Volunteer Training

Safeguarding Overview

During the volunteer induction training, we will be talking about safeguarding. Safeguarding is about protecting people from abuse. We will focus on five types of abuse. This document covers some information on what they are and possible signs you might see if someone you know is a victim of abuse.

In order to make the training as interactive as possible, please read through the information below in advance, so that we can use our time together to discuss it.

During the training we will cover what to do if someone discloses something or you suspect someone is being abused. This is a difficult subject, but we hope you will appreciate that the welfare of our community is important and this training is part of that. Thank you for your help in reading this and making sure you know what to do.

If you have any questions please do not hesitate to get in touch with our Safguarding Officer: Tash Fleming- CEO - Designated Officer for Safeguarding Children and Vulnerable Adults, tash@weswim.club 07747 690 858

Identifying Abuse

Abuse is a violation of an individual's human and civil rights by another person. It may be single or repeated acts, and they may be in immediate or longer term danger.

The likelihood of a volunteer encountering a serious situation is extremely low, so there is no need to be overly worried. Although it can be unpleasant to consider the reality of abuse, it is important to know what the five different types of abuse and their potential signs are, in case a swimmer / service user indicates or discloses that they are at risk. We are all responsible for safeguarding service users from abuse.

Different types and signs of abuse

a. **Physical abuse is when someone is deliberately hurt or injured by someone**.

Physical abuse may involve:

- Hitting, kicking, shaking, throwing, poisoning, burning or scalding, drowning, suffocating or otherwise causing physical harm.
- Physical harm can also be caused through the omission or the failure to act to protect the person.

Signs of physical abuse include:

- Injuries or marks with inconsistent or unconvincing explanations
- Untreated or inadequately treated injuries
- Burn marks, human bite marks, bruises with finger or hand marks, scalding

Changes in behaviour that can also indicate physical abuse:

- Flinching when approached
- Withdrawn behaviour or depression
- Reluctance to get changed e.g. removing jumper in hot weather ● Aggressive behaviour or severe temper outbursts

b. **Emotional abuse is the persistent emotional maltreatment such as to cause severe and persistent adverse effects on someone's emotional development**.

Emotional abuse may involve:

- Conveying to someone that that they are worthless, unloved or inadequate,
- Bullying such as humiliating, threatening, or shouting at someone, ● Not recognising a service user's own individuality or trying to control their lives
- Manipulating, blaming, scapegoating or making someone perform degrading acts
- Seeing or hearing the ill-treatment of another

People who are emotionally abused are usually suffering another type of abuse or neglect at the same time – but this isn't always the case.

Signs of emotional abuse include:

- Sudden speech disorders
- Neurotic behaviour e.g. sulking, hair-twisting, rocking
- Failing to thrive or grow

Changes in behaviour that can also indicate emotional abuse include:

- Self-harming
- Fear of making mistakes
- Attention seeking behaviour
- Inappropriate relationships with peers and/or adults

c. Sexual abuse involves forcing or enticing someone to take part in sexual activities (including prostitution) whether or not the person is aware of what is happening.

Sometimes the person won't understand that what is happening to them is abuse. They may not even understand that it's wrong. The person does not have to experience physical contact to be sexually abused and it can happen online. Vulnerable adults can be sexually abused by males and/or females, by adults and other vulnerable adults. This includes people from all different walks of life.

Sexual abuse includes:

- Encouraging someone to engage in sexual activity, including penetrative or non-penetrative acts.
- Non-contact activities such as showing someone images of sexual activity, including photographs, videos or via webcams.

Signs of sexual abuse include:

- Discomfort when walking or sitting down
- Stomach pains
- Pregnancy

Changes in behaviour that can also indicate sexual abuse include:

- Fear of being left with a specific person or group of people
- Sexual knowledge which is beyond their age or developmental level
- Acting in sexually explicit ways

Abuse can happen on social media as well as in the real world. Possible indicators of online abuse will be the same as those of real world abuse, and online abuse is just as serious.

d. Neglect is the persistent failure to meet someone's basic physical and/or psychological needs which is likely to result in the serious impairment of the person's health or development.

Someone may be left hungry or dirty, without adequate clothing, shelter, supervision, medical or health care.

Neglect includes a parent or carer failing to:

- Protect a service user from physical and emotional harm or danger.
- Ensure adequate supervision and access to appropriate medical care or treatment for a service user.

Signs of neglect may include:

- Loss of weight or being constantly underweight
- Constantly dirty or smelly
- Inappropriate dress for the conditions

Changes in behaviour that also indicate neglect include:

- Complaining of being tired all the time
- Not requesting medical assistance and/or failing to attend appointments
- Mentioning being left alone or unsupervised

e. Financial abuse is often hard to detect.

It might look like:

- Borrowing money and not giving it back
- Stealing money or belongings
- Taking money as payment for coming to visit or spending time together
- Forcing someone to make changes in wills, property or inheritance

Signs of financial abuse may include:

- Unexplained money loss
- Lack of, or changes in money to pay for essentials such as rent, bills and food
- Inability to access or check bank accounts and bank balance.

You can find more information on Safeguarding at WeSwim on our website.