



YOUNG PERSONS GUIDE TO SAFEGUARDING



EFL young person's guide to safeguarding

The safety and welfare of the children and young people that we the EFL work with is important to us. They should feel safe, valued and respected and we expect everybody that works for us and with us to follow our safeguarding rules and regulations.

To help you understand, it is important to explain these words:



Safeguarding

Is the work we do to look after your welfare and keep you safe from harm.

Child, children and young people

Means anyone who has not had their 18th birthday yet.

Adult at risk

(sometimes called a vulnerable adult) means someone who is aged 18 years or over who is not able to take care of themselves, or keep themselves safe. This could be for many different reasons like having a disability or mental health issue, or living in a difficult situation, like domestic violence.

This guide contains:

- What you can expect from the people who work for us and what we expect of them
- Types of abuse and bullying
- Help and support available

If you attend any of our club activities, you should know that we have rules in place that clubs must follow to keep you safe. Each club has a safeguarding policy and procedures as well as safeguarding staff that you can go to for advice or if you have any concerns.

What We Expect

Our policy expects all people who work for us to:

- Know how to keep you safe and protect your rights.
- Know and understand their safeguarding responsibilities.
- Make sure activities are safe.
- Behave in a responsible way and set a good example.
- Respect the differences between everyone.
- Always treat everyone fairly, with respect and in the same way.
- Listen to children, young people and adults at risk and respect their views and wishes.
- Know what abuse, poor practice and safeguarding concerns are, and what to do if they find out it is happening.

The people who work for us must never:

- Threaten, frighten, embarrass, humiliate, mistreat or bribe anyone.
- Develop personal relationships with the children, young people and adults at risk they work with. They must be friendly and professional.
- Make arrangements to meet you anywhere without your parents or carers knowing and without a parent or carer being there.

- Invite you to their home, or the home of someone else they know (like family, a friend or work mate).
- Send you personal emails or text messages, make personal calls to you or chat to you online.
- Share personal information about themselves with you or ask you to share personal information about yourself with them.
- Have 'favourite' children or people. It is unfair to others when the same person is always chosen for special things. Everyone must be treated the same all the time.
- Give you personal gifts. Staff can give rewards for things like good behaviour or great achievements but this can only happen with others around and the reasons for the reward must be clearly explained to everyone.
- Help you with doing things like going to the toilet, washing, showering, dressing or looking after your body. Everyone needs respect and private space to do these things.
- Touch your body, especially anywhere private. There are times when touch is ok, like a high five when you've done well, to help you if you have had an accident or injury, or to show you how to do something safely. You should never feel uncomfortable.
- Take or share photos or videos of you without permission from you and your parents or carers.

Abuse, bullying and other safeguarding concerns

Physical abuse

is when someone hurts or injures you or another person on purpose.

Sexual abuse

is when someone is forced, pressurised or tricked into taking part in any kind of sexual activity with another person, for example, being forced to have sex, do something sexual, watch someone having sex or doing something sexual, being touched in a way you don't like or without your permission, someone exposing themselves to you in person or online, sexting or being forced to look at sexual pictures or videos. It can also include sexual exploitation which is when a child or young person is pressured into sexual activity with someone in return for getting things like gifts, money, affection, alcohol or drugs.

Emotional abuse

Some examples of emotional abuse are when someone always puts you down, shouts at you, ignores you, says or does things that make you feel bad about yourself, tries to control you or put pressure on you to do things you're not ready to do, stops you from having friends or when someone is aggressive and violent to other people in your family and you keep seeing it.

Neglect

is when you don't get the help and care you need from someone who is supposed to be looking after you and keep

you safe, for example, not getting important things you need at home like love, care and attention, warm clothes, enough to eat and drink, or medicine when you are ill.

Bullying

is repeated negative behaviour that is intended to make someone feel upset, uncomfortable or unsafe. Some examples of bullying are being called names, being teased, being put down or humiliated, having money and other stuff taken, having rumours spread about you, being ignored and left out, being physically hurt, threatened or intimidated.

Cyber bullying

is when a person or a group of people use their phones or other online methods to send nasty and upsetting messages, to start or share rumours, to share embarrassing photos or videos, to threaten, tease, upset or to humiliate someone else. Some examples of how this can happen is through mobile phone calls and messaging, emails, social media, blogs or online gaming.

Discrimination

is when someone treats you differently or unfairly because you are different to them. You should be treated in the same way as everyone else - no matter who you are, where you come from, who you love or what you believe in.

Grooming

Abuse, bullying and other safeguarding concerns

is when someone builds a relationship with another person, and sometimes their family, to gain their trust to take advantage of them or abuse them. Grooming can happen online and in person.

Hazing

(also sometimes called initiation) is a challenge that a person is given so that they can join or be accepted into a group or team. These challenges are unacceptable as they can be harmful, upsetting and humiliating.

Radicalisation

is when someone starts to believe or support extreme views. Anybody, from any background can become radicalised. Some examples of how this can happen is by viewing online videos and photos, reading or listening to extremist literature or speakers. Believing in something different or having a different view doesn't mean that someone is radical. The concern is when somebody with an extreme view acts or intends to act upon their views in a way that is harmful to themselves or others.

Children and young people can be taken advantage of or harmed by adults and by other children and young people. No one has the right to abuse or mistreat you and you should never feel pressured or forced to do anything that you don't want to do, that hurts you, makes you feel upset or unsafe.

Visit www.childline.org.uk/info-advice/bullying-abuse-safety to find out more about abuse, bullying or other things that may be worrying you and what you can do about it.

Help and support

It is important to get help and support if you are feeling worried or unsafe, or if you are worried about someone else. Get in touch with us if you need to talk to someone. You can also speak to an adult you trust, for example, someone at home, school or your football club.

Our Safeguarding Team can be contacted by calling **01772 325800** or by emailing safeguarding@efl.com for advice, to raise a concern or to help you get in touch with your club's safeguarding team.

Abuse, bullying and other safeguarding concerns

What will happen if I tell someone at the EFL?

You will be listened to and taken seriously and we will get you the help you need.

We work together with lots of other organisations to keep children, young people and adults at risk safe, for example the Police, Children's Services and The FA's Safeguarding Team. So, depending on what you tell us, we may need to talk to them to protect you and anyone else who may be in danger. If we need to tell anyone else, we will explain this to you and support you through this process.

You can contact Childline to get help and advice about anything from abuse and bullying to exam stress and relationships. They are available any time, day or night. You can contact them by phone, by email or through their 1-2-1 counselling or chat service. Childline is a free and confidential service for children and young people up to their 19th birthday.

Visit www.childline.org.uk for advice, support or to get help.

You should contact the Police by calling 999 if you or anybody else is in any sort of danger.

Visit [www.childrenscommissioner.gov.uk/ wp-content/uploads/2017/07/Working-together-to-safeguard-children.pdf](http://www.childrenscommissioner.gov.uk/wp-content/uploads/2017/07/Working-together-to-safeguard-children.pdf) to find out more about how we all work together to keep children and young people safe.

Visit www.thinkuknow.co.uk for advice and guidance on safe surfing and staying safe online for example when using mobile phones, blogs, social media, chatting, online gaming and emailing.

You can also contact them confidentially if something has happened online which has made you feel unsafe, if you are worried about someone else or to report online abuse.

