



## Safeguarding: A Young Person's Guide

**Before you begin to read this guide, it's important that you understand what certain words mean to us:**

- **Abuse** – abuse is when a child or young person is intentionally harmed by an adult or another child. It can be over a long time, or a short time, or even just once. It can be physical, sexual, or emotional, and it can happen in person, or online. It can also be a lack of care and attention, which is called neglect.
- **Child, children, or young people** – this means anyone who has not yet had their 18th birthday.
- **Senior safeguarding officer (SSO)/Designated Safeguarding Officer (DSO)**– this is the person at our Club who you can report any concerns or worries you may have. They are responsible for making sure that Safeguarding is being implemented at our Club.
- **Safeguarding** – this is the work that we carry out, to ensure your safety and wellbeing.

### How does Bristol City keep you safe?

Safeguarding is everyone's responsibility. The main objective of our work is to create a safe environment, to do this we:

- have a Safeguarding team, who make sure that Safeguarding is followed by everyone involved in sport, including your Club staff and coaches.
- help people protect themselves, as well as others. We help, coaches, volunteers, officials, and other adults make sure they know how to keep you safe, and what to do if they have any concerns about your safety or wellbeing.
- make sure that everyone who works with us is safe to work with children and young people. We do this by making sure that everyone who may come into regular contact with you has a DBS check, which is a check to make sure the individual has never harmed a child or young person before.
- make sure that everyone who works with us, understand their safeguarding responsibilities, and that they know how to implement safeguarding in the Club. This involves making policies and guidance notes available to everyone, which contain information on how to make the club safe.
- we will act when we find out that a child or young person has been abused or is being mistreated.

We are required to follow the Safeguarding Children and Young People policy, which has rules in place that Clubs must follow to keep you safe.

You should know that if you have any concerns about your safety or welfare or want some advice on what you can do to keep yourself safe, you can talk to your Senior Safeguarding Officer or Designated Safeguarding Officer.

**What is abuse?** It is important that you know and understand what abuse is, so you can spot if it is happening, or has happened, to you, or someone else. You must tell someone.

**There are five main types of abuse.**

**Physical Abuse** – is when someone hurts or injures you, or another child or young person, on purpose.

**Sexual Abuse** – is when someone forces, pressures, or tricks you into taking part in any sort of sexual activity with another person. It is also important to know that sexual abuse can happen, even if you don't have sex, or haven't even made physical contact. If someone forces you to take a picture of yourself in a sexual nature, either in person or online it is sexual abuse.

**Emotional Abuse** – is when someone always says mean, or upsetting, things to you, shouts at you, continuously ignores you, stops you from having friends or pressures you into doing things you're not comfortable doing.

**Neglect** – is when you don't get the care and help you need, from the person who is supposed to be looking after you.

**Bullying** – is repeated, negative behavior that is intended to upset you, make you feel uncomfortable, or unsafe. Name-calling, being teased, having things stolen or hidden from you, being put down, being threatened, or having rumor's spread about you are all forms of bullying. Bullying can also happen online on social media, or on gaming platforms.

### **What will we do if you're abused or have a concern?**

If you tell us, or someone who works with us, that you think you may have been abused, or know someone who may have been abused, you will be listened to and everything you tell us will be taken seriously and support offered. It is important to talk. We WILL help.

SSO Maggie Martin 07880140411  
DSO Jen Owsley 07989771081  
Mark Humphrey 07786213684

Anonymous referrals [https://form.thesafeguardingcompany.com/57bdb1ef-](https://form.thesafeguardingcompany.com/57bdb1ef-c410-4fa6-8310-8078f1f033d4)



[c410-4fa6-8310-8078f1f033d4](https://form.thesafeguardingcompany.com/57bdb1ef-c410-4fa6-8310-8078f1f033d4)

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