

Community Safeguarding Guide

At Volunteering Matters we are committed to safeguarding practice and keeping our volunteers and community safe.

In times of crisis and uncertainty it is important we protect and safeguard our most vulnerable and at risk individuals.

This user friendly guide will help remind you of key safeguarding issues and how to spot any incidents of harm and abuse.

This does not replace your local safeguarding policies and practice.
Found on: www.suffolksp.org.uk

If you think a child or adult is at risk of harm or abuse we want community volunteers to:



- **stay safe**



- **see it**



- **recognise it**



- **report it**

If you're unsure what you've seen is a safeguarding concern contact Safeguarding Champions:

01473 938399

If you're worried about the safety of a child / adult contact

Customer First:

0808 800 4005

If there is an immediate danger of harm or abuse call:

999

Signs of Abuse

A brief reminder of some of the signs of possible harm or abuse

Physical:

- bruises, cuts, burns, scalds
- unexplained injuries



Psychological:

- tearful or defensive
- self harm
- extreme changes in behaviour



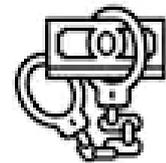
Sexual:

- inappropriate behaviours towards people (over-familiar)
- reluctance to be with a certain person



Financial:

- unexplained lack of money
- unexplained new items and new friendships
- unexplained bank activity



Neglect:

- poor weight, hygiene and clothing
- malnutrition or constant hunger
- hoarding



Domestic Abuse:

- see physical and psychological
- reluctance to talk - concerned their partner can overhear them
- increased fear, anxiety and self-blame



Understanding Exploitation

Exploitation

Children or people at risk of exploitation may have limited choice due to social, economic and emotional needs, which makes them more vulnerable.



Grooming

Grooming happens when children or people at risk are befriended, in person or online and then manipulated. Signs may include:
change of emotions, withdrawn or volatile
unexplained new friendships and new possessions
change in values/ideologies (radical thinking)

Child Sexual Exploitation



A form of sexual abuse that involves the manipulation and/or coercion of young people under the age of 18 into sexual activity in exchange for things such as money, gifts, accommodation, affection or status.

Gangs



A criminal group uses children/young people and this can include delivering drugs and money between locations, staying in safe houses to look after the drugs and money or, in some cases, selling drugs.

People most vulnerable to Abuse or Exploitation

those with:

Poor Health and Well-being



Language Barriers



Low-socioeconomic Status
(poverty)



Learning and Physical
Disabilities



Substance Misuse Issues



Various Ages

