



# WP3\_3.5 Information Package Guide (EN)

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WP3\_D3.5\_Information Package  
Guide\_CARDET



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## Partners

KMOP – Greece

CARDET – Cyprus

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## Author

Dr Eliza Patouris, CARDET, Cyprus

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## Information Package Guide

This guide is developed to assist you in answering the ACTIVE Online Self-Assessment Tool. It contains basic information related to child safeguarding such as what it is, the differences between child safeguarding and child protection, examples of violence, who needs to be safeguarded and why it is important.

### 1. What is child safeguarding in sport?

Child safety in sport helps to ensure a positive and safe environment for all children involved in sport. By child safeguarding we refer to prioritising children and changing the organization's entire purpose to place their rights, protection, and integrity at the centre of each decision. Children must be protected against any form of “violence” that may be caused in the sports activities and they have the right to practice sports activities in a safe environment.

Furthermore, the sports workforce (volunteer/paid) are also well placed to identify safeguarding concerns that are occurring for children outside of the sport. These may come to light by observing a change in a child’s behavior or presentation, by a direct disclosure from a child, or by someone else sharing a concern about a child with an adult involved in sport. All adults involved in working with children and young people in sport have a responsibility to respond to these concerns to safeguard children and young people.

### 2. Child protection or child safeguarding?

Although it is often assumed that child safeguarding and child protection have similar definitions, there is a difference here. Child safeguarding is about safeguarding all children from injury, harassment, crime, exploitation, and neglect. Successful child safety policies in place mean that the organisation or club works internally and externally proactively to ensure that children are protected.

Conversely, child protection refers to the protection of an individual after they have been identified to be at risk of harm, abuse, violence, exploitation, or neglect. Child protection is therefore seen as the last line of defense, in contrast to child safeguarding which is placed at the forefront.

### Discrimination

Discrimination is not a form of violence per se, but it can underlie the forms of violence that are listed in the section below. Discrimination is an action based on prejudice that aims and/or results in a differentiated treatment to persons on the ground of age, gender, ethnicity, sexual orientation, mental or physical disability, race and national origin, and religion.



Discrimination can take place from professionals and/or parents/carers against children, as well as on a peer-to-peer level.

## Forms & Examples of Violence

### Physical Abuse and Violence:

Some examples of Physical abuse are:

- Slapping
- Hitting
- Shaking
- Throwing equipment at or near a player
- Failure to do a risk assessment of physical limits or pre-existing medical conditions.
- Administering, condoning or failure to intervene in drug use
- Kicking
- Pulling hair or ears
- Striking
- Shoving
- Grabbing
- Hazing
- Punishing "poor" play or rule violations using excessive exercise or by denying fluids
- Improper treatment of injured athletes
- Forcing injured athletes to play

### Sexual Abuse

Some examples of Sexual abuse are:

- Requesting sexual acts
- Indecent exposure
- Fondling genitals
- Penetration
- Rape
- Incest
- Sodomy
- Sexual exploitation (prostitution)
- Exposure to sexually explicit inappropriate language or jokes
- Exposure to or creation of pornographic materials

### Emotional/Psychological Abuse

Some examples of Emotional abuse are:



- Name calling
- Offending or Insulting
- Shouting
- Belittling
- Threatening
- Humiliating
- Scapegoating
- Ignoring
- Rejecting
- Bullying
- Taunting
- Isolating

### Peer-to-Peer Violence

Unfortunately bullying amongst peers is also a common phenomenon in sports. Children may laugh and make fun of other children. These behavioral patterns can cause psychological harm and can be presented as:

- Shaming other peers about skills or clothing
- Excluding or not wanting to be on the same team as an individual
- Discriminating on the grounds of gender, sexual orientation, religion, ethnicity, race, etc.

Much of this behaviour may occur on social media platforms and may also include sexual grooming by older athletes, sharing of inappropriate language or images.

Sport club staff and members must ensure that these actions are not ignored but acknowledged and responded to. Effective responses to such behaviour will set the stage for good conduct and will make all athletes feel emotionally and physically safe to participate and gain from the positive benefits sport has to offer.

### Neglect

Neglect in sports can come in different forms but some examples include:

- Lack of and/or poor-quality equipment
- Lack of supervision during trips
- Allowing any form of violence committed by peers, including bullying or hazing
- Exposing a child to extreme weather conditions
- Failing to provide adequate nutrition and water

According to experts, all the above types of abuse can lead to:

- Depression and/or anxiety



- Cognitive and learning difficulties, even a lowering of IQ (especially verbal IQ)
- Disordered sleep
- Flashbacks
- Loss of empathy
- Aggressive behavior
- Long-term high stress levels which can lead to chronic health effects such as high blood pressure and increased risk of cardiovascular disease, and
- Obsessive and compulsive behaviors including excessive training
- Eating disorders relating to diets imposed in certain fields of sports
- Self-injurious behaviors or risk-taking resulting in accidents and injury
- Suicide

### 3. Who needs to be safeguarded?

The Convention on the Rights of the Child defines a child as anyone under the age of 18. Having effective safeguarding measures in place is designed to protect this group.

When participating in sports, a child interacts with a Coach, Trainer or Mentor; someone they admire and respect. They also interact with their team through which they may carry a strong sense of 'belonging'. This can make it challenging for children to speak out against any form of abuse which they have been subjected to. It is also difficult to avoid the perpetrators who are respected individuals, who are in a position of trust, or close teammates.

Effective measures are needed to safeguard everybody in sport, particularly children and young people. The advantages of getting successful policies, procedures and practices in place are important to everyone participating in sport and include:

- Knowing how to identify and report a safeguarding concern
- Having support available for those that need it
- Effective management response
- Everyone will know what is and is not acceptable behaviour

### 4. Why is Child Safeguarding important?

Child Safeguarding in Sports is important because sports activities play an important role in child development. Through sports children can also learn and experience important values and social skills. Being tolerant, knowing how to work in group and accept defeat with fair-play. But sport can also be a context of/for violence. A former Secretary of the Committee on the Rights of the Child of the United Nations



estimates that of all children involved in “competitive sports”, 10% have undergone human rights abuse and another 20% are at risk.

[The ACTIVE Transnational Report](#) explains the gaps identified in this field and uses participant-driven responses to make recommendation on child safeguarding across Europe.





## Project's coordinator: KMOP

Skoufa 75, Athens, Greece

Email: [active@kmop.eu](mailto:active@kmop.eu)

Website: <https://www.kmop.gr/el/>



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