



# SAFEGUARDING

**A YOUNG PERSON'S GUIDE TO UNDERSTANDING  
AFC BOURNEMOUTH'S SAFEGUARDING POLICY**

**AFC BOURNEMOUTH 2023/24**

# INTRODUCTION

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**We want all children and young people at AFC Bournemouth to know that their welfare and safety is our top priority. Your safety and welfare is very important to us and we work hard to make all children and young people to feel safe, valued and respected.**

**We expect everyone involved with AFC Bournemouth to help us achieve this and to follow our safeguarding policy.**

## **This guide explains**

- > What we do to keep children, young people safe from harm and being mistreated (Page 5)
- > What we expect from people who work for us and what you can expect from them (Page 6)
- > What abuse, bullying and safeguarding concerns mean (Page 7-9)
- > What we will do if we find out that a child, young person has been abused or mistreated (Page 10)
- > What you should do if you are feeling worried or unsafe, or if you are worried about someone else (Page 10)

**To help you understand our policy, it is important to know what these words mean**

## **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.

# WHY IS THIS GUIDE IMPORTANT?

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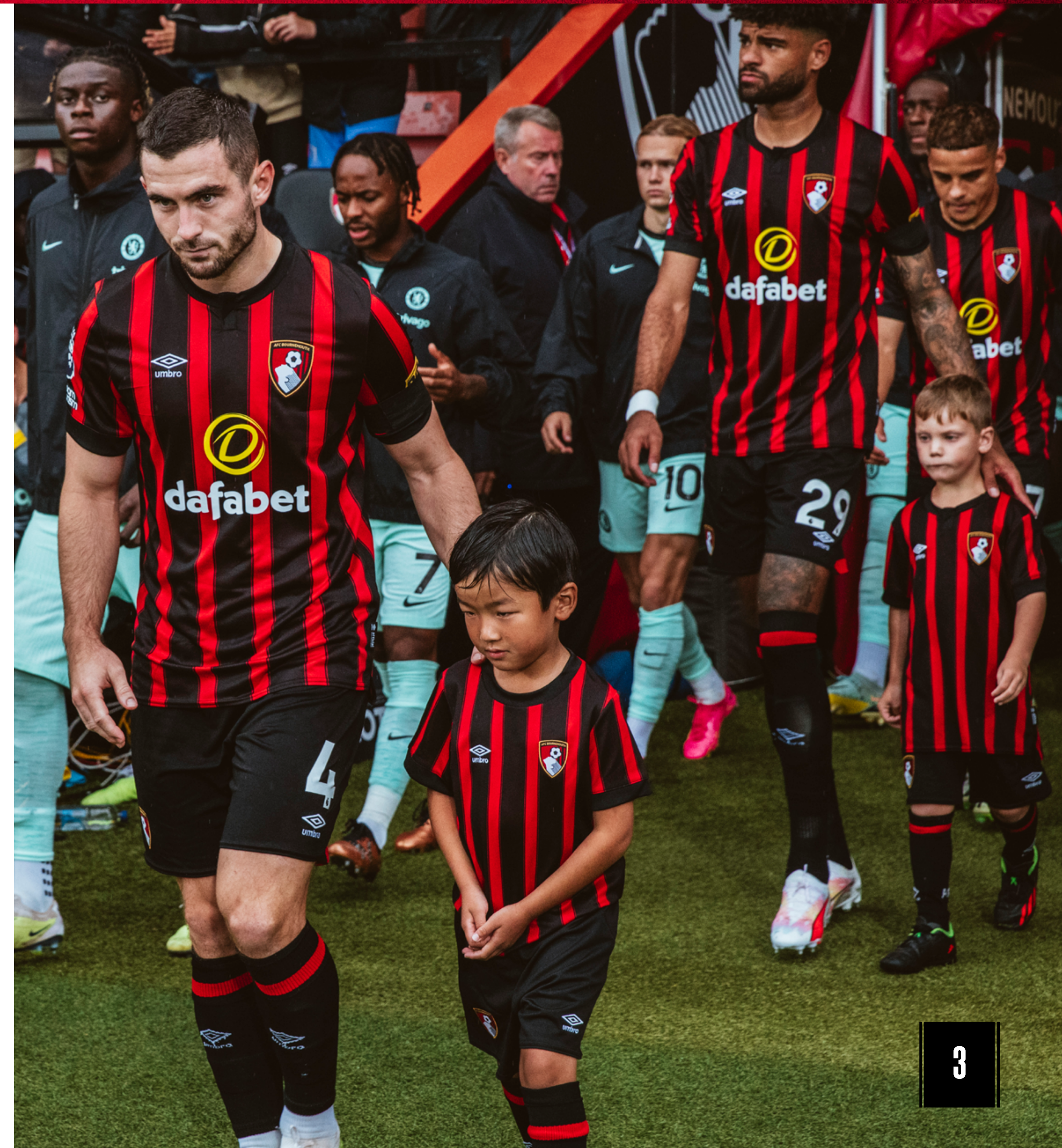
## IT IS IMPORTANT THAT YOU KNOW

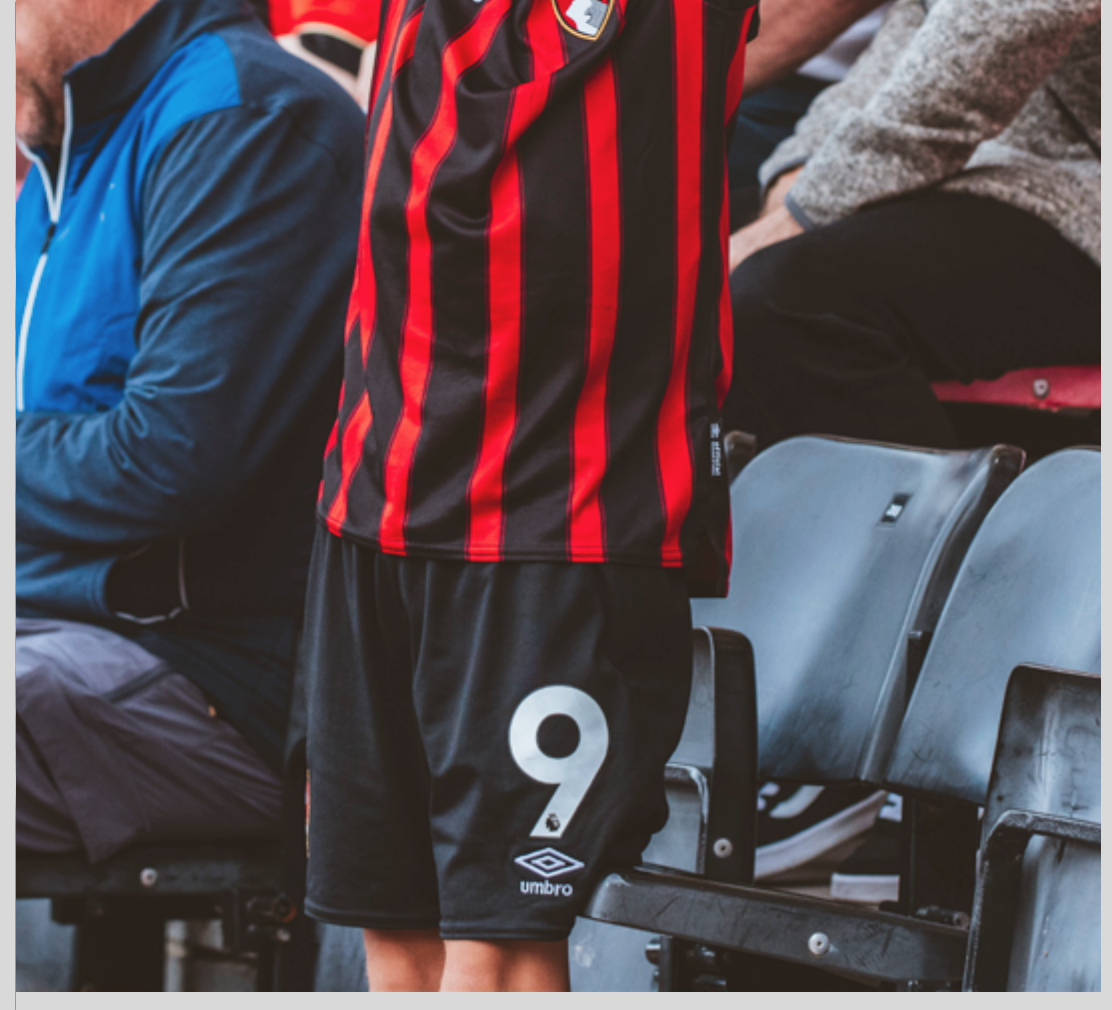
**You have a right to be kept safe.**

**What we are supposed to do to keep you safe.**

**How to protect yourself and stay safe.**

**How you can get help if you need it.**





# HOW DO WE KEEP YOU SAFE?

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1

Safeguarding is everyone's responsibility.

2

Empowering everyone to protect themselves and others.

3

Creating a safe environment to ensure that you have an enjoyable experience.

4

Taking action when we find out that anyone has been abused, bullied or mistreated.

5

Keeping you at the centre. We promise that whenever you report a worry or concern to us we will take this seriously. We will always listen to you and do everything possible to support you and keep you safe

**If you attend any of our club activities, you should know that we have rules in place that the club must follow to keep you safe. The club has its own safeguarding policies and procedures. We also have our own safeguarding staff you can talk to for advice or if you have any concerns about your safety and welfare or if you are worried about someone else.**

# WHAT WE EXPECT

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## **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 and young people 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.

Take or share photos or videos of you without permission from you and your parents or carers

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.

# WHAT DOES ABUSE AND BULLYING MEAN?

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**It is important for you to understand what abuse and bullying are so that you know if it is happening to you or someone else.**

**It is also important to tell someone if abuse, bullying or any other safeguarding concerns explained in this section are happening to you or someone else.**



# ABUSE, BULLYING AND OTHER SAFEGUARDING CONCERNS

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**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.



# ABUSE, BULLYING AND OTHER SAFEGUARDING CONCERNS

## 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.

## 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.

## GROOMING

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.

## GANGS

A gang is a group of people who share a common identity and often engage in criminal behaviour. Sometimes gangs are violent and might fight other gangs, carry weapons, carry or sell drugs. People join gangs for lots of different reasons. Some of these include: fitting in with friends and other gang members having the same interests as other people like sports or music, feeling respected and important, to be protected from bullying or from other gangs, making money from crime or drugs, gaining status and feeling powerful.

## EXPLOITATION

Is when someone unfairly uses you for their own advantage. You could be forced to carry out sexual acts on other people or forced to move across locations to sell drugs. The grooming process is used and the offenders can be extremely violent and threatening towards you and your family.

## 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

[childline.org.uk/info-advice/bullying-abuse-safety](https://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.

# GETTING HELP AND SUPPORT

## WHO CAN I TALK TO AT AFC BOURNEMOUTH?

It is important to get help and support if you are feeling worried or unsafe, or if you are worried about someone else.

It is important that you talk to an adult you trust, this could be a parent, teacher or anyone at the club.

We have a safeguarding team who will help and support you.

Head of Safeguarding  
Meredith Hack  
[meredith.hack@afcb.co.uk](mailto:meredith.hack@afcb.co.uk)  
07554 446446

Academy Safeguarding Officer  
Zoe Jarvis  
[zoe.jarvis@afcb.co.uk](mailto:zoe.jarvis@afcb.co.uk) 07768400894

Safeguarding Manager  
Community Sports Trust  
Natasha Bartlett  
[tash.bartlett@afcb.co.uk](mailto:tash.bartlett@afcb.co.uk)  
07393462169

## WHAT WILL HAPPEN IF I TELL SOMEONE AT AFC BOURNEMOUTH?

- You will be listened to and taken seriously
- We will talk to you about your concerns
- We will get you the help that you need
- We work with lots of other organisations and 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
- We will support you

## FURTHER SUPPORT:

**Premier League and Childline**  
(Information and Support for Children Under 12 and Young People 12+)  
<https://www.premierleague.com/safeguarding>

## ThinkUknow

(Support for staying Safe Online)  
<https://www.thinkuknow.co.uk/>

## Young Minds

(Supporting Young people with their Mental Health)  
[www.youngminds.org.uk](http://www.youngminds.org.uk)

## Kooth

(Online wellbeing community)  
<https://www.kooth.com/>



***REMEMBER ABUSE AND  
BULLYING IS NEVER OK AND  
IS NEVER YOUR FAULT.***



***TOGETHER ANYTHING IS POSSIBLE***

AFC Bournemouth, Vitality Stadium, Dean Court, Kings Park, Bournemouth, BH7 7AF

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**E [enquiries@afcb.co.uk](mailto:enquiries@afcb.co.uk)**