



# YOUR SAFEGUARDING POLICY

**FOR PLAYERS AGED 12-16**



**THE FAW IS COMMITTED TO PROTECTING YOU  
FROM HARM AND TO PROVIDING YOU WITH A  
SAFE & POSITIVE ENVIRONMENT**



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# INTRODUCTION

The Football Association of Wales has a responsibility to keep you safe and protect you from harm. Therefore, the FAW Safeguarding Team have put in place safeguarding policy, and everyone involved in Welsh football, such as your club, coaches, physios, and team helpers must read, understand and follow the policy.

The FAW Safeguarding Team have also developed your safeguarding policy to provide you with some information on what safeguarding is and the different forms of abuse that can occur.

It's important to understand that abuse can happen in different environments such as your home, in school or at football. It's also important for you to understand that abuse is not acceptable in any form and should be reported.

This document is not to worry you but to provide you with some guidance on what you can do if you or someone else you know is experiencing or has experienced abuse. It's important to for you to speak up and to get help.

We have provided you with list of useful contacts of who can go to if you do need to talk to someone.

Your safety and wellbeing are important to us so if you do have any concerns, the FAW safeguarding Team are always here to listen to you.



A photograph of a male coach in a black shirt standing on a grass field, talking to a group of young football players. Some players are wearing bright green training bibs over their black kits. The background is a blurred green field with trees.

# SECTION 1

**LEARN ABOUT SAFEGUARDING  
& DIFFERENT TYPES OF ABUSE**





**SAFEGUARDING IS EVERYONES RESPONSIBILITY**



# WHAT IS SAFEGUARDING?

**SAFEGUARDING** is the action taken to promote your welfare and protect you from harm. Safeguarding is EVERYONES responsibility and so whether you are at football, at home, in school, out with friends, all adults or organisations have a duty of care and must keep you safe.

Harm can occur in the form of abuse, so we have provided you with information below to help you understand the different types of abuse that can occur. This will enable you do understand the difference between acceptable and unacceptable behaviour.

If at any point you do not feel safe, it's important you talk to an adult you trust.



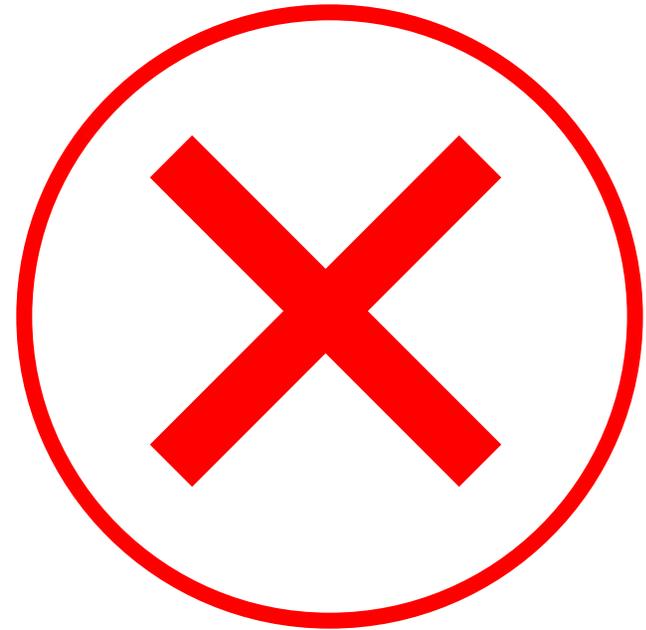
**THE FOOTBALL ASSOCIATION OF WALES BELIEVES  
YOUR WELFARE IS THE MOST IMPORTANT THING**



# WHAT IS ABUSE?

**ABUSE** is any form of physical, emotional, or sexual mistreatment or lack care that leads to injury or harm. Below are the different types of abuse:

- **EMOTIONAL ABUSE** is when someone treats you in a way that has a negative impact on your mental wellbeing or emotional development.
- **PHYSICAL ABUSE** is when someone deliberately hurts you causing physical harm, or you see someone else being hurt.
- **SEXUAL ABUSE** is when you are forced to take part in sexual activities or touched in an inappropriate way.
- **NEGLECT** is when you are not looked after properly and your basic, psychological, or physical needs are not met.
- **BULLYING** is when someone is intentionally hurting you or making you feel upset, and this can happen in person or online (cyberbullying)



**ABUSE CAN OCCUR IN DIFFERENT FORMS.**

**ABUSE CAN HAPPEN ANYWHERE**



# EXAMPLES OF ABUSE



EMOTIONAL ABUSE	PHYSICAL ABUSE	SEXUAL ABUSE	NEGLECT	BULLYING
<ul style="list-style-type: none"> <li>• Puts you down</li> <li>• Calls you names</li> <li>• Keeps shouting at you even if you haven't done anything wrong</li> <li>• Ignores &amp; leaves you out of things</li> <li>• Makes you feel bad about yourself</li> <li>• Tries to control you</li> <li>• Puts you in dangerous situations</li> <li>• Stop you from having friends</li> </ul>	<ul style="list-style-type: none"> <li>• Hitting, smacking, slapping</li> <li>• Punching &amp; kicking</li> <li>• Pinching, scratching &amp; biting</li> <li>• Shaking or suffocating you</li> <li>• Scalding or burning you</li> <li>• Hair pulling</li> <li>• Spitting or throwing things at you</li> </ul>	<ul style="list-style-type: none"> <li>• Being touched in a way you don't like without giving permission or consent</li> <li>• Someone flashing or exposing themselves to you online or offline</li> <li>• Being forced to have sex, look at sexual pictures or videos, do something sexual or watch someone do something sexual</li> </ul>	<p>Not providing you with</p> <ul style="list-style-type: none"> <li>• clothes that are clean &amp; warm</li> <li>• enough to eat &amp; drink</li> <li>• protection from dangerous situations</li> <li>• somewhere warm, dry &amp; comfortable to stay</li> <li>• help when your ill or have been hurt</li> <li>• love &amp; care from your parents</li> <li>• support with education</li> <li>• medical care if needed</li> </ul>	<ul style="list-style-type: none"> <li>• Physical bullying includes any physical contact which could hurt or injure a person such as pushing, hitting, slapping.</li> <li>• Verbal bullying includes name calling, threatening, making nasty remarks, teasing.</li> <li>• Cyberbullying happens through text or social media such as sending nasty messages, spreading rumours etc.</li> </ul>

\*Here we have provided examples- this is not an exhaustive list.





# EXAMPLES OF ABUSE IN FOOTBALL



EMOTIONAL ABUSE	PHYSICAL ABUSE	SEXUAL ABUSE	NEGLECT	BULLYING
<ul style="list-style-type: none"> <li>• A coach subjecting a child to repeated criticism</li> <li>• A coach constantly ignoring or excluding a child</li> <li>• Pressuring a child to perform to unrealistic expectations</li> <li>• Making a child feel like their worth depends on winning</li> </ul>	<ul style="list-style-type: none"> <li>• Pushing a child too hard when they are not ready</li> <li>• Forcing a child take drugs to enhance their performance</li> <li>• Forcing a child to play when injured</li> <li>• Punishing a child for a mistake by making them do excessive exercise to the point of exhaustion</li> </ul>	<ul style="list-style-type: none"> <li>• A coach is alone with a player and asks the player to engage in sexual activities</li> <li>• Touching a player inappropriately</li> <li>• A player is contacted through message or social media and asks them to send nude photos</li> </ul>	<ul style="list-style-type: none"> <li>• Not providing a player with medical attention when they are hurt</li> <li>• Failing to provide a safe environment to train and play</li> <li>• Failing to use safe equipment</li> <li>• A coach/ team helper fails to report or respond to a concern</li> </ul>	<ul style="list-style-type: none"> <li>• A coach or parent constantly humiliates a player when they make mistakes</li> <li>• A player is pushed by a teammate and called names</li> <li>• A player is always left on the side-lines and ignored</li> </ul>

\*Here we have provided examples- this is not an exhaustive list



**WE DO NOT ACCEPT THESE TYPES OF BEHAVIOURS IN OUR FOOTBALL ENVIRONMENT.**





**THE FAW & YOUR CLUB WANT TO PROVIDE YOU WITH A SAFE & POSITIVE FOOTBALL EXPERIENCE & AN ENVIRONMENT WHERE YOU CAN HAVE FUN & DEVELOP.**



# WHAT TO DO IF YOU ARE EXPERIENCING ABUSE OR YOU THINK SOMEONE ELSE IS EXPERIENCING ABUSE?

If you are experiencing or have experienced any form of abuse or you believe someone else is experiencing abuse, whether that be at football, at home, in school or anywhere else, its important you take one of the following actions:



**IF YOU ARE IN DANGER, PLEASE CALL 999**



**YOUR CLUB HAS A CLUB SAFEGUARDING OFFICER WHO YOU CAN TALK TO**



**TALK TO AN ADULT YOU TRUST, SUCH AS:**

- YOUR PARENTS
- ANOTHER FAMILY MEMBER
- YOUR COACH
- YOUR TEACHER



**SPEAK TO AN ORGANISATION THAT IS THERE TO HELP YOU, SUCH THE NSPCC CHILDLINE- PLEASE SEE THE USEFUL CONTACT SECTION BELOW**



**CALL THE FAW AND ASK TO CHAT TO A MEMBER OF THE FAW SAFEGUARDING TEAM**

**BY SPEAKING UP AND TALKING TO SOMEONE YOU TRUST, YOU CAN GET THE SUPPORT AND HELP YOU NEED.**

**IT IS THE RIGHT THING TO DO, AND YOU WILL NOT GET IN TROUBLE.**



# USEFUL CONTACTS



## POLICE

CALL 999



## FAW SAFEGUARDING TEAM

CALL 02920 435 830 OR EMAIL  
SAFEGUARDING@FAW.CO.UK



## NSPCC 24 HR HELPLINE

CALL 0808 800 5000  
OR VISIT [WWW.NSPCC.CO.UK](http://WWW.NSPCC.CO.UK)



## CHILDLINE

CALL 0800 1111  
VISIT [WWW.CHILDLINE.ORG.UK](http://WWW.CHILDLINE.ORG.UK)



# SECTION 2

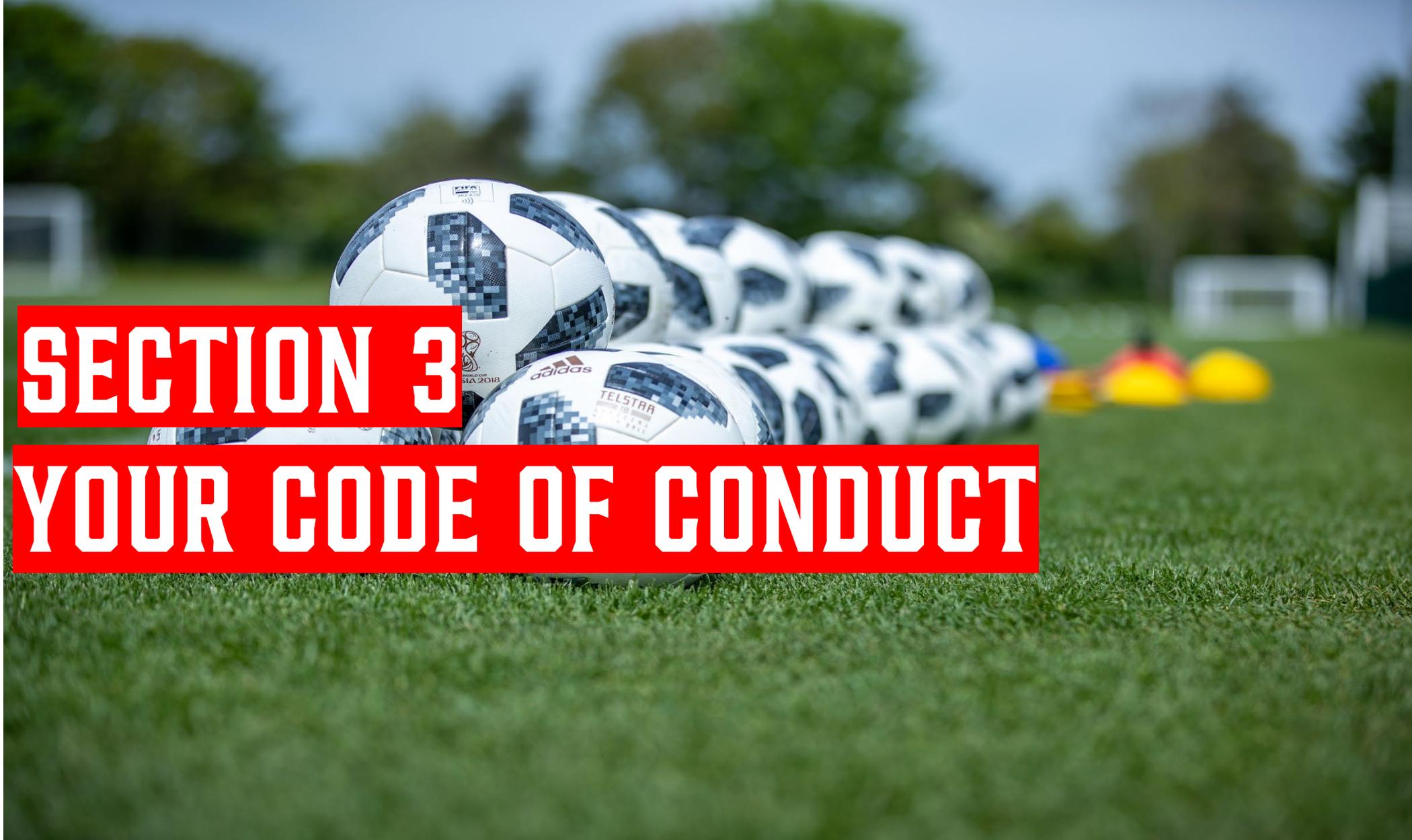
# YOUR CLUB'S RESPONSIBILITY TO SAFEGUARD YOU



Your football club has a responsibility to keep you safe and protect you from harm. To ensure this is the case, the FAW expect the following:

- Your club must have a safeguarding officer in place at all times. This person is there to listen to you and to provide you with support.
- Your club must ensure all coaches, staff and team helpers to have a valid DBS check in place.
- Your club must ensure all coaches, staff and team helpers to complete the necessary training to carry out their role.
- Your club safeguarding officer must read over the FAW safeguarding policy and complete FAW safeguarding training.
- Your club should have a club safeguarding policy.
- Your club should have an anti-bullying policy.
- Your club should follow FAW best practice guidelines.
- Your club should expect coaches, players and parents to follow code of conducts.
- Your club should have a complaints process in place.
- Your club should listen to you.
- Your club should respond to any concerns.
- Your club should provide a positive environment.
- Your club must ensure your welfare is paramount





**SECTION 3**

**YOUR CODE OF CONDUCT**



# YOU ARE EXPECTED TO:

- Show exemplary behaviour by respecting and listening to match officials and your coaches.
- Show respect to your opponents and shake their hands after each game.
- Accept responsibility for your own performance and behaviour.
- Treat all fellow players equally.
- Be friendly and welcoming to new players.
- Not bully or make anyone feel unhappy or sad.
- Encourage, support and co-operate with your team-mates.
- Tell someone you trust about inappropriate or risky behaviour or if something makes you unhappy or uncomfortable.
- Take care of equipment owned by the club.
- Not discriminate on the grounds of religious beliefs, race, gender, social classes or lack of ability. Respect other people.
- Not take part in rough or dangerous play, bullying, or the use of bad language or inappropriate behaviour.
- Appreciate the efforts of all players.
- Not get involved in peer pressure and push others to do something they do not want to do.
- Accept that striving to win is more important than winning itself.
- Always pursue fair play – stick to the laws and the spirit of the game.
- Be positive, approachable and offer praise to promote the objectives of the club at all times.
- Display high standards, behave responsibly and never use foul, abusive, insulting or inappropriate words, behaviour or gestures.
- Respect and listen to the opinions of fellow players.
- Not to post anything nasty on social media which may bring the game into disrepute.

**YOUR SAFEGUARDING OFFICER, MANAGER, COACHES, TEAM HELPERS, PHYSIOS,  
PARENTS, SPECTATORS ALSO HAVE A CODE OF CONDUCT TO FOLLOW.**



# SECTION 4

# YOUR CLUB ANTI-BULLYING POLICY



Bullying can present itself in different forms as shown in our previous examples, however bullying is not acceptable and the FAW and your club will have an anti-bullying policy in place to protect you and your teammates. It's important that:

- Everyone involved in the club are treated with respect
- There is no bullying behaviour in the club
- All players should feel welcomed at the club
- All players should feel a part of the team
- Your club should investigate any concerns of bullying and take bullying seriously.
- If you are being bullied, your club should listen to you and support you.
- Your club should provide a safe space for players to come forward if they are being bullied
- Your club should work with players who do bully to help change the negative behaviour
- Your club should ensure all coaches are given appropriate training and guidance on bullying
- Your club should encourage you to not engage in bullying behaviour



**IF YOU OR YOUR TEAMMATE IS BEING BULLIED, ITS IMPORTANT YOU TALK TO YOUR PARENTS, COACHES, OR CLUB SAFEGUARDING OFFICER.**



**SECTION 5**

**YOUR WELLBEING**





## YOUR WELLBEING

WELLBEING IS A STATE OF BEING COMFORTABLE, HAPPY, AND HEALTHY.

HOW ARE YOU FEELING PHYSICALLY & MENTALLY?



## BENEFITS FOOTBALL CAN HAVE ON WELLBEING

- HELPS YOU STAY ACTIVE
- HELP YOU MEET PEOPLE
- CAN BE FUN & ENJOYABLE
- CAN HELP IMPROVE SOCIAL SKILLS
  - CAN HELP IMPROVE SLEEP
- CAN HELP DEVELOP SKILLS TO COMMUNICATE
  - CAN HELP DEVELOP LEADERSHIP SKILLS
- CAN PROVIDE YOU WITH A SPACE TO BE YOURSELF
  - CAN PROVIDE YOU WITH FOCUS



## YOUR MENTAL HEALTH

MENTAL HEALTH IS ABOUT HOW WE FEEL, THINK & ACT.

SOMETIMES WE FEEL GOOD, SOMETIMES WE DON'T.

IT'S IMPORTANT TO PAY ATTENTION TO HOW YOU FEEL, THINK & ACT

IF YOU ARE HAVING A BAD DAY, IT CAN HELP TO TALK TO SOMEONE



## YOUR PHYSICAL HEALTH

PHYSICAL HEALTH CONSISTS OF MANY ASPECTS SUCH AS SLEEPING WELL, EATING WELL, BEING ACTIVE, HAVING GOOD HYGIENE, NOT FEELING STRESSED ETC



## TIPS FOR WELLBEING:

- ENSURE YOU HAVE ENOUGH SLEEP
  - ENSURE YOU RECOVER WELL
- ENJOY TIME WITH FAMILY & FRIENDS
- EAT A HEALTHY BALANCED DIET
  - EXERCISE REGULARLY
  - TALK TO PEOPLE
- DO SOMETHING YOU ENJOY
- FOCUS ON POSITIVE THOUGHTS
- SPEAK UP IF YOU DO NOT FEEL OKAY

# YOUR WELLBEING IS IMPORTANT



**IF YOU ARE STRUGGLING MENTALLY OR PHYSICALLY, ITS IMPORTANT TO TALK TO AN ADULT YOU TRUST OR SEEK HELP FROM ORGANISATIONS THAT CAN PROVIDE YOU WITH ADVICE & GUIDANCE. YOU CAN TALK TO:**

**YOUR PARENTS**

**ANOTHER FAMILY MEMBER**

**YOUR GP**

**YOUR TEACHER**

**YOUR SCHOOL**

**A FRIEND**

**THE FAW SAFEGUARDING TEAM**

**CHILDLINE- [WWW.CHILDLINE.ORG.UK](http://WWW.CHILDLINE.ORG.UK)**

**YOUNG MINDS- [WWW.YOUNGMINDS.ORG.UK](http://WWW.YOUNGMINDS.ORG.UK)**



# **DON'T BOTTLE IT UP**

**JUST LIKE WE ALL HAVE PHYSICAL HEALTH, WE ALL HAVE MENTAL HEALTH.**

**1 IN 4 PEOPLE SUFFER WITH THEIR MENTAL HEALTH.**

**WE WANT TO REMOVE THE STIGMA.**

**IT TAKES STRENGTH TO ADMIT THAT YOU ARE STRUGGLING.**

**IT TAKES COURAGE TO SEEK HELP.**

**IT'S OKAY NOT TO BE OKAY.**

**WE NEED TO TALK.**

**DON'T BOTTLE IT UP.**

**WE DON'T NEED TO BE ALONE IN OUR THOUGHTS.**

**EMBRACE THE POWER OF OUR TEAM, OUR FRIENDS, OUR PEERS,**

**TOGETHER WE ARE STRONGER**



**PLEASE CONTACT THE FAW SAFEGUARDING TEAM IF YOU NEED  
SUPPORT OR ANY FURTHER GUIDANCE. WE ARE HERE TO HELP YOU:**

**SAFEGUARDING@FAW.CYMRU**

**02920 435 830**

