



SAFEGUARDING & SAFE SOCIAL MEDIA USAGE

AN EASY-READ GUIDE TO UNDERSTANDING AND REPORTING ABUSE



What is abuse?

Abuse happens in lots of different ways.



Abuse can be:

- when someone hurts or treats you badly
- when someone does or says things to make you upset or frightened

**Abuse is always wrong.
Abuse is not your fault.**

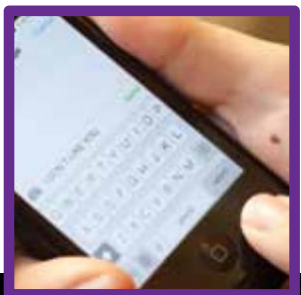


Emotional abuse

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

This could be:

- calling you names
- blaming you when it is not your fault
- ignoring you
- laughing at you
- treating you like a child



Physical abuse

This is when someone hurts you.

This could be someone who:

- hits you
- kicks you
- pinches or scratches you
- pulls your hair
- burns you
- gives you the wrong medication



Sexual abuse

This is when someone touches your body or private parts in ways you do not like or want.

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

This can be someone:

- touching your bottom
- touching your breasts
- making you touch other people in these places
- making you look at or watch pictures or films of a sexual nature



Financial abuse

This is when people take your money or belongings without asking.

This can be when someone:

- steals your money
- takes control of your money
- makes you pay for other people's things
- takes things that belong to you





Neglect

This is when people who are there to help you do not look after you properly.

This can include:

- being hungry most of the time
- not being kept safe not getting the right medical help
- not having clean clothes to wear





Discrimination

This is when people treat you badly or unfairly because you are different to them.

This could be because

- have a different coloured skin
- have different religious beliefs
- are disabled / have an intellectual disability
- are lesbian or gay
- speak a different language



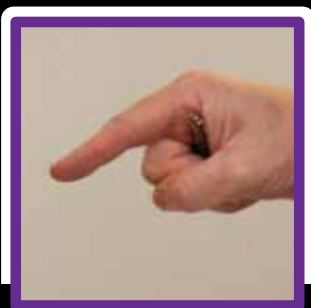


Institutional abuse

This is when paid staff in a hospital or care home do not care for you properly or respect your rights.

This can be when:

- there are not enough staff on duty most of the time
- staff are not trained
- the rules and routines are made by the manager and staff
- your personal things are used by or for someone else





Who might abuse you?

Most people will not abuse.

People who may abuse you might be:

- a member of your family
paid staff or professionals
neighbours
strangers
friends
volunteers



Where can abuse happen?

Abuse can happen anywhere and at any time.

It could happen:

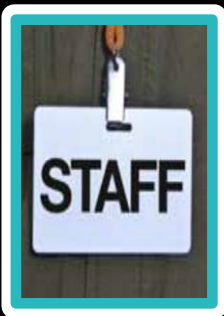
- in the house or home
- where you live
- in hospital
- at a day center
- at work
- in the street



Who should I tell?

If you think you have been or are being abused you should talk to someone. – Ensure to use social media safely – e.g. don't share pictures of body parts with others – see types of social media abuse below. You can talk to:-

- Your Keyworker,
 - Supervisor, Social Workers.
 - a member of your family
 - a friend
 - Garda/Police
 - a doctor or nurse
 - someone your trust.





Say no to abuse

Remember Everyone's Will &

Preference, Human Rights & Consent

have to be taken into account in all

circumstances of their lives.



BE SAFE ONLINE!

SAFE INTERNET AND SOCIAL MEDIA USAGE -

Warning signs that you are not safe

Types of things you can do to keep safe online and warning signs that you may be experiencing online abuse.

Discrimination - This is when someone is abusive to you because of, for example, your race, gender, age, sexuality, religion, appearance, or disability. This is when someone abuses you to get something out of it for themselves. Mate Crime is when someone says they are your friend, but they do things that take advantage of you, like ask you for money. Grooming, Sexting, Hacking, and financial abuse are types of exploitation. This is when someone tries to effect your emotions by abusing you.

Verbal abuse, Trolling
, Coercion,
Harassment, Stalking, Cyber bullying, &
controlling behaviour
are types of psychological abuse.

Exploitation

Psychological abuse online can occur in
:Online chat rooms
Social Media e.g.
facebook, twitter/texting/

How to keep safe online

- Be careful what you look at online
- Always log out of accounts
- Set up security settings on your computer
- Be careful about email and charity scams
- Don't give out personal information about you or your family.
- Go online with information/ someone you trust

- Change your passwords regularly
- Talk to someone you know before signing up for anything online e.g loans or gambling sites
- Don't click on links or popups if you haven't heard of the site
- Don't download anything illegally – including anything of a child sexual pornography nature – this is a crime.
- Install antivirus software

How to keep safe online Relationships

- Remember you are in control
- A virtual stranger can be a risk
- Only add people you know
- Keep your profile hidden and check your security settings
- Don't give out

your location e.g.

Don't send naked snapchat
pictures of yourself
to anyone

- Think about what
you say to and
about people
online
- Don't accept
strangers as
friends It's okay to say
No
- Don't talk to
people you don't
know in private

Keeping safe on dating websites Keeping your location safe – warning signs:-

- Talk to someone in your support

network and let them know if you are thinking of signing up for a dating website.

- Take your time when building relationships. Remember to follow all the points on how to keep safe online and look out for warning signs that you may be unsafe.
- Always let someone in your support network know if you are going to meet someone you have met on a dating website.
- Never give out your location, your address, or where you live when you are online.
- Some apps such as Snapchat let other people know your location when you are online. This can make you vulnerable.
- Always hide your location on your apps and devices. If you don't know how to do this ask someone you trust to help you.
- Be careful of strangers asking you for things like money – don't give money

- Be careful of someone you don't know giving you lots of complements or Strangers asking to meet in a private place or Strangers from abroad talking to you
- Private messages
- Be careful of a stranger you don't know asking to be your girlfriend or boyfriend
- Suspicious emails in your inbox
- Strangers asking you lots of personal questions
- Strangers asking you to send them photos or videos – don't send them
- Warning signs that you are not safe
- Strangers talking about your friends

or family when you
don't know them

What to do if you have a problem !!!!!!!!!

- Come offline
- If you feel unsafe online or are experiencing abuse come offline until the issue is resolved.
- Report it
- Block it
- Talk to someone you trust
- Talk to someone in your support network that can help you deal with what is happening. This could be a support worker, friend or
- family member or designated officer Mary Currie.
- Contact the Garda
- Keep any evidence
- Contact other organisations
- If you are on a social media site

such as facebook or twitter and report any abusive behaviour.

- Block any abusive people on all your devices, on social media, and block any abusive emails as spam.
- If you are experiencing abuse online contact the Gardai about
- the issue Telephone 999
- Don't immediately delete any messages, emails, photos or videos you get. Keep them as you may be able to use them as evidence of the abuse.

Grooming

- Grooming is when someone builds a relationship with you so they can take advantage of you.
- Mate Crime is when someone pretends to be your friend so they can abuse you.
- Sexting is sending sexual messages, photos or videos by mobile phone.

Your contacts

**Use this space to write down
important telephone number**

Tell someone what's happening, Ring Gardai, Block person's number from your phone/ social media account if you are being hassled- stay away from the person who is causing you upset

Write down your contact numbers to report abuse:-

- Garda Station or dial 999

Your parents Tel _____

Your supervisor or Keyworker
Tel _____

Principal Social Worker, Mary Currie - 087 3678422 or Social Workers Aine Salter on 087 3656660 or Irina Rosca 0873949540