



# **Safeguarding**

## **Easy Read Guide**

# Introduction

## This guide will inform you of:

- What we do to keep children and adults safe and well
- What to do if **you** are concerned for someone
- What **we** do if we are concerned for someone

Everyone has a right to be safe from **abuse and harm**.

**Abuse** is when someone causes harm or distress.

This guide has been written to help you understand abuse and how to stay safe. You can request any committee member to read the full safeguarding policy to you if required.

## Safeguarding

Safeguarding is **everyone's responsibility** to ensure children and vulnerable adults are kept safe from harm and abuse, and to promote good health and wellbeing.

At Harrow Hill Football Club, we implement safeguarding by listening to people.

We support people so they can:

- Choose things for themselves
- Decide things for themselves
- Be the best they can be

# **Children and Young People at Risk**

A child or young person is anyone who has not yet reached their 18th birthday.

## **Adults at Risk**

An adult at risk is a person 18 or over and may need support to:

- Do things for themselves
- Stay safe from harm and or abuse

## **Abuse**

Abuse is when someone does or says things to another person to:

- Hurt them
- Upset them
- Make them feel frightened/vulnerable

Abuse can happen intentionally or without thinking. It can happen once or over a period at different times.

Abuse is a crime.

## **Types of abuse:**

- **Physical** – someone who hurts you for instance, being slapped or punched.
- **Emotional** – someone that hurts your feelings, like verbal abuse and can be perpetrated as bullying.
- **Sexual** – when someone is forced to take part in sexual activities without their consent.
- **Stealing** – when someone takes something from you without consent.
- **Neglect** – when someone is not given the help and support they need.
- **Domestic** – this can happen in or outside the home and by someone in your family.
- **Discrimination** – when you are treated differently. You can be discriminated because of your:
  - **Age**
  - **Gender** – male, female or other gender identity
  - **Sexuality** – gay, lesbian, straight or something else
  - **Disability** – these can be physical disabilities or invisible illnesses.
  - **Race** – skin colour, religion or something else

**Abuse can happen anywhere and at any time.**

Anyone can abuse you:

- Your partner or a family member
- A friend or neighbour
- A carer or volunteer
- Someone you trust
- A stranger

## **What We Do to Keep People Safe from Harm**

**All volunteers at Harrow Hill Football Club must:**

Listen to people who wish to talk or disclose information.


Act if you are concerned for someone's safety/wellbeing.

Encourage everyone to work in a safely manner.

**We have volunteers who are responsible to ensure everyone feels safe.**

## What to do if You Are Concerned


If you are concerned about someone's welfare and think they could be at risk of harm or neglect at the club or outside the club, **don't wait, act** and contact our **Club Welfare Officer - Jo White**

 07930 431416

✉ [jowhite270270@gmail.com](mailto:jowhite270270@gmail.com)

Alternatively, you can contact -

**The Designated Safeguarding Officer at Gloucestershire Football Association - Liz Barnett**

 01454 615888

✉ [liz.barnett@gloucestershirefa.com](mailto:liz.barnett@gloucestershirefa.com)