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Spotting PERPETRATORS

the concerning behaviours.

Behaviours perpetrated by individuals that might suggest there is abuse occurring, categorised by different forms of abuse:

GENERALLY CONCERNING BEHAVIOUR

Insisting on physical affection such as hugging

Refusing to allow a participant privacy or to make their own decisions about personal matters.

Overly interested in the sexual development of a child or teenage athlete.

Insisting on time alone with an athlete with no interruptions.

Favouritism
Picking on a particular participant, talking about them negatively with the rest of the training group

Discussing or sharing sexual jokes or materials with a participant online or offline.

Paying for things like physio or massage for athletes, buying expensive gifts or giving participants money. This can exacerbate power imbalances with the participant feeling they owe something to the individual.

PHYSICAL ABUSE

Offers conflicting, unconvincing, or no explanation for the child's injury

Encourages or forces athletes to train through injury or illness

Using excessive physical force and discipline causing harm

NEGLECT

Appearing to be indifferent to an individual in their duty of care

Seems apathetic or depressed

Behaves irrationally

Is abusing alcohol or other drugs

If you notice a combination of these warning signs, it is time to seek help and advice.
You do not need to wait for 'proof' to report a concern.

SEXUAL ABUSE

- Unduly protective of an individual
- Being secretive and isolated
- Behaving in a jealous or controlling way with family members of individuals
- Constantly watching an individual and all their interactions
- Taking unsolicited photos

If there is an immediate risk of harm to a child or young person then please report straight to the Police and LADO.

EMOTIONAL / PSYCHOLOGICAL ABUSE

- Constantly blame, belittle, or berate
- Being unconcerned about an athlete or individual in their duty of care
- Overtly reject or dismiss an individual
- Give individuals in their care are treated differently

VOICES IN SPORT

SAY SOMETHING IF YOU SEE SOMETHING

SPOTTING PARTICIPANTS IN TROUBLE, KNOWING THE SIGNS...

Spotting
PARTICIPANTS
in trouble,
knowing the signs.

These behaviours demonstrated by participants might suggest there is abuse occurring.

We have categorised them by different forms of abuse:

PHYSICAL ABUSE

- Unexplained burns, bites, bruises, broken bones, or black eyes
- Change in clothing to cover unexplained bumps or bruises
- Fading bruises or other marks noticeable after a practice or travel with the team
- Seems frightened of any of the staff
- Shrinks at the approach of adults

Usure what to do? Learn more about how you can support participants by reading the **Welfare and Wellbeing Guide.**

EMOTIONAL / PSYCHOLOGICAL ABUSE

- Shows extremes in behaviour
- Is inappropriately adult (parenting other children)
- Inappropriately infantile (frequently rocking)

SEXUAL ABUSE

- Has difficulty walking or sitting
- Suddenly refuses to participate in physical activities
- Reports nightmares or bedwetting
- Experiences a sudden change in appetite
- Demonstrates unusual sexual knowledge or behaviour
- Sexually Transmitted Infections

NEGLECT

- Begs or steals food or money
- Has injuries that are not cared for
- Forced to continue with training or competing with an injury
- Reports inadequate equipment for training or competition
- Abuses alcohol or other drugs
- No one at competition supervising the participants
- Hazing or bullying within the team/group
- Stealing sporting equipment or other goods from the club

BEHAVIOUR CHANGES

- Becoming withdrawn or very clingy
- Suddenly having sleeping problems
- Unaccountable fear of particular places or people
- Personality changes or suddenly seems insecure. Outbursts of anger, being very defensive
- Changes in eating habits
- Becoming secretive
- Substance use

EMOTIONAL / PSYCHOLOGICAL CHANGES

- Low self-esteem
- Depression
- Anxiety
- Mistrust of others
- Poor peer relationships
- Difficulty regulating emotions
- Self-harming

SPORTS PERFORMANCE CHANGES

- Diminished performance
- Feeling obligated to continue with the sport
- Looking forward to the end of the season (counting down days)
- Changes in motivation and reduced enjoyment (possibly leading to burn out and quitting sports)
- Impaired focus
- Difficulties with gaining new skills
- Substance use