

WHAT IS ABUSE?

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ENRICHING LIVES THROUGH ARCHERY



WHAT IS ABUSE?

Child abuse can and does occur inside and outside the archery environment. It is not always easy, even for experts, to determine where abuse has occurred. Staff and volunteers in archery are not experts in recognition, however, all adults working within archery have a duty of care to be vigilant and respond appropriately to suspicions of poor practice, abuse or bullying. This does not mean that it is your responsibility to decide if a situation is poor practice, abuse or bullying **but it is your responsibility to report your concerns.**

Abuse is a form of maltreatment of a young person. Abuse can be someone neglecting a young person or inflicting harm or by failing to act to prevent harm, this abuse is often by individuals they know and trust. Abuse may occur by an adult or from one young person to another.

Concerns identified as child abuse will fall within the following five categories:

1. **Physical**
2. **Neglect**
3. **Sexual**
4. **Emotional**
5. **Bullying**

1. PHYSICAL

Is a form of abuse which may involve hitting, shaking, throwing, poisoning, burning or scalding, drowning, suffocating or otherwise causing physical harm to a young person. Physical harm may also be caused when a parent or carer fabricates the symptoms of, or deliberately induces, illness in a child. It also occurs when young people are given alcohol or inappropriate drugs, or there is a failure to supervise their access to these substances.

Signs and Indicators of physical abuse:

- ▶ unexplained bruising or injury in unusual places (face, back, ears, hands, buttocks, upper thighs and soft parts of the body)
- ▶ inconsistent or absent explanation of bruises
- ▶ any bruising on a baby
- ▶ pressure marks from fingers on the face, chest or back
- ▶ weal, ligature or bite marks
- ▶ skull fracture, subdural bleeding, multiple fractures of different ages
- ▶ suspicious burns
- ▶ poisoning or significant over medicating

In an archery situation physical abuse may also occur when:

- ▶ young archers are exposed to exercise/ training which disregards the capacity of the archer's immature and growing body
- ▶ young archers are exposed to too much shooting, overtraining or fatigue
- ▶ any person exposes young archers to alcohol and gives them the opportunity to drink alcohol below the legal age or fails to supervise access to alcohol
- ▶ young archers are provided with or encouraged to take prohibited substances including performance enhancing drugs

2. NEGLECT

Is the persistent failure to meet a child's basic physical and/or psychological needs, likely to result in the serious impairment of the child's health or development. Neglect may occur during pregnancy as a result of maternal substance abuse. Once a child is born, neglect may involve a parent or carer failing to: provide adequate food, clothing and shelter (including exclusion from home or abandonment), protect a child from physical and emotional harm or danger, ensure adequate supervision (including the use of inadequate caregivers), ensure access to appropriate medical care or treatment, neglect of, or unresponsiveness to, a child's basic emotional needs

Signs of neglect:

- ▶ failure to thrive
- ▶ developmental delay
- ▶ prone to illness
- ▶ sallow or sickly appearance
- ▶ abnormally high appetite, stealing or hoarding food
- ▶ dirty appearance and body odour
- ▶ untreated medical conditions

3. SEXUAL

Sexual abuse can be committed by both men and women. Children can also abuse other children (peer on peer abuse). Sexual abuse involves encouraging, forcing or enticing a young person to take part in sexual activities, not necessarily involving a high level of violence, and whether or not the young person is aware of what is happening. In sport, coaching techniques which involve physical contact with young people can create situations where sexual abuse can be disguised. The activities may involve physical contact, including assault by penetration (for example, rape or oral sex) or non-penetrative acts such as masturbation, kissing, rubbing and touching outside of clothing. They may also include non-contact activities, such as involving young people in looking at, or in the production of sexual images, watching sexual activities, encouraging young people to behave in sexually inappropriate ways, or grooming a child in preparation for abuse (including via the internet). Sexual abuse is not solely perpetrated by adult males.

Signs of sexual abuse:

- ▶ genital injuries
- ▶ bite marks
- ▶ sexually transmitted diseases
- ▶ persistent soiling or bed wetting
- ▶ sleep disturbance
- ▶ inappropriate sexual behaviour based on the child's age
- ▶ promiscuous affection seeking behaviour
- ▶ sexualised behaviour and language which does not respond to boundaries or discipline
- ▶ obsessive and compulsive washing
- ▶ wary of physical contact with others
- ▶ young children unusually fearful of having their nappy changed

In an archery situation abuse may occur when:

- ▶ an adult uses the context of a training session to touch young people in an inappropriate sexual way
- ▶ coaches, managers or volunteers use their position of power and authority to coerce young people into a sexual relationship
- ▶ coaches or managers imply better progress of the young person in return for sexual favours

4. EMOTIONAL

Emotional abuse is the persistent criticism, degrading, and putting unrealistic expectations on a young person. This emotional maltreatment of a young person can have a severe and persistent negative effect on their emotional development.

It may include not giving the young person opportunities to express their views, deliberately silencing them or 'making fun' of what they say or how they communicate. It may feature age or developmentally inappropriate expectations being imposed on children. These may include interactions that are beyond a child's developmental capability, as well as overprotection and limitation of exploration and learning, or preventing the child participating in normal social interaction. It may involve seeing or hearing the ill-treatment of another. It may involve serious bullying (including cyber bullying), causing children frequently to feel frightened or in danger, or the exploitation or corruption of children.

In an archery situation, emotional abuse may occur when coaches, volunteers or parents:

- ▶ provide repeated negative feedback
- ▶ repeatedly ignore a young archer's efforts to progress
- ▶ repeatedly demand performance levels above the young archer's capability
- ▶ over emphasise "a win at all costs" ethic

Signs of emotional abuse:

- ▶ avoiding home (particularly if the abuser is in the family home)
- ▶ running away or continually staying at friend's houses
- ▶ fear of the dark, not wanting to go to bed, bedwetting or nightmares
- ▶ lying or stealing
- ▶ lack of trust in adults
- ▶ poor self-image/self-esteem, poor academic performance, poor peer relationships
- ▶ secretive, demanding or disruptive behaviour
- ▶ children are subjected to repeated criticism, sarcasm, name-calling or racism
- ▶ a child is ignored or excluded
- ▶ children feel pressure to perform to unrealistically high expectations
- ▶ children are made to feel like their value or worth is dependent on their sporting success
- ▶ it may involve conveying to a young person that they are worthless or unloved, inadequate or valued only insofar as they meet the needs of another person.
- ▶ it may include not giving young people opportunities to express their views, deliberately silencing them or 'making fun' of what they say or how they communicate
- ▶ age or developmentally inappropriate expectations being imposed on young people
- ▶ may include interactions that are beyond a young person's developmental capability, as well as overprotection and limitation of exploration and learning or preventing the young person participating in normal social interaction
- ▶ it may involve seeing or hearing the ill-treatment of another
- ▶ it may involve serious bullying (including cyber bullying), causing young people frequently to feel frightened or in danger, or the exploitation or corruption of young people

Some level of emotional abuse is involved in all types of maltreatment of a young person, though it may occur alone.

5. BULLYING

Bullying is the persistent or repeated hostile and intimidating behaviour towards a young person and may be by an adult towards a child or peer on peer abuse. Bullying results in pain and distress to the victim. Bullying can be: emotional, being unfriendly, excluding (emotionally and physically) sending hurtful text messages, tormenting, pushing, kicking, hitting, punching or any use of violence; sexual unwanted physical contact or sexually abusive comments; discriminatory comments, jokes about or targeted abuse aimed towards disabled children, homophobic, transphobic, sexist, gendered, racist or faith-based comments; verbal name-calling, sarcasm, spreading rumours, teasing.

The acronym **STOP – Several Times on Purpose** – can help identify bullying behaviour.

Signs of bullying:

- ▶ unexplainable injuries
- ▶ lost or destroyed clothing, books, electronics, or jewellery
- ▶ frequent headaches or stomach aches, feeling sick or faking illness
- ▶ changes in eating habits, like suddenly skipping meals or binge eating
- ▶ may come home from school hungry because they did not eat lunch
- ▶ difficulty sleeping or frequent nightmares
- ▶ declining grades, loss of interest in schoolwork, or not wanting to go to school
- ▶ sudden loss of friends or avoidance of social situations
- ▶ feelings of helplessness or decreased self esteem
- ▶ self-destructive behaviours such as running away from home, harming themselves, or talking about suicide





GROOMING

Grooming is a term used for the tactics applied to trick and entrap the young person and their family. Building trust i.e., giving advice, attention, gifts, keeping secrets, manipulating, and exploiting their position of power. Seeking to access potential victims by looking for jobs or volunteer roles with organisations without clear boundaries and policies. People engaged in grooming often break small rules to test whether they are challenged about their behaviour.

Online grooming uses the same principles of grooming using online platforms such as Facebook, Instagram, Tik Tok and Snap Chat. Chat rooms and live streaming may be used to facilitate online sexual abuse. Online grooming is also used for child trafficking, radicalisation, and child exploitation.

A groomer will develop a relationship with the young person and will stay in contact all the time and may try to persuade the child to send sexual images. They may say they will be upset if they do not, resorting to blackmail such as threatening to send images to people they know if they do not send more.

Signs of grooming:

- ▶ being very secretive about how they're spending their time, including when online
- ▶ having an older boyfriend or girlfriend
- ▶ having money or new things like clothes and mobile phones that they can't or won't explain
- ▶ underage drinking or drug taking
- ▶ spending more or less time online or on their devices

See Protecting Children from Grooming Guidance

OTHER TYPES OF ABUSE

CYBERBULLYING

Cyberbullying is when a person uses technology i.e., mobile phones or the internet (social networking sites, chat rooms, instant messenger, tweets), to deliberately upset someone. This could take the form of posting derogatory abusive comments, videos or images on social media. Bullies often feel anonymous and 'distanced' from the incident when it takes place online and 'bystanders can easily become bullies themselves by forwarding the information on.

Signs of cyberbullying:

- ▶ appears nervous when receiving a text, instant message or email
- ▶ seems uneasy about going to school and pretends to be ill
- ▶ unexplained headaches or tummy aches
- ▶ unwillingness to share information about online activity
- ▶ unexplained anger or depression after going online
- ▶ abruptly shutting off or walking away from electronic device
- ▶ withdrawing from friends and family
- ▶ trouble sleeping at night
- ▶ unexplained weight loss or weight gain
- ▶ suicidal thoughts or suicide attempts

CHILD SEXUAL EXPLOITATION

This is a form of child sexual abuse. It occurs where an individual or group takes advantage of an imbalance of power to coerce, manipulate or deceive a child or young person under the age of 18 into sexual activity (a) in exchange for something the victim needs or wants, and/or (b) for the financial advantage or increased status of the perpetrator or facilitator. The victim may have been sexually exploited even if the sexual activity appears consensual. Child sexual exploitation does not always involve physical contact; it can also occur through the use of technology.

Signs of child sexual exploitation:

- ▶ going missing for periods of time or regularly returning home late
- ▶ skipping school or being disruptive in class
- ▶ appearing with unexplained gifts or possessions that can't be accounted for
- ▶ experiencing health problems that may indicate a sexually transmitted infection
- ▶ being very secretive about how they're spending their time, including when online
- ▶ having an older boyfriend or girlfriend
- ▶ having money or new things like clothes and mobile phones that they can't or won't explain
- ▶ underage drinking or drug taking
- ▶ spending more or less time online or on their devices
- ▶ being upset, withdrawn or distressed
- ▶ sexualised behaviour, language or an understanding of sex that's not appropriate for their age
- ▶ spending more time away from home or going missing for periods of time.
- ▶ using drugs and/or alcohol
- ▶ inappropriate sexualised behaviour, such as over-familiarity with strangers, dressing in a sexualised manner or sending sexualised images by mobile phone (sexting)
- ▶ show signs of unexplained physical harm, such as bruising and cigarette burns

CHILD CRIMINAL EXPLOITATION

Child Criminal Exploitation is where an individual or group coerce, control, manipulate or deceive a young person into any criminal activity in exchange for something the victim needs or wants, through violence or the threat of violence. The victim may have been criminally exploited even if the activity appears consensual. Child criminal exploitation does not always involve physical contact; it can also occur through the use of technology. Children can abuse other children. This is often referred to as Peer on Peer.

Signs of exploitation:

- ▶ persistently going missing from home or school or being found out of area
- ▶ having money, or new things like clothes or mobile phones that they won't or cannot explain
- ▶ receiving excessive texts and phone calls
- ▶ relationships with older individuals or gangs
- ▶ leaving home without any explanation
- ▶ significant change in emotional wellbeing
- ▶ using drugs or alcohol

COUNTY LINES EXPLOITATION

This is a term used to describe gangs and organised criminal networks involved in exporting illegal drugs into one or more areas within the UK, using dedicated mobile phone lines or other form of 'deal line'. They are likely to exploit vulnerable children to move and store the drugs and money, and they will often use coercion, intimidation, violence (including sexual violence) and weapons.

EXTREMISM

Extremism goes beyond terrorism and includes people who target the vulnerable – including the young – by seeking to sow division between communities on the basis of race, faith or denomination; justify discrimination towards women and girls; persuade others that minorities are inferior; or argue against the primacy of democracy and the rule of law in our society. Calls for the death of members of our armed forces is classed as extremist.

Signs of extremism:

- ▶ isolating themselves from family and friends
- ▶ talking as if from a scripted speech
- ▶ unwillingness or inability to discuss their views
- ▶ a sudden disrespectful attitude towards others
- ▶ increased levels of anger
- ▶ increased secretiveness, especially around internet use.



DOMESTIC ABUSE

Domestic abuse is any type of controlling, bullying, threatening or violent behaviour between people in a relationship. It can seriously harm children and witnessing domestic abuse is child abuse. It is important to remember domestic abuse: can happen inside and outside the home; can happen over the phone, on the internet and on social networking sites; can happen in any relationship and can continue even after the relationship has ended; both men and women can be abused or abusers.

Signs of children living in domestic abuse situations:

- ▶ unhappy, scared or upset unnecessarily
- ▶ behaving aggressively
- ▶ being anti-social
- ▶ acting older than their peers
- ▶ regularly missing school
- ▶ may complain of unexplained pain
- ▶ may appear under-fed or may hoard food
- ▶ may show signs of neglect such as unwashed hair, dirty clothes
- ▶ physical trauma may be evident if a child has bruises, cuts, burns or welts on their body which aren't explainable
- ▶ takes an aggressive attitude towards others
- ▶ develops more slowly than others in their year group and is afraid to go home

HONOUR BASED VIOLENCE

This encompasses incidents or crimes which have been committed to protect or defend the honour of the family and/or the community. Abuse committed in the context of preserving "honour" often involves a wider network of family or community pressure and can include multiple perpetrators. All forms of honour-based violence are abuse (regardless of the motivation) and should be handled and escalated as such.

FEMALE GENITAL MUTILATION (FGM)

FGM is illegal in the UK. The procedures involve partial or total removal of the external female genitalia or other injury to the female genital organs. It is a form of child abuse with long-lasting harmful consequences.

BREAST FLATTENING/IRONING

Breast flattening/ironing is a form of physical abuse. It is the process which young pubescent girls' breasts are ironed, massaged, flattened and/or pounded down over a period of time (sometimes years) so that the breasts disappear, or their development is delayed.

Female members of families conduct the process either using large stones, a hammer or spatula that has been heated over scorching coals to compress the breast tissue, or they may opt to use an elastic belt or binder to press the breasts so as to prevent them from growing.

FORCED MARRIAGE

Forced marriage is illegal and can therefore happen in secret and be planned by parents, family or religious leaders. Young people forced into marriage may encounter physical, sexual, and emotional abuse. Families may force a young person to marry because they want to follow tradition or want to keep family reputation and honour. The marriage may be in exchange for money. A forced marriage is different to an arranged marriage. An arranged marriage is a cultural tradition where a person has a choice about who they will marry.

Signs of forced marriage:

- ▶ absence from school or college
- ▶ request for extended leave or home education
- ▶ failure to return from visit to country of origin
- ▶ surveillance by family
- ▶ self-harming, attempted suicide, depression or becoming withdrawn

MODERN SLAVERY

Modern slavery is the illegal exploitation of people for personal or commercial gain. It covers a wide range of abuse and exploitation including child sex trafficking, bonded labour or debt bondage, domestic servitude, forced child labour, criminal exploitation, organ harvesting.

Violence, threats or coercion are used to transport, recruit or harbour young people in order to exploit them for purposes such as forced prostitution, labour, criminality, marriage or organ removal.

Signs of modern slavery:

- ▶ Appear to be under the control of someone else
- ▶ Reluctant to react with others
- ▶ Has no personal identification on them
- ▶ Wears the same clothes every day
- ▶ Appear frightened or withdrawn
- ▶ Dropped off and collected for work in the same way at unusual times e.g. very early or late at night

SEXTING

Sexting or sending nudes is when someone shares a sexual message, naked or semi-naked image, video or text message with another person. It doesn't have to be a nude image of them and could be an image of someone else.

Young people can send nudes using phones, tablets and laptops and can share them across any app, site or game, including during a livestream. Many young people also share them on social media channels.

There are many reasons why young people send nude or sexual messages which include: peer pressure; blackmail or harassment; to increase their self-esteem; to prove their sexuality; being in love with someone and fully trusting them and being made to feel guilty if they don't.

If an adult asked for or received naked images of a young person, or if you have any concerns about child exploitation or grooming, contact the [Child Exploitation and Online Protection Centre \(CEOP\)](#) and follow the Archery GB procedures for reporting concerns.



UPSKIRTING

Upskirting normally involves taking a picture under a person's clothing without them knowing, with the intention of viewing their genitals or buttocks to obtain sexual gratification, or to cause upset to the victim.

Upskirting is a form of sexual harassment and since April 2019 has been listed as a criminal offence.

HAZING

Hazing is when members of a group recklessly, intentionally or deliberately (with or without the consent of the participant) use any action or situation to embarrass or harm members as part of a rite of passage, or initiation into the group. The action may endanger the mental, physical or emotional wellbeing of a child or young person.

GASLIGHTING

Gaslighting is a term that refers to a person who tries to convince someone they are wrong about something even when they are not.

Most commonly, it takes the form of frequently disagreeing with someone or refusing to listen to their point of view. When it's done repeatedly, over a long period of time, it can have the effect of making someone doubt their own ideas about things – or even question their sanity. It can have a highly negative effect on a person's self-esteem and confidence. In certain situations, someone might deliberately gaslight an athlete as a form of controlling them – a serious form of emotional abuse that is never acceptable.



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