

Wolverhampton  
City Council



Walsall Council



STANDARDS  
for SAFEGUARDING  
and PROTECTING  
CHILDREN in SPORT



NSPCC  
Cruelty to children must stop. FULL STOP.

Dudley  
Metropolitan Borough Council



beactive



Don't let anyone  
**spoil the fun**

Sport is fun - it gives you the  
opportunity to make new friends  
and try out new activities

**From time to time an adult may spoil the fun by doing or saying something during sporting activities that cause a child or young person to be frightened or sometimes hurt.**

This can sometimes mean the child or young person is experiencing abuse and they may feel they have no one to talk to about it or that no one will listen to or believe what they say.

### **Is something worrying you?**

If you think you may be being abused (someone is not treating you properly), or if you're not sure but feel worried and frightened, this section will:

- Help you to understand what child abuse is
- Explain what to do if you are being abused or are worried about someone at your sports club or sports centre

- Tell you about some special helplines that will listen to you and give advice
- Give you links to other websites that give helpful advice

### **What is child abuse?**

Child abuse is when an adult harms a child or young person. There are four main types of abuse:

**Physical abuse:** this includes being hit, kicked, shaken or punched or given harmful drugs or alcohol.

**Emotional abuse:** is being called names all of the time, being threatened or being made to feel small or silly.

**Sexual abuse:** is being touched in a way you don't like by an adult or young person, being forced to have sex, or being made to look at sexual pictures or videos.

For some disabled children, it includes if a person helping them to use the toilet touched them more than was needed.

**Neglect:** is when a child is not looked after properly, including having no place to stay, not enough food to eat or clothes to keep them warm or medical care is not given when needed.

For some disabled children, it could be their carer taking away the things they need for everyday life - like a wheelchair, communication board or if they did not help a disabled child who needed help using the toilet.

**Bullying and racism** are also forms of abuse. The Anti-bullying Alliance defines bullying as:

**'The intentional hurting of one person by another'**

This means 'one person, or a group of people, hurting another person, or people on purpose'

Evelyn age 12, Windsor Sports College, Halesowen

Bullying can take lots of different forms and can involve other young people or adults, such as sports coaches. Sometimes young people do not realise that bullying is taking place, this can be:

**Physical** – kicking, hitting, pushing, taking or damaging belongings

**Verbal** – name calling, taunting, mocking, making nasty comments or making threats

**Emotional** – leaving people out, deliberately ignoring, gossiping or spreading rumours

**Cyber bullying** – bullying using text messages/online calls, picture/video clips on phones, instant messenger, email, chatrooms or websites/blogs

## If you are being bullied?

- Tell someone you trust
- Don't let them get to you
- Walk away
- Contact a helpline or website
- Find out how to stop it
- Try and stay with friends
- Don't walk home alone
- Keep proof (a diary of what has happened, texts/emails/instant messages)
- Don't fight back (you may get into trouble)
- Find out what your school/youth club/sports club advise you to do if you are being bullied

## If you know someone is being bullied?

- Comfort them and offer support
- Encourage them to tell someone
- Do not walk away or ignore it
- Don't be a bystander
- Tell someone yourself
- Tell them about web sites or helplines
- Befriend them
- Don't join in with the bully
- Don't get into a fight with the bully for them
- Tell someone if you are not happy at home or school

## If you are a bully?

- Admit you are doing it
- Try to stop
- Get help, don't be afraid to talk to someone
- Think about how your victim feels

## What could happen to you?

- The police could get involved
- It could result in a formal police action such as a reprimand, final warning or even a court appearance
- Suspension/exclusion from school/sports club
- Impact on future career if excluded or if you go to court and get a record
- Loss of respect from family and friends

## Abuse is never your choice and never your fault

Abuse creates all sorts of confusing feelings and emotions, including feeling frightened, alone, confused, angry, unloved, guilty or ashamed. Often a child may not realise they are being abused or that it's wrong, but feel that somehow it's their fault.

It is very important to remember that abuse is not your choice and it is not your fault.

## Child abuse in sport

Here are some experiences young people have told us about:

**'That's what hurt me most, that people knew it was happening and they all didn't do anything about it, and when they had the chance to do something about it they still didn't...'**

**'Even when I said 'no' he kept on at me, so eventually I just gave up and got it over with.'**

**'The coach has all the power over you, he decides what events you enter, what training you do, everything'**

## Don't keep it to yourself

If you think you are being abused or have been in the past, it's really important to tell an adult you trust. This isn't easy. You may feel worried about what will happen if you do. Here are some other reasons why you may not want to tell anyone:

- The abuser may have told you to keep quiet and not to talk to anyone
- They may have threatened you about what might happen to you or your place in the team if you tell
- They may have made threats about your friends or family
- They may have said no-one will believe you or no-one will do anything if you tell
- You may feel guilty that you didn't stop the abuse

- The person may be someone who everyone looks up to - perhaps including your parents
- You may not want to let your parents down
- You may even think the problem will go away if you ignore it

**Don't let any of these reasons stop you from getting help. By telling someone, you can stop the abuse. You'll also be helping to protect other children.**

## Getting help

- Tell an adult you trust as soon as possible. This could be a parent or someone else in your family, another member of staff at the sports club, a teacher or school counsellor or your doctor/school nurse
- Contact one of the child protection helplines listed on the following page. They will know who can help in your area
- Your club will have a child protection officer. Find out who they are and tell them about your worries
- Make sure you are not alone again with the person who has tried to harm you

## Remember your rights

The National Society for the Prevention of Cruelty to Children and the Black Country authorities believe that children have the right

to enjoy sporting activities in safety. The work of the Child Protection in Sport Unit is based on the United Nations Convention on the Rights of the Child. This spells out how people should treat you.

To find out more visit [www.thecpsu.org.uk](http://www.thecpsu.org.uk)

## Other ways of getting help

### Helplines

#### NSPCC child protection helpline



Contact the NSPCC child protection helpline on 0808 800 5000. Calls are free unless calling from a mobile phone. The lines are open 24 hours, 7 days a week.

There's also a textphone service for anyone with hearing difficulties on 0800 056 0566

## Swimline

If the problem happened at a swimming club, you can contact Swimline on 0808 100 4001/0800 731 7466

## Football Association

If the problem happened during football, the Football Association has a child protection helpline on 0808 800 5000

## Websites

### [www.there4me.com](http://www.there4me.com)

This is the NSPCC's advice site especially for teenagers aged 11-16. There's onscreen advice about all sorts of things, including bullying, abuse, relationships, exams, drugs and difficulties at home. If you would prefer a private session, you can talk 1-2-1 online in real time with an NSPCC adviser

### [www.childline.org.uk](http://www.childline.org.uk)

ChildLine is a free, 24-hour helpline for children and young people in the UK. Call 0800 1111 about any problem, at any time - day or night



### [www.bullying.co.uk](http://www.bullying.co.uk)

This site has lots of advice for children about dealing with bullying. There are also useful links to other advice sites

### [www.need2know.co.uk /beatbullying](http://www.need2know.co.uk/beatbullying)

## Local contacts

**Black Country Sports Partnership**  
**Simon Fisher - 01384 471138**

## Dudley

**Local social care** (including out of office hours contact)

**Brierley Hill - 01384 813000**

**Dudley - 01384 813200**

**Halesowen - 01384 815900**

**Emergency duty team - 01384 818574**

(5pm - 9am and weekends)

**Dudley Council's principal sport & recreation**  
**(safeguarding) officer Rachael McKiernan**  
**Doyle - 01384 815547**

[www.dudley.gov.uk](http://www.dudley.gov.uk)

<http://safeguardingchildren.dudley.gov.uk>

## Sandwell

**Local social care - 0845 3510131**  
**Sandwell child protection officer for**  
**Sandwell Leisure Trust,**  
**Karen Bayliss - 0121 521 4435**

If unavailable contact Trina Siviter, Ash Rai or Paul Slater

[www.sandwell.gov.uk](http://www.sandwell.gov.uk)

## Walsall

**Local social care**  
**The Quest - 01922 658170**  
**Out of hours - 01922 653555**  
**Walsall Council's service**  
**manager sport and leisure**  
**development services,**  
**Ben Percival - 01902 605500**

[www.walsall.gov.uk](http://www.walsall.gov.uk)

[www.wlscb.org.uk](http://www.wlscb.org.uk)

## Wolverhampton

Local social care - 01902 555392

Out of hours - 01902 552999

Local police family protection unit

Bilston Street - 01902 643419

Wednesfield - 01902 649078

Wolverhampton City Council, Sport  
development manager

Andrea Morris - 01902 556224

[www.wolverhampton.gov.uk](http://www.wolverhampton.gov.uk)

**West Midlands Police**

**0845 113 5000**

**In an emergency contact 999**

If you require a translation into your own language, large print version or audio tape of this leaflet please call 01384 815594

Leaflet content provided by the NSPCC with additional involvement from children and young people in Dudley. Special thanks to Dudley youth service and safe & sound, Dudley's community safety partnership for their involvement with the section on bullying and to young people from Windsor Sports College for their involvement in the leaflet.



