

Empowerment	People being supported and encouraged to make their own decisions and informed consent
Prevention	It is better to take action before harm occurs
Proportionality	The least intrusive response appropriate to the risk presented
Protection	Support and representation for those in greatest need
Partnership	Local solutions through services working with their communities. Communities have a part to play in preventing, detecting and reporting neglect and abuse
Accountability	Accountability and transparency in delivering safeguarding

"I am asked what I want as the outcomes from the safeguarding process and these directly inform what happens"

"I receive clear and simple information about what abuse is, how to recognise the signs and what I can do to seek help"

"I am sure that the professionals will work in my interest, as I see them and they will only get involved as much as needed"

"I get help and support to report abuse and neglect. I get help so that I am able to take part in the safeguarding process to the extent to which I want"

"I know that staff treat any personal and sensitive information in confidence, only sharing what is helpful and necessary. I am confident that professionals will work together and with me to get the best result for me"

"I understand the role of everyone involved in my life and so do they"