

Children: Signs and Symptoms

Legally a child is anyone under the age of 18 years. A child may be experiencing abuse if he or she is:

- frequently dirty, hungry or inadequately dressed
- left in unsafe situations or without medical attention
- constantly "put down", insulted, sworn at or humiliated
- seems afraid of parents/carers or an adult who has power of influence over them
- unexplained injuries or bruises which do not seem likely to be accidental
- displays sexual behaviour which doesn't seem appropriate for their age
- growing up in a home where there is domestic abuse
- living with parents or carers involved in serious drug or alcohol abuse.

Remember, this list does not cover every possible type of child abuse. You may have seen other things in the child's behaviour or circumstances that worry you.

Refer to our Safeguarding Policy for further signs and symptoms, or call the Safeguarding Team for advice.

Abuse is always wrong and it is never the child or the adults fault.



SAFEGUARDING: YOUR POCKET GUIDE



Looking the other way is not an option

Contact the Diocesan Safeguarding Team

01245 29 44 44 or

safeguarding@chelmsford.anglican.org

Find our Safeguarding Policy here:

www.chelmsford.anglican.org/safeguarding

This is a quick reference card and is not a

substitute for the full safeguarding policy:

make sure you are familiar with the Diocesan

Safeguarding policy.

StopItNow!
0808 100 0900 help@stopitnow.org.uk
(help for anyone who wants to prevent abuse – including if you are worried about your own actions)

Women's Aid
0808 2000 247 www.womensaid.org.uk
(free phone 24 hour National Domestic Abuse Helpline)

Useful Numbers

Useful Numbers

ChildLine
0800 1111 | www.childline.org.uk
(helpline for children)

NSPCC
0808 800 5000 | help@nspcc.org.uk
www.nspcc.org.uk
(help for adults worried about a child)

What is abuse?

Abuse is any behaviour towards a person that deliberately or unknowingly causes him or her harm, endangers life or violates their rights.

Where does abuse happen?

Abuse can happen anywhere! This could be at home, in school, in a nursing home, in a hospital or in a church.

Who abuses?

Anyone may be an abuser, but often he or she is well-known to the child or vulnerable adult – for example a partner, family member, friend or neighbour. Abusers can also be people in a position of trust or power.

For more information about the signs and

symptoms of abuse flip this pocket guide over

Adults: Signs and Symptoms

A vulnerable adult is any person aged 18 years or over, who is, or may be, unable to take care of themselves or unable to protect themselves from harm due to a disability, a mental health problem, are old or frail or have some form of illness.

Adult abuse is a violation of a person's human and civil rights by any other person.

A vulnerable adult may be experiencing abuse if they are:

- being hurt or harmed either deliberately or through rough, careless or thoughtless behaviour
- being humiliated or put down or made to feel anxious or frightened
- someone using your money or possessions in a way that you may not be aware of or do not want
- not being given care and attention or the things you need in order to feel safe and comfortable or not allowing access to care or treatment
- being made to engage in any sexual activity without consent
- mistreated by an organisation or by any individual within a building where the person is living or receiving care
- discriminated against due to their ethnic origin, religion, language, age, sexuality, gender or disability

What to do: Safeguarding Concern or Safeguarding Allegation

Once you have established that the situation is not an emergency,

- Call the Diocesan Safeguarding Team – **01245 29 44 44** as soon as possible.
- The Diocesan Safeguarding Team will provide advice, support and guidance and help make the required referrals.
 - If the concern is about a member of the church workforce (someone who volunteers or works within a church) this referral will be to the statutory authorities, specifically the LADO* or AST*.
 - For other concerns the referral will be to child or adult social care and/or the police.
- Make a record of your concerns and any actions you have taken.

***Please refer to the Diocesan Safeguarding Policy for more information.**

Safeguarding and your Parish

Each Parish must:

Appoint a Parish Safeguarding Representative

- Adopt and adhere to the Diocesan Safeguarding Policy
- Display Safeguarding contact details (including those for national organisations)
- Recruit workers following the principles of safer recruitment
- Ensure activities planned for children or vulnerable adults are planned and risks are assessed and managed

What to do: Emergency Situation

In a safeguarding emergency, everyone should follow the same steps:

- 1 Make an immediate evaluation of the risk and take steps to ensure that the child or adult is not in **immediate danger**.
- 2 If there is need for emergency **medical** treatment, dial 999 for an ambulance. If you suspect that the injury is non-accidental, alert the ambulance staff so that appropriate measures are taken to preserve possible forensic evidence.
- 3 Contact the **police** by dialling 999 if a crime has been or may have been committed.
- 4 Do not disturb or move articles that could be used in **evidence**, and secure the scene, for example by locking the door to a room.
- 5 Alert the **Diocesan Safeguarding Team** as soon as possible by calling 01245 29 44 44



Please refer to the Diocesan Safeguarding Policy for full Parish guidelines