



Chipstead Sailing Club

What is abuse?

Abuse and neglect are forms of maltreatment. Somebody may abuse or neglect by inflicting harm, or by failing to act to prevent harm. Persons may be abused in a family or in an institutional or community setting by those known to them or, more rarely, by others (including via the internet). They may be abused by an adult or adults, or another child or children.

Physical abuse may involve adults or other children inflicting physical harm:

- hitting, shaking, slapping, pushing, restraining, throwing, poisoning, burning or scalding, drowning or suffocating or inappropriate physical sanctions.
- giving alcohol or inappropriate drugs
- a parent or carer fabricating the symptoms of, or deliberately inducing, illness
- in sport situations, physical abuse might also occur when the nature and intensity of training exceeds the capacity of the child's immature and growing body

Domestic Violence – including psychological, physical, sexual, financial, emotional abuse: so called 'honour' based violence. This won't happen at a Club/Centre, but there could be concerns about a participant's home situation.

Emotional abuse is persistent emotional maltreatment, such as to cause severe and persistent adverse effects on emotional development. It may involve:

- conveying to the person they are worthless, unloved or inadequate
- not giving the person opportunities to express their views, deliberately silencing them or 'making fun' of what they say or how they communicate
- imposing expectations which are beyond the person's age or developmental capability
- overprotection and limitation of exploration and learning, or preventing the person's participating in normal social interaction
- allowing them to see or hear the ill-treatment of another person
- serious bullying (including cyberbullying), causing the person frequently to feel frightened or in danger
- exploitation or corruption
- emotional abuse in sport might also include situations where the person is subject to constant criticism, bullying or pressure to perform at a level that cannot realistically be expected to achieve.

Some level of emotional abuse is involved in all types of maltreatment.



Chipstead Sailing Club

Sexual abuse. Sexual abuse involves an individual (male or female, or a child) forcing or enticing another person to take part in sexual activities, whether or not they are aware of what is happening, to gratify their own sexual needs. The activities may involve:

- physical contact (eg. kissing, touching, masturbation, rape or oral sex)
- involving them looking at, or in the production of, sexual images
- encouraging the person to behave in sexually inappropriate ways or watch sexual activities, including sexual teasing and innuendo
- grooming in preparation for abuse (including via the internet)
- sport situations which involve physical contact (eg. supporting or guiding) could potentially create situations where sexual abuse may go unnoticed. Abusive situations may also occur if there is a misuse of power and position of trust over people

Psychological abuse – including emotional abuse, threats of harm or abandonment, deprivation of contact, humiliation, blaming, controlling, intimidation, coercion, harassment, verbal abuse, isolation or unreasonable and unjustified withdrawal from services or supportive networks. In a club context this might include excluding a member from social activities.

Financial or material abuse – including theft, fraud, internet scamming, coercion in relation to an adult's financial affairs or arrangements, including in connection with Wills, property, inheritance or financial transactions, or the misuse or misappropriation of property, possessions or benefits. People with learning disabilities or dementia are particularly vulnerable to this type of abuse.

Discriminatory abuse – including forms of harassment, slurs or similar treatment: because of race, gender and gender identity, age, disability, sexual orientation or religion.

Neglect is the persistent failure to meet a person's basic physical and/or psychological needs, likely to result in the serious impairment of health or development. Neglect may involve a parent or carer failing to:

- provide adequate food, clothing and shelter
- protect the person from physical and emotional harm or danger
- ensure adequate supervision
- ensure access to appropriate medical care, treatment or support
- respond to basic emotional needs
- neglect in a sport situation might occur if an instructor or coach fails to ensure that the person is safe, exposes him/her to undue cold or heat or risk of injury



Chipstead Sailing Club

Self Neglect – this covers a wide range of behaviour, neglecting to care for one's personal hygiene, health or surroundings and includes behaviour such as hoarding. Self neglect might indicate that the person is not receiving adequate support or care, or could be an indication of a Mental Health issue such as depression.

Organisational Abuse – including neglect and poor care practice within an institution or specific care setting e.g. hospital or place of care.

Mate Crime – is when vulnerable people are befriended by members of the community who go on to exploit and take advantage of them.

Child sexual exploitation is a form of child sexual abuse. It occurs where an individual or group takes advantage of an imbalance of power to coerce, manipulate or deceive a child or young person under the age of 18 into sexual activity in exchange for something the victim needs and wants (eg. attention, money or material possessions, alcohol or drugs), and/or for the financial advantage or increased status of the perpetrator or facilitator. The victim may have been sexually exploited even if the sexual activity appears consensual. Child sexual exploitation can also occur online without involving physical contact.

Extremism goes beyond terrorism and includes people who target the vulnerable -including the young-by seeking to: create division between communities on the basis of race, faith or denomination; justify discrimination eg. towards women and girls; persuade others that minorities are inferior; or argue against the primacy of democracy and the rule of law in our society.

Bullying (not included in 'Working Together' but probably more common in a sport situation than some of the other forms of abuse described above) Bullying (including online bullying, for example via text or social media) may be seen as deliberately hurtful behaviour, usually repeated or sustained over a period of time, where it is difficult for those being bullied to defend themselves. The bully is often another vulnerable or young person. Although anyone can be the target of bullying, victims are typically shy, sensitive and perhaps anxious or insecure. Sometimes they are singled out for physical reasons –being overweight or physically small, being gay or lesbian, having a disability or belonging to a different race, faith or culture.

Bullying can include:

- physical pushing, kicking, hitting, pinching etc
- name calling, sarcasm, spreading rumours, persistent teasing and emotional torment through ridicule, humiliation or the continual ignoring of individuals
- posting of derogatory or abusive comments, videos or images on social network sites



Chipstead Sailing Club

- racial taunts, graffiti, gestures, sectarianism
- sexual comments, suggestions or behaviour
- unwanted physical contact

The acronym **STOP –Several Times On Purpose** -can help you to identify bullying behaviour.

Recognising Abuse

It is not always easy, even for the most experienced, to spot when abuse has taken place. However, some of the more typical symptoms which should trigger your suspicions would include:

- unexplained or suspicious injuries such as bruising, cuts or burns, particularly if situated on a part of the body not normally prone to such injuries or lack of medical attention when an injury has occurred.
- sexually explicit language or actions
- a sudden change in behaviour (eg. becoming very quiet, withdrawn or displaying sudden outbursts of temper)
- the person describing what appears to be an abusive act involving them
- a change observed over a long period of time (eg. losing weight or becoming increasingly dirty or unkempt)
- a general distrust and avoidance of someone, especially those with whom a close relationship would be expected
- an unexpected reaction to normal physical contact
- difficulty in making friends or abnormal restrictions on socialising with others.
- self harming
- a persons belongings or money go missing
- a disclosure – someone tells you or another person they are being abused

Patterns of Abuse – may vary and include:

- serial abusing in which the perpetrator seeks out and ‘grooms’ individuals. Sexual and financial abuse may fall into this pattern.
- long term abuse in the context of an ongoing family relationship, such as domestic violence between spouses or generations or persistent psychological abuse or
- opportunistic abuse such as theft occurring because money or valuable items have been left lying around

It is important to note that the person could be displaying some or all of these signs, or behaving in a way which is worrying, without this necessarily meaning that the person is being abused. Similarly, there may not be any signs, but you may just feel that something is wrong. If you have noticed a change in a person’s behaviour, first talk to the parents or carers. It may be that something has happened, such as a bereavement, which has caused the person to be unhappy.



Chipstead Sailing Club

If you are concerned

If there are concerns about sexual abuse or violence in the home, talking to the parents or carers might put the person at greater risk. If you cannot talk to the parents, guardians or carers, consult your organisation's designated Club Welfare Officer or the person in charge. It is this person's responsibility to make the decision to contact Children's or Adult Social Care Services or the Police. It is NOT their responsibility to decide if abuse is taking place, BUT it is their responsibility to act on your concerns.