

## Safeguarding Advice for Young Bowlers (U18)

**Safeguarding is the steps that people take to protect children and vulnerable adults from harm.**

**A child is defined by law as anyone who is under 18 years of age.**

Sport is fun – it gives you the opportunity to make new friends, try out new activities and amaze yourself with what you can do.

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

What these children are experiencing may be abuse. And they may feel they have no one to talk to about it. Or that no one will listen to them or take what they say seriously.

### What is Abuse?

Being mistreated or abused is often put into four groups.



Physical Abuse is when an adult deliberately hurts a child for example, by hitting, shaking, or burning them.



Emotional Abuse could happen, for example, if a child is always being blamed for everything or told that they are stupid or useless and made to feel unhappy.



Neglect is where a child is not being looked after properly, or not getting enough to eat or drink or being left alone in dangerous situations.



Sexual Abuse could be where a child is made to take part in or watch sexual activities or in the taking and sending of rude photos.

### If something is worrying you don't keep it to yourself

- tell an adult you trust as soon as possible, such as:
  - a parent or someone else in your family
  - another member of staff at the bowls club
  - a teacher or school/college counsellor
  - your doctor or school/college nurse
  - contact childline on 0800 1111 or online at [www.childline.org.uk](http://www.childline.org.uk)
- your club will have a safeguarding or welfare officer – find out who they are and tell them about your worries
- make sure you're not alone again with the person who has tried to harm you

This short, animated film – Ellie’s Story – is well worth watching.

[Speaking out in sport | CPSU video \(thecpsu.org.uk\)](#)



# SHARE YOUR CONCERNS

It's important any concerns you have are reported to your safeguarding lead. If you see, hear or even just have a bad feeling about a situation or a person then it is better to share your concerns.

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**Inappropriate Touching**  
Someone could have smacked your bottom while you were walking past



**Sexualised Comments**  
Anything that could be sexual, including comments about your body



**Sexualised Images**  
Being sent inappropriate pictures or being asked to send them



**Bullying**  
Including cyberbullying, prejudice-based and discriminatory bullying



**Physical Abuse**  
Such as hitting, kicking, shaking, biting, hair pulling or online abuse which facilitates physical abuse



**Upskirting**  
Which typically involves taking a picture under a person's clothing without their permission



**Hazing/Initiation**  
This could include harassment, abuse or humiliation used to initiate a person into a group

**Remember, if something makes you or someone you know uncomfortable, this is NOT acceptable!**

Source: The Safeguarding Company