



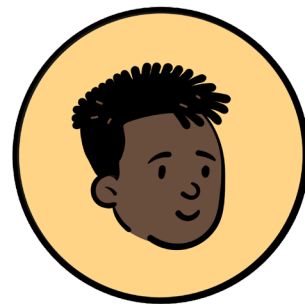
# Keeping Children and Young People Safe

AFC Bournemouth's Children and Young Persons Guide to Safeguarding

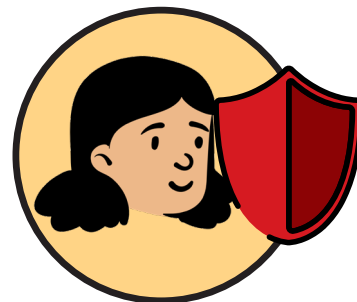


Easy Read

This information is about  
how AFC Bournemouth keep  
Children and Young People safe



Keeping Children and  
Young People safe  
is very important to us

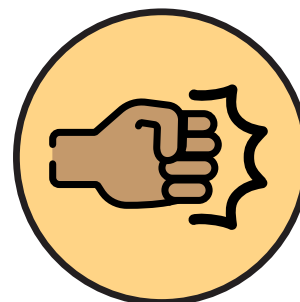


## **This information will tell you**

What we do to keep you safe



Types of abuse



What to do if you are worried



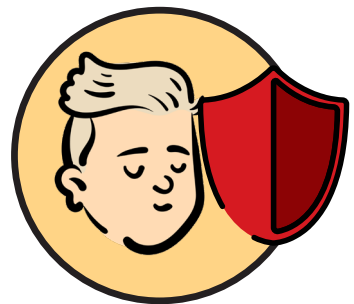
# Safeguarding

We want to create a positive and enjoyable experience for all and make sure that you feel safe, valued and respected.



## Safeguarding means

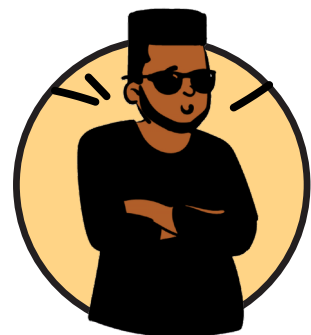
Keeping people safe



Listening to people



Helping people be the best they can be



Safeguarding is everyone's responsibility, and anyone at the club can help you if you are worried about anything.

We will always listen to you and support you if you tell us anything.



## Types of abuse

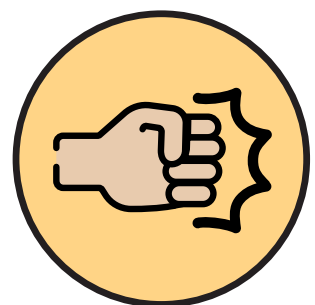
Abuse is when someone does something that hurts you, upsets you or makes you feel frightened.



## There are different types of abuse

### Physical

Someone hurts you by kicking, hitting, slapping



## **Emotional**

Someone says or does something that upsets you



## **Sexual**

When someone touches you inappropriately



## **Neglect**

When you don't get the love and care you need



## **Discrimination**

When you are treated differently because of who you are



## **Bullying**

Repeated behaviour that could make you feel upset or unsafe. This could be face to face or online



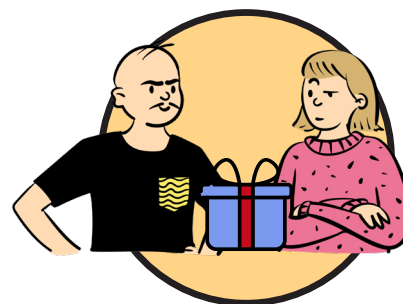
## Hazing

Asked to do something upsetting to be part of the group



## Grooming

When someone gains your trust to hurt you



## Gangs

A group of people who might make you do bad things



## Radicalisation

Where someone makes you change your views to extreme ways

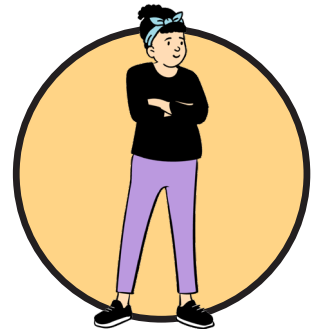


# What to do if you are worried?

If you are worried about something or someone else, you should speak to a trusted adult.



This could be a parent or teacher or there are lots of people at the club to talk too:



Any coaches



Any stewards, staff or safeguarding officers



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



# What happens when you report abuse?

## People will:

Listen to you



Take your concerns seriously



Help and support you



Talk to you about your concerns



Speak to other people who can help





## Other People who can help:

CHILDLINE

<https://www.childline.org.uk/>

0808 800 5000



**Remember abuse and bullying is never ok and it is never your fault.**





**Together anything is possible**