



CORNWALL FA

Girls ACC

Safeguarding

This is your guide to help you decide what could be a problem for you or someone you may know and how to get help.

Are any of these things happening to you? a friend? sibling? or a team mate?

You have the right to live free from harm and abuse. It is important you tell an appropriate adult who can help and support you. An appropriate adult could be a parent, a teacher or even your coach.

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NEGLECT

This is where the adult who is looking after you may not look after you properly

Are you looked after? Do you have clothes that fit and are washed? Do you have food and meals every day?

Do you have a warm, safe and happy home?

Do you go to your doctors, dentists and eye appointments?

Do you ever feel unsafe being left alone at home? Are you ever left alone to look after other family members?



BULLYING

Is someone intentionally hurting you physically or saying things that upset you?

Emotional:

Being unfriendly, sending hurtful text messages or messages on social media, tormenting (e.g. hiding personal belongings, threatening gestures)

Discriminatory:

Saying hurtful comments about your disability, race, religion or sexual orientation

Physical:

Pushing, kicking, hitting, punching or any form of violence

Verbal:

Name-calling, sarcasm, spreading rumours (online or offline), teasing





EMOTIONAL

This is when someone treats you in a way that makes you feel you are not good enough

Telling you that you worthless, unloved or not important

Not listening to your views, making fun of what you say or how you communicate

Making you feel that you haven't worked hard enough at school or playing sport / football



SEXUAL

This involves being touched in a way you don't like without giving permission or consent?

Someone flashing or exposing themselves to you online or offline.

Being forced into doing sexual activity whether that is by touch or non-contact

Looking at sexual pictures or videos, doing something sexual or watching someone do something sexual





PHYSICAL ABUSE

This is when people physically hurt you on purpose or you see someone else being hurt

Hitting, punching, slapping with hands or other item, shaking, kicking, burning or using an item to hurt you with



RADICALISATION

This is a process where people, who have views which might be considered radical or extreme, encourage you to support their views and in some cases ask you to support in terrorist groups and activities; this is a form of harm.

Ask you to support terrorism on the internet

Texts / messages and communication that incite violence





EXPLOITATION

Is someone making you do something you do not want to do?

This may be sexual like touching you in areas you are not comfortable with or forcing you to do sexual things you do not want to do

This may also be asking you to hide packages or take drugs or other illegal items to another person

Are they giving you something in exchange for doing something that is illegal or that you do not want to do. (e.g. money, food, phone credit, clothes, drugs and alcohol)



WHO DO I TELL & WHAT HAPPENS NEXT?

If you are worried about yourself or others, you can talk to the Cornwall FA Safeguarding team:

Claire.Summers-Evans@cornwallfa.com

Richard.Pallot@cornwallfa.com

Vicky.Fisher@cornwallfa.com

- They will not keep secrets and promises if they are worried about you; their job is to keep children safe.
- There will be times when they may need to speak to you, or your parent/carer or other services that support children and their families to help keep you safe.

**You can contact the Safeguarding Team at
safeguarding@thefa.com**

For further support you can contact:

NSPCC helpline 0800 1111 | www.childline.org.uk |

www.thinkuknow.co.uk

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