



Things to look out for

You'll notice an overlap between the different signs of abuse, so remember the ABC...

Appearance

Behaviour

Communication



Appearance

Children may:

- be tired or pale
- lose or gain weight
- be unwashed or uncared for
- have dirty kit
- have bruising to the wrists, inner arms and face
- have cuts to the lip
- have self-harm marks.

They may insist on wearing sleeves or trousers, and this may be to cover marks. A neglected child may smell unwashed, have no clean clothing or have kit that doesn't fit.

A child that smells of alcohol should raise concerns.

Behaviour

Children may:

- become sexualised
- run away from home
- be late for training or matches
- be unable to concentrate
- seek attention
- become anxious
- be fearful around people.

They may seek attention from adults and give excuses for not having subs or for losing their phone.

A bullied or neglected child may be excluded from or keep to the back of the group.



FOR ALL



Communication

Children may:

- be withdrawn
- flare up with anger
- show aggressive expressions and tones
- use sexual language.

They may express anxiety about trips abroad. This can be through fear of forced marriage or female genital mutilation.

They may try to privately message or create contacts with adults on and offline.

Disabled children may find it hard to talk about their concerns and may become challenging in their behaviour.

Children who are being radicalised may develop fixed ideas and conversations.

Something else?

Sometimes children may be upset or quiet and withdrawn for reasons other than abuse.

Other factors which could upset children and cause behaviours to change include:

- concern over sexual orientation
- relationship breakdown
- loss of a pet
- divorce in the family
- physical illness in the child or the family
- bereavement
- mental ill health
- anxiety about issues in the world
- changing schools.