



## Recognizing Abuse and Neglect

You have the right to feel safe.

It is not ok for someone to hurt you or others.

If you or someone you know is being abused or neglected, report it.

### How can you tell if you are experiencing abuse or neglect?

#### Abuse happens when someone:

- Hits or slaps you;
- Uses a weapon (like a stick, gun, or knife) to scare you or to hit you;
- Holds you down or ties you up;
- Makes you afraid, mad, or sad by calling you hurtful names or saying mean or bad things to you;
- Touches you in a place covered by your bathing suit without your permission;
- Makes you have sex, makes you kiss them, or touch them in a place covered by their bathing suit when you don't want to;
- Takes or uses your money without your permission to buy things that are not for you;
- Punishes you by not letting you have food or something to drink; or
- Doesn't let you see visitors, get or make phones calls, or get your mail.

#### When someone's job is to support you, neglect can happen if they:

- Leave you alone for a long time with no one there to help you;
- Don't help you get to the doctor or hospital when you have been badly hurt;
- Don't let you take a bath, shower, or keep yourself clean, or they don't help you if you need help;
- Don't make sure you have enough food or clothing;
- Don't take you to the doctor or the hospital when you are hurt or are feel sick or need care; or
- Don't make sure that your home is clean, safe, and warm, and that you don't have leaks or a lot of bugs or rodents (like mice).



**If any of these things happen to you, or you see them happening to others, tell someone you trust. No one should abuse or neglect you.**

