

Children and young people must always feel safe and secure wherever they are.

Have you or anyone you know;

- **Been bullied?**
- **Been hurt by an adult?**
- **Been shouted at and made to feel bad about yourself?**
- **Not been cared for?**

You or your friend need to let someone know if any of the above are happening to you



You can contact ChildLine about anything.

No problem is too big or too small.

Whatever your worry it's always best to speak to someone.

There are several ways you can get in touch with them:

Telephone **0800 1111**

(calls are free and confidential)

Or visit their website **www.childline.org.uk**

Internet Safety ?

Leaflets and resources are available on www.kidsmart.org.uk or phone childnet on 020 7639 6967 or visit the website www.thinkyouknow.co.uk for advice.



Bullying

www.donthideit.com you can hear about other children's experiences and find help and advice about tackling abuse.

This document is available in other formats.

Please contact safeguarding@playbowls.org

Staying Safe

An information leaflet for children and young people in bowls



Safeguarding Bowls

Members of the Safeguarding Bowls Group are:

*Bowls Development Alliance
Bowls England*

*English Indoor Bowling Association Ltd
English Short Mat Bowling Association
English Bowling Federation
British Crown Green Bowling Association*



Phone: 01664 777001

E-mail: safeguarding@playbowls.org

Website: www.safeguardingbowls.org

How can you be affected?

Child abuse can mean a lot of different things such as neglect, physical, emotional or sexual abuse. It's not always easy to know if you or someone you know is being abused, but the important thing to remember is that no-one has the right to hurt you or make you do anything that feels wrong.

If you or someone you know is being abused in any way, then the most important thing to do is talk to someone about it.

Physical abuse

Physical abuse is when someone deliberately hurts or injures you. Physical abuse can include hitting, kicking, hair pulling, beating with objects, throwing and shaking and can cause pain, cuts, bruising, broken bones and sometimes even death. No one has the right to hurt you in this way. Physical abuse can happen as a single event or over a longer period of time.

Emotional abuse

Emotional abuse is when someone says or does something that makes you feel bad about yourself, or that hurts your feelings. If someone makes you scared, sad or upset – that's emotional abuse.

Sexual abuse

Sexual abuse is when a child or young person is pressurised, forced, tricked or coerced into taking part in any kind of sexual activity with an adult or another young person.



If you are being sexually abused it's not your fault and you're not alone. It doesn't matter who the person is that is making you do these things, they are sexually abusing you. It is possible to be sexually abused by someone you know and love. This does not make what they are doing okay.

Neglect

If you're not getting the important things you need, or you're not being looked after properly by your parents or carers you might be experiencing neglect. Being looked after properly means that you have access to many things including clean clothes and shoes, comfort and affection, enough to eat and drink, somewhere warm and comfortable to sleep, help when you're ill or you've been hurt and support with your education.

Other issues to be aware of;

Internet Safety

The internet can be a good way to find out about things, play music and chat. Popular social networking sites include Facebook, and Twitter Sites like these have become really popular among people of all ages and quite often someone will have a profile on more than one. It is important to be careful and to keep your personal information private and never meet up with anyone you have met online.

Who might harm a child?

Most young people are safe with the people they come into contact with every day but young people are most likely to be hurt or harmed by someone they know. This could be a parent, relative, another young person, someone they have met online, a professional or volunteer who works with them. Sometimes they may be harmed by a stranger. If you are worried about yourself or another young person being harmed by someone and want to talk there are people who can help to keep you safe and help make the abuse stop.

What should I do if I am worried?

If you are worried about something that is happening to you or someone else there are people who will listen. Speak to an adult you feel you can trust.

Don't worry on your own

If you are scared you can still speak to somebody about your worries.

Even if someone has said bad things might happen - when you talk to an adult you trust they can make you feel better and help keep you safe.



Who can I talk to?

Talking to someone about your worries can make you feel so much better, they should be someone you trust - maybe your parents, your teacher, your school nurse, a youth worker, your doctor, a trusted family friend or you can phone ChildLine 0800 11 11.

DON'T LET ANYONE SPOIL THE FUN

Bowls is fun... it gives you the opportunity to make new friends, and amaze yourself with what you can do!

However, for a few children the fun is spoilt by adults and other young people who do or say things during sporting activities that hurt or frighten them.

What these children are experiencing may be abuse. They may feel they have no-one to talk to about it, or that no-one will listen to them or believe what they say.

What will happen next?

When you speak to someone they should tell you what will happen next, or if they are not sure they should ask someone themselves and let you know as soon as possible.

The things you are worried about should stop, if they don't, tell someone else!!

The Welfare Officer for your club is

