

Eye to Eye Counselling Service

“Sometimes we all need someone to talk to”



Abuse:

What is Abuse?

Abuse is when power is used to **treat you badly**, or to get you to do things **you don't want to do**. It is hurtful and can have lasting effects. It is important to know that **abuse is never your fault**, and you are not alone.

Abuse can be:

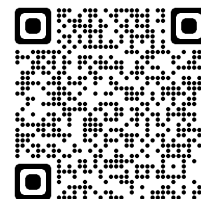
- **Sexual** - making you take part in any sexual activity (either online or in person)
- **Physical** - punching you, kicking you, hitting you, shaking you, burning you, biting you
- **Emotional** - humiliating you, criticising you, name calling, constantly ignoring you, exposing you to domestic violence, or being gaslighted/made to think you're crazy
- **Verbal** - saying/writing horrible things to you, shouting at you, swearing, name calling
- **Neglect** - not looking after you properly or keeping you healthy- ie lack of food, shelter or appropriate clothing, lack of health care

I'm being abused, what should I do?

- If you are in **immediate danger**, then **call 999** or ask somebody to call them for you
- If the abuse is from **someone you know**, this can make it even harder, but it is important that you **speak out** to make sure you're **not left alone** with them
- Talk to an adult that **you trust**- this could be a teacher, your school or community Eye to Eye counsellor, a youth worker, or a friend/family member
- Report it via the NSPCC website if you don't feel you can tell somebody you know
- See our 'Helpful resources' section below for how to tell somebody about abuse
- If you feel you can't tell somebody out loud, then write them a letter instead to explain what's going on

I'm scared, will I get into trouble:

It is understandable that you may feel scared to talk about abuse, you may have been threatened not to tell anyone and you may be worried that you will get into trouble yourself. It is important that you know that you **will not** get into trouble if someone is abusing you, its **not your fault** and **you deserve to be safe**.



www.eyetoeye.wales

Useful Contacts

Eye to Eye Counselling Service:

01443 202940

Email: info@eyetoeye.wales

NSPCC Helpline

0808 800 5000

www.nspcc.org.uk

Childline

0800 11 11

www.childline.org.uk (online chat)

Respect (Males)

0808 801 0327

www.mensadvice.org.uk

Helpful Resources

[Childline: Abuse and safety](#)

[Young Minds: Abuse](#)

[NSPCC: Types of Abuse](#)

[The MIX: Abuse](#)



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