

# Protecting People of All Ages in Dundee

How You Can Help

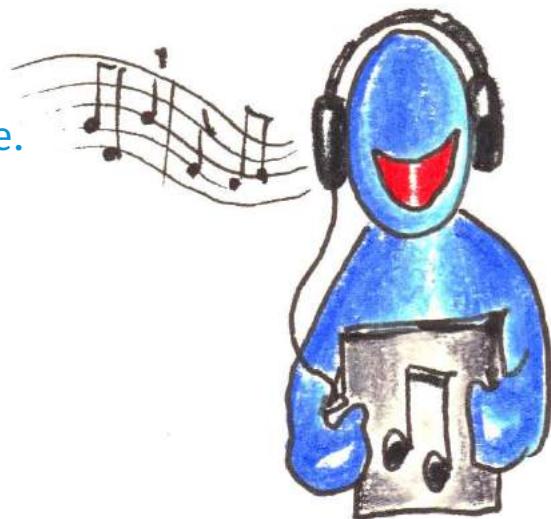


# What is meant by Protecting People?

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Protecting people means being able to protect everyone, no matter what age, when they may need to be protected.

This includes children, adults and older people.



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This booklet contains information to make it easier for members of the public to report any worries or concerns they have about someone in Dundee who may be being harmed or at risk of being harmed.

It was originally put together with the involvement of members of the public who are community representatives of Local Community Planning Partnerships in the City and updated in November 2015.

# Who may need to be protected?

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- Children in need of care and protection
- Adults in need of support and protection
- Adults and children affected by domestic abuse and sexual violence
- Anyone at risk of suicide or self harm, their families and carers
- Anyone concerned about their own, or another's, alcohol or drug use
- The general public

# Protecting Children

All children should expect to live in a safe place with people who love them, care for them and look after them.

Unfortunately, this sometimes doesn't happen and children can be harmed.

Harm means people doing things that hurt and upset someone.

There are different kinds of harm that can happen to a child including physical harm, emotional harm, sexual harm and neglect.



Children who are harmed may be:

- hit
- shouted at/humiliated
- ignored
- looked after by unsuitable people
- sexually abused
- contacted through social networking and gaming sites by adults pretending to be the same age
- criticised all the time (like being called 'stupid')

Children may also be harmed by:

- not being fed or not knowing when they will be fed
- not getting physical contact (like not getting cuddles if a child is hurt)
- not being kept clean, (like not getting a nappy changed regularly)

This kind of harm can happen anywhere, for example;

- in the child's own home
- in the home of a friend or relative
- in a day centre, nursery or school
- through internet and gaming sites
- at a club
- in hospital
- in the wider community
- through mobile phones

**NO CHILD HAS TO PUT UP WITH BEING HARMED - HELP IS AT THE END OF A PHONE LINE**

If you, or any child you know is being harmed, or at risk of harm, phone Dundee's Child Protection Line: **01382 307999**  
Deaf or Hard of Hearing Text number:  
**0786 00 22 8 99**

# Protecting Adults

Everyone should expect to be treated with respect and understanding.

Unfortunately some adults are taken advantage of and they can be afraid to tell anyone what is happening to them. They may not know they are being harmed.

An adult who may need to be protected may be anyone who is aged 16 and over, who:

- is unable to look after their own health, well being, property, money
- is at risk of harm; and

Adults who suffer Physical Harm may be:

- hit, pushed or scratched
- shaken

They may also be harmed by:

- not being fed or not knowing when they might next be fed

Harm means people doing things that hurt and upset someone.

There are different kinds of harm that can happen to an adult including physical harm, psychological harm, financial harm, harm through alcohol and drug misuse, sexual harm and neglect.

- because they are affected by disability, mental illness or a mental health difficulty are more likely to be harmed than other adults who are not affected by difficulties.

- locked up
- stopped from moving about
- physically hurt

- not being kept clean
- not being given the medication they need

Adults who suffer Psychological Harm may be:

- made to feel scared
- left alone for too long
- shouted at a lot

- ridiculed and called names
- made fun of because they have a problem or difficulty
- constantly made to feel upset
- threatened with physical harm

Adults who suffer Financial Harm may:

- be stolen from
- not be allowed to have their own money
- be pressurised into parting with their own money, property or things they own

Adults who suffer Sexual Harm may be:

- asked to do sexual things they don't want to or don't understand
- touched in ways they don't like
- made to listen to sexual talk

Adults who suffer Neglect may be stopped from:

- getting things they need to be healthy

- getting the right food
- getting their medicine
- seeing a doctor

This kind of harm can happen anywhere, for example:

- in the adult's own home
- in the home of a friend or relative
- in a day centre

- in a care home
- in hospital
- in the wider community
- through internet and mobile phones

Here are some examples:

'He made me do things I didn't want to do. He bought me things, got nasty as he wanted something back' (18 year old young woman).

'Mum got tired and frustrated looking after Dad (56 years) after his stroke, and then all he did was drop some shopping, but she yelled at him and pushed him, he fell and broke his wrist'.

'I'm 82 years old and live with my son and daughter-in-law. They persuaded me to sell my house and give them the money. They demand money from me and when I object they say they'll 'pack me off to a home'.

'My dad has early onset dementia and had been receiving lots of scam mail and phone calls all telling him he'd won a large cash prize but he had to send money to release it. He kept doing this and didn't tell us. He lost £10,000'

**NO ADULT HAS TO PUT UP WITH BEING HARMED - IF YOU SEE SOMETHING, SAY SOMETHING- HELP IS AT THE END OF A PHONE LINE**

If you, or any adult you know is at risk of or being harmed phone the First Contact Team on: 01382 434019  
Deaf or Hard of Hearing Text number: 0786 00 22 8 99

# Domestic Abuse & Sexual Violence

People should expect to be safe and free from harm, especially in their own homes. However anyone can be affected by different forms of domestic abuse and sexual violence regardless of their age, ability, gender, religion, sexual orientation, and whether or not they have money.

Different types (or kinds) of harm can happen to an adult or child who are affected by domestic abuse or sexual violence, commercial sexual exploitation, trafficking and harmful practices such as Female Genital Mutilation, Forced Marriage and Honour Based Violence.

## People who are affected by Domestic Abuse may be:

- hit
- shouted at a lot and made to feel upset

## People who experience Sexual Violence may be:

- raped
- sexually assaulted

## People who have been trafficked may be:

- moved from one country or place to another to be exploited
- have their passports taken away from them

## People who are affected by Harmful Practices may:

- be forced to marry someone that they don't want to marry
- experience female genital mutilation

- humiliated and made to feel frightened
- physically hurt
- restricted as to where they can go

## People who are involved in Commercial Sexual Exploitation may be:

- involved in prostitution, pornography or lap dancing

- threatened with use and/or being used for sex
- used as cheap labour
- treated like a slave

These are most commonly experienced by females from black and minority ethnic communities.



## Domestic abuse and sexual violence can happen in a number of places:

- most domestic abuse, sexual violence and harmful practices takes place behind closed doors, in people's own homes.

- commercial sexual exploitation/prostitution takes place in public places including hotels and in specific business or residential places (normally known as 'Brothels')
- through internet or mobile phones

## NO ADULT OR CHILD HAS TO PUT UP WITH DOMESTIC ABUSE OR SEXUAL VIOLENCE - HELP IS AT THE END OF A PHONE LINE

If you, or any adult or child you know is at risk of harm or being harmed by domestic abuse or violence - phone **01382 307999** (for children) or the First Contact Team on **01382 434019** (for all adults).

An advice line specifically for male victims of domestic abuse can be accessed at **0808 801 0327**. It is free from landlines and most mobiles.

The National Domestic Violence Helpline for Women **0808 2000 247**

# Suicide Prevention

Every suicide is a tragedy that has far reaching impacts on family, friends and the community.

Through experience and research it has been found that talking openly about suicide in a responsible manner can save lives. In Dundee, Suicide Prevention work focuses on the National Choose Life campaigns

“Suicide: Don’t hide it. Talk about it” and “Read Between the Lines”.

The relationship between suicide and self-harm is complex. Many people who die by suicide will have a history of self-harm, but most people who self-harm will not go on to die by suicide.

Through the local Suicide Prevention Group there is support information available for everyone:

- guidance in ‘Supporting Children and Young People at risk of suicide and self harm’

- the Suicide Prevention App ‘Suicide? Help!’ which has information about local support services
- training for members of the community and support services.

If you are thinking about suicide, or are worried about someone else, you can call free of charge to the Samaritans - **116 123** or Breathing Space - **0800 83 85 87**



# Alcohol or Drugs

The misuse of alcohol and drugs can have a devastating effect on individuals, families and the community. These negative effects are most destructive where children are living within families where the

misuse of alcohol and/or drugs is a regular occurrence. Dundee has a range of support services that people can access to support them with any issues related to problem alcohol or drug use.

A wide variety of support is available and includes the following:

- Help for individuals where alcohol and/or drug misuse may have become central to their lives
- Information, advice and help for experimental alcohol and/or drug users

Support is also available for individuals who through problematic alcohol and/or drug use may need support or advice regarding social relationships, finances, housing and the law, physical and mental health, interpersonal conflict or poor family relationships.

Information on the above can be viewed at [www.dundeepartnership.co.uk/  
content/alcohol](http://www.dundeepartnership.co.uk/content/alcohol)

For an initial point of contact phone Addaction - **01382 206 888** or go online to [dundeedirectaccess@addaction.org.uk](mailto:dundeedirectaccess@addaction.org.uk)

# Protecting The General Public

A number of things have happened in the last few years to protect the general public.

As a result:

- Sex Offenders must register with the Police. This means giving the police information, including, their name and address, passport number, National Insurance number, bank account details, DNA samples, finger prints, and photos.
- The Police, councils, the prison service and health services work together to share information and plan how to protect the public from a person that could be dangerous.
- There is a confidential computer system for all of Britain to keep and share information on people who pose a risk of serious harm to the general public.
- There is a Child Sex Offender Community Disclosure Scheme. This means that members of the public (parents, guardians or carers) can request information regarding named people who have contact with their children, where they may have some concern.
- A system is in place to stop unsuitable people from working with children and adults in Scotland.
- There is a Disclosure Scheme for Domestic Abuse that gives individuals in Scotland the right to ask the Police if their partner has a history of domestic abuse.

If you are a parent, guardian or carer and have concerns about someone who has contact with you or your children you can contact the **Police** on **101** and state that your

call is in relation to **Keeping Children Safe/The Sex Offender Community Disclosure Scheme /Domestic Abuse Disclosure Scheme**.

# What to do if you have concerns

- Keep your eyes open - be alert to signs
- Don't ignore it - talk about it; violence, abuse and harm can get worse when no one acts to stop it
- If you think a crime may have been committed against a person, don't question them about it. This may be unhelpful to the Police when they come to gather evidence.
- Be supportive, but tell the person you are concerned, let them know you are there to help and listen
- Keep them and yourself safe
- Remember help/advice is available at the end of a phone line.

If you see behaviour that you need to report immediately to protect someone from something which is happening to them right now, contact the Police by calling **999**. If you are concerned but it isn't an immediate emergency, phone **101**.

If you think a child is at risk of harm, contact Dundee's Child Protection Line on: **01382 307999**

If you think an adult is at risk of harm, contact **The First Contact Team** on: **01382 434019**

You can also contact Victim Support on: **01382 305707**. If they can't help, they will put you in touch with the right agency.

Deaf or Hard of Hearing Text number: **0786 00 22 8 99**

# What you may be asked when you call

These are the kind of things you will likely be asked when you call:

- your name (although you don't have to give it)
- who is being harmed or is at risk of harm?
- does the person know you are contacting us about your concerns?
- what did you see or hear?
- did someone else say something to you?
- what are your concerns - and why?
- when did it happen (if it is a specific incident).

You do not have to give your name or personal details. However doing so makes it easier for people to contact you if they need to check things. It also means that they can let you know that something has happened as a result of your concerns.

Your concerns will be written down and given to the people that need to know. Once they have looked into what you reported, and there is further action needed, then this will be done. Someone will get back to you to let you know that your concern has been looked into.



# It's up to all of us to Protect People in Dundee

If you are worried about a child or an adult who may be at risk:

**DON'T IGNORE IT -  
SHARE YOUR CONCERNS  
HELP US TO PROTECT THEM  
TELL SOMEONE!!**



## Websites

Dundee Protects

[www.dundeeprotects.com](http://www.dundeeprotects.com)

Dundee Community Safety Partnership

Facebook page

[facebook.com/dundeecommunitysafetypartnership](https://facebook.com/dundeecommunitysafetypartnership)

<b>This information is made available in large print or in an alternative format that meets your needs.</b>	
<b>Chinese</b>	欲知詳情，請致電：01382 435825
<b>Russian</b>	Более подробную информацию можно получить позвонив по телефону: 01382 435825
<b>Urdu</b>	مزید معلومات کے لئے بارے جانی 01382 435825 پونکریں۔
<b>Polish</b>	po dalszą informację zadzwoń pod numer 01382 435825
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