

# Protecting Children and the Vulnerable (Appendix 2)

## A2.1 Forms of Abuse

The various forms of abuse fall into four main categories as outlined below.

- ⊙ **Neglect**, where adults
  - ⊙ fail to meet the child's basic physical needs for food, warm clothing, etc;
  - ⊙ fail or refuse to give the child love, affection or attention;
  - ⊙ consistently leave a child alone and unsupervised;
- ⊙ **Physical abuse**, where the child is
  - ⊙ physically hurt or injured, e.g. by hitting, shaking, squeezing, biting or burning;
  - ⊙ given alcohol, inappropriate drugs or poison;
  - ⊙ subjected to attempts at suffocation or drowning;
- ⊙ **Sexual abuse**, when adults of either sex use boys or girls to meet their own sexual needs.  
This includes all kinds of direct sexual display or activity, also the showing to a child of any form of pornographic material or taking pictures for such purposes.
- ⊙ **Emotional abuse** occurs where there is
  - ⊙ persistent lack of love or affection;
  - ⊙ constant over protection preventing the child from socialising;
  - ⊙ frequent taunting or being shouted at or has been, experience of one of the other categories of abuse;

## A2.2 Abuse in Sport

There have been cases of people in sport being found guilty of child abuse, and equally some who have had to answer to accusations wrongly made against them.

In all sport close bonds can develop between trainer and trainee, and it is important that those involved with children understand the situations which may give rise to incidences of perceived or actual child abuse. The following are examples where this can occur.

- ⊙ Any situation where the Coach, Trainer or Team Manager does not ensure that the children are safe or exposes them to undue cold or risk of injury may constitute **neglect**.
- ⊙ Any training regime which is intense or excessive, and ignores the capacity of the child's immature body may result in **physical abuse**.
- ⊙ Any activity which involves physical contact creates a potential situation for **sexual abuse**.  
Abusive situations may also occur if adults misuse their power over young people.
- ⊙ Subjecting children to constant criticism or bullying can give rise to **emotional abuse**.  
Such abuse may also occur where there is bullying or where the parent, coach or team manager makes unrealistic demands on the child to perform to high expectations.

### **A2.3 Commonest Physical Signs**

- ⊙ Finger tip bruising, thumb marks under collar bone/ shoulder blade.
- ⊙ Many unexplained bruises to eyes, face, head, limbs, genitalia.
- ⊙ Belt or strap bruising.
- ⊙ Scalds and burns (splashing and dunking type particularly).
- ⊙ Adult bite marks.
- ⊙ Cigarette burns of different ages.
- ⊙ Mouth injuries, torn lips, broken teeth.
- ⊙ Ear injuries.
- ⊙ Non-used limbs.
- ⊙ Torn or stained clothing, especially underclothes.
- ⊙ Abdominal pain and bruising.
- ⊙ Painful or itching genital areas.
- ⊙ Difficulty in walking or sitting.
- ⊙ Distended stomach, emaciated.

### **A2.4 Signs of Neglect**

- ⊙ Inappropriate clothing.
- ⊙ Poor hygiene.
- ⊙ Chaotic poor attendance.
- ⊙ Disorganised.
- ⊙ Hungry, stealing food, underweight.
- ⊙ Difficult relationships.
- ⊙ Unexplained or frequent illnesses.
- ⊙ Low self esteem/ attention seeking.

### **A2.5 Symptoms of Emotional Abuse**

- ⊙ Child pushed away.
- ⊙ Endless criticism.
- ⊙ Negative parents all the time.
- ⊙ Discipline and control problems.

### **A2.6 Symptoms of Sexual Abuse**

- ⊙ Mood changes, tantrums, aggression.
- ⊙ Insecurity, poor self esteem, anxiety, depression, despair.
- ⊙ Withdrawn, secretive.
- ⊙ Sleep and eating disorders.
- ⊙ Poor peer relationships.
- ⊙ Unexplained money gifts or gifts of potential 'grooming' use e.g. mobile phone.
- ⊙ Lies, stealing, arson, running away.
- ⊙ Inappropriate sex play, premature understanding of sex.