

What are the signs of abuse?



When children:

- Have unexplained physical injuries
- Suffer constant or unexplained illnesses
- Suddenly change their behaviour
- Cut themselves off from others
- Avoid certain situations or people
- Have low self-confidence
- Talk about abuse
- Attempt suicide or self-harm



When adults, such as football staff and parents or guardians:

- Single out a favourite child or a group of children
- Focus more on results rather than the children's experience
- Display negative or critical behaviour towards a particular child
- Use inappropriate language and behaviour
- Do not respect the children's privacy
- Do not follow the code of conduct

Act now!

Do you recognise any of the situations described in this leaflet?

- Have you witnessed abuse?
- Do you suspect abuse?
- Has anyone told you about abuse?

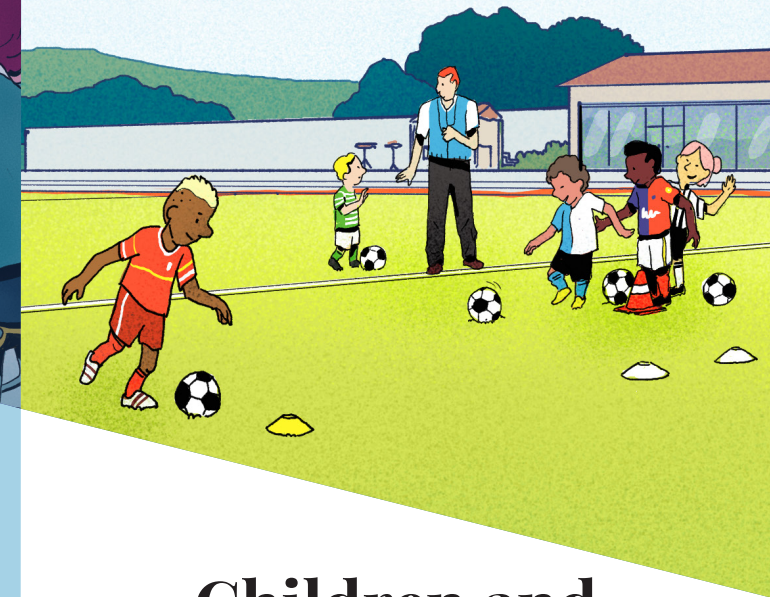
Speak up and ask for help immediately!

Talk with:

The child and youth protection officer at your national football association or football club

The child helpline, the police or the child protection authority in your community or country

Find out more at www.uefa-safeguarding.eu



Children and young people have the right to enjoy football safely

Child and youth safeguarding is teamwork!



CHILD & YOUTH PROTECTION



RESPECT



Terre des hommes
Helping children worldwide.

Everyone has a role to play in keeping children and youth safe in football!

Find out how to **recognise child abuse** and where to **seek help** ▶

Every child and young person under 18 who plays or takes part in football has the right to an enjoyable and safe environment and to be protected from abuse. Every adult involved in football has the responsibility to safeguard this right.



How to recognise child abuse?

Most children benefit greatly from their involvement in sports. Nevertheless, in sport, as in any other activity, **children may be subjected to abuse or harm**, irrespective of their age, gender, ethnic origin, culture, religious beliefs, ability, or sexual orientation.

Who might harm or abuse children?

- Coaches, team managers
- Club officials and staff
- Medical staff (physicians, therapists)
- Volunteers
- Parents/caretakers
- Family and friends
- Other children/young people

Adults involved in football have the responsibility to:

- Read and respect the child safeguarding policy of the club/league/national association
- Sign and comply with the code of conduct
- Know how to recognise the types and signs of abuse and how to respond
- Inform children about how to contact the child safeguarding focal point and other trustworthy adults/services
- Talk with children about their experience/concerns

Emotional abuse



Emotional abuse is any behaviour that damages a child's self-esteem and sense of self-worth, such as repetitive criticism or sarcasm, threats, humiliation or dismissal.

- Shouting at a child or calling them a 'loser' for not playing well
- Making abusive jokes or inappropriate comments, or laughing at a child
- Showing favouritism within the team

Neglect



Neglect is failure to meet a child's basic physical, emotional or psychological needs.

- Not providing food, water, shelter, care, support or supervision
- Deliberately and consistently paying very little or no attention to a child, or ignoring a child's opinions
- Not being aware of a child's whereabouts or making children practise in extreme weather
- Excluding particular children from groups, team activities or being entirely ignored

Physical abuse



Physical abuse is any action that causes physical injury, leaves marks or causes pain.

- Slapping, hitting, beating, hair and ear pulling, shaking or pinching a child
- Pressuring a child to play while injured
- Encouraging children to target players on opposing teams, with a risk of injury to themselves or others

Sexual abuse



Sexual abuse is any type of sexual contact, activity or behaviour involving children.

- Taking photos of naked children, or watching them undress or use the bathroom
- Forcing or encouraging a child to engage in sexual acts or watch pornography
- Commenting on how well-developed a girl is physically, or inappropriate touching
- Online grooming

Bullying



Bullying is repeated and intentional behaviour by a child or a group of children that causes fear, distress or harm to another child.

- Hitting, pushing, threats of violence, or damaging or stealing belongings
- Name-calling or spreading rumours
- Cyberbullying is bullying using digital technology, such as sending hurtful or abusive messages on social media