being abused?

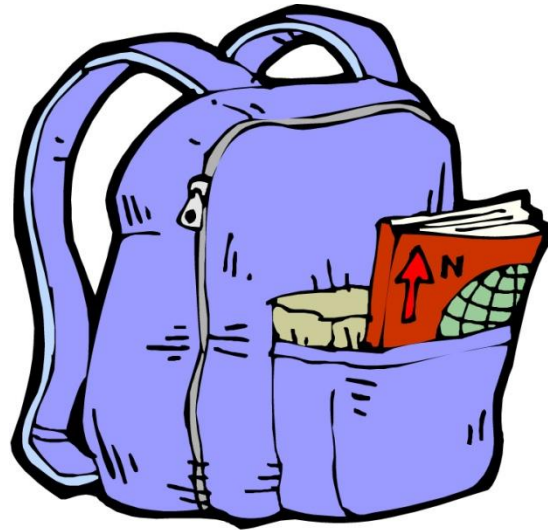
- ▶ Talk to your friend
- ▶ Encourage your friend to talk to someone they trust
- ▶ Be there for them and support them
- ▶ Do not start or spread rumours
- ▶ Respect their privacy



# What's the abuse?

Someone keeps going into your backpack and taking your things without your permission.

What do you do?



# What's the abuse?

One of the other students keeps touching you after you have asked them to stop. They bug you everyday.

What do you do?



# What's the abuse?

You are really hungry but staff will not let you eat and make you wait a long time before you can get your food out of your bag.

What do you do?



# What's the abuse?

Some one in your life constantly puts you down and says mean things. They often tell you that you are stupid, don't know anything, and are good for nothing. You want them to like you, so you don't say anything and don't stand up for yourself.

What do you do?





# What's the abuse?

You break your arm while playing outside. You can see the bone and are in a lot of pain. Your caregiver refuses to take you to the hospital or give you any pain medicine.

What do you do?



# What's the abuse?

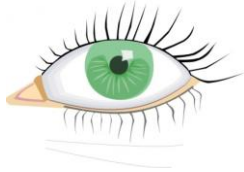
You know someone who gets mad very easily  
Every time they get upset they take it out on you and will  
often hit, punch and kick you. They tell you that if you tell  
anyone they will hurt you even more.

You are afraid of this person and do not want to make  
them more angry.

What do you do?



# Remember to...



Look for signs of abuse



Listen when someone has something to say



Speak to someone  
if you feel you are being abused