



Information about Harm



Across Scotland, there are adults at risk of harm. This leaflet tells you

- **what people mean when they talk about harm**
- **what to do if you think you are at risk of harm**
- **what to do if you know someone who might be at risk of harm**

What is harm?

Harm means people doing things that hurt or upset you.

There are five main types of harm.

Physical Harm

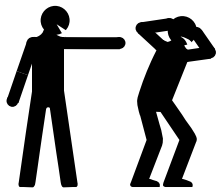


This means hurting a person's body or stopping a person moving about.

Physical harm can be

- Hitting a person
- Shaking a person
- Locking a person up

Psychological Harm

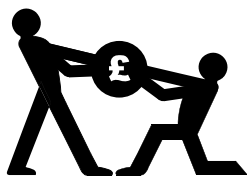


This means hurting a person's mind.

Psychological harm can be

- Upsetting a person's feelings
- Making a person feel scared
- Leaving a person alone for too long

Financial Harm



This means stopping a person from having their money or things.

Financial Harm can be:

- Stealing or taking money from a person
- Not letting someone use their money
- Not letting someone use the things they own

Sexual Harm

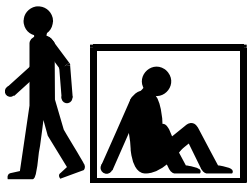


This means getting a person to do sexual things they don't want to do or don't understand.

Sexual harm can be

- Making a person have sex
- Taking photos at private times
- Making a person look at sex DVDs or photos
- Getting a person to do sexual things for money or presents

Neglect



This means stopping a person getting the things they need to be healthy.

Neglect can be

- Stopping a person from seeing their doctor
- Stopping a person from getting their medicine
- Stopping a person from getting the right food

Help is available

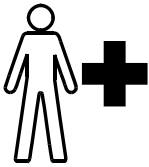
There is extra help for people over 16 years old who find it difficult to stop someone harming them because they

- are disabled
- are sick or
- have a mental health condition

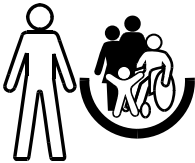
People over 16 years old who might find it difficult to stop someone from harming them for one of these reasons are called “adults at risk of harm”. The next part of the leaflet tells you what to do about harm.

If you are worried about harm

Tell or show someone



Tell a health worker



Tell a social worker



Tell a police officer

Tell anyone you trust

Health workers, social workers and police can help.



Your local contacts

