

UNDERSTANDING **NEGLECT** AND GETTING HELP



WHAT IS NEGLECT?

Neglect is when you are not properly cared for by the adults responsible for you.

WHAT DOES NEGLECT LOOK LIKE?

You might be neglected if you do not have:



WHY DOES NEGLECT HAPPEN?

Neglect can happen for different reasons. Sometimes, the adults looking after you might have problems themselves, like:

- Being unwell or very worried
- Fighting or shouting using alcohol or drugs
- Not having enough money
- Having no family or friends to help them
- Not knowing how to care for a child because they were not well cared for when they were young



HOW MIGHT NEGLECT MAKE YOU FEEL?

You might also:

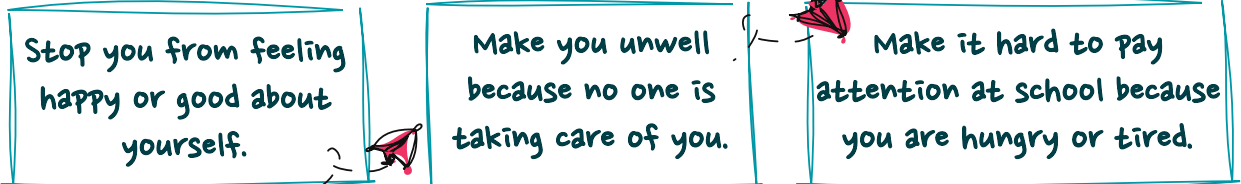
If you are being neglected, you might feel:

- ~ Hungry, cold, or tired
- ~ Lonely or sad
- ~ Scared or unsafe

- ~ Think nobody cares about you.
- ~ Worry about what will happen next, like if you will have enough food or a safe place to stay.

HOW CAN NEGLECT MAKE LIFE HARD?

Neglect can also make life harder in other ways. It might:



You might also:

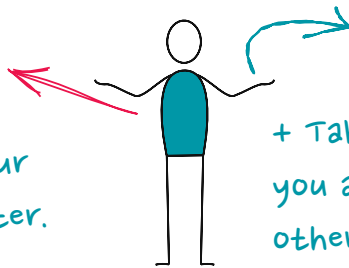
- ~ Act differently, like being very quiet or very angry.
- ~ Blame yourself for things that are not your fault.
- ~ Feel so upset that you might do unsafe things.

WHY DO YOU HAVE A SOCIAL WORKER?

A social worker is here to work with you and the people in your life to make things better for you. Here is what they can do:

+ Make sure you are safe, cared for and supported.

+ Help the adults in your life look after you better.



+ Listen to how you feel and what you need.

+ Take action if they think you are not safe, like finding other ways to protect you.

REMEMBER THIS

It is never your fault if you are not being cared for. You deserve to feel safe, loved, and happy.



WHAT CAN YOU DO IF YOU ARE WORRIED?

If you feel scared, sad, or unsafe, talk to someone you trust, like:



See Our Websites for More **Free** Resources

1 www.socialworkerstoolbox.com



2 www.anxietyhelpbox.com



3 www.feelingshelpbox.com



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