**Q1. What is safeguarding and why is it important?**  
**A1:**  
Safeguarding refers to the policies, procedures, and practices in place to protect children, young people, and vulnerable adults from abuse, neglect, exploitation, and harm. It ensures that individuals are supported in environments that promote their health, well-being, and human rights.  
It is important because everyone has the right to live in safety, free from abuse and neglect. Safeguarding helps prevent harm before it occurs and ensures that timely action is taken if concerns arise.

**Q2. List and explain the four main types of abuse.**  
**A2:**

* **Physical Abuse** – Causing physical harm through hitting, shaking, burning, or other forms of physical force.
* **Emotional Abuse** – Ongoing emotional maltreatment such as constant criticism, threats, rejection, or withholding love.
* **Sexual Abuse** – Forcing or enticing someone to take part in sexual activities, whether or not they are aware of what’s happening.
* **Neglect** – Failing to meet basic needs such as food, shelter, healthcare, or supervision.

**Q3. What would you do if a child disclosed abuse to you?**  
**A3:**  
I would remain calm, listen without judgment, and let the child speak freely without interrupting or pressing for details. I would reassure them that they were right to tell me and that it’s not their fault. I would avoid making promises like keeping it secret. Then, I’d make a clear, factual record of what they said using their exact words if possible, and report it immediately to the Designated Safeguarding Lead (DSL) or follow the appropriate safeguarding procedure in my organisation.

**Q4. Who is responsible for safeguarding in an organisation?**  
**A4:**  
Everyone.

**Q5. Define emotional abuse and provide an example.**  
**A5:**  
Emotional abuse is the persistent emotional maltreatment of a person that affects their emotional development or mental health. It can include humiliating someone, isolating them from others, threatening them, or making them feel worthless.  
**Example:** A caregiver constantly telling a child they’re stupid, unloved, or unwanted, leading to low self-esteem and anxiety.

**Q6. What is the difference between safeguarding and child protection?**  
**A6:**  
Safeguarding is a broader concept that involves promoting the welfare of children and protecting them from harm before any abuse occurs. This includes policies, safe recruitment, training, and risk assessments.  
Child protection, on the other hand, is a part of safeguarding that focuses specifically on how to respond when there are concerns or evidence that a child is suffering or likely to suffer harm.

**Q7. What are some signs of neglect in children?**  
**A7:**  
There are several signs that may indicate neglect.

**Q8. What is the role of a Designated Safeguarding Lead (DSL)?**  
**A8:**  
The DSL is the key person responsible for leading safeguarding within an organisation. Their duties include receiving and managing concerns about the safety or welfare of individuals, making referrals to external agencies such as social services, maintaining safeguarding records, ensuring policies are up to date, and providing support and training to other staff.

**Q9. If you’re unsure whether something is a safeguarding concern, what should you do?**  
**A9:**  
If I’m unsure, I would speak to the DSL or a supervisor as soon as possible. It’s always better to report something and be wrong than to ignore it and risk harm. Safeguarding is everyone's responsibility, and early intervention can make a big difference.

**Q10. What legislation underpins safeguarding in the UK?**  
**A10:**  
Key safeguarding legislation in the UK includes:

* **Children Act 1989 & 2004** – Establishes responsibilities for protecting children’s welfare.
* **The Care Act 2014** – Covers safeguarding responsibilities for adults.
* **Keeping Children Safe in Education (KCSIE)** – Provides statutory guidance for schools and colleges.
* **Working Together to Safeguard Children (2018)** – Sets out how agencies should collaborate.
* **GDPR and Data Protection Act 2018** – Protects sensitive information related to safeguarding.