

## Appendix 1

### **Signs of abuse!**

Child abuse might be sexual, physical, emotional or neglect. Sometimes children are abused in more ways than one. When children are being abused, they are usually too scared to tell anyone. They cannot help themselves and, too often, the people they should be going to for help are the ones abusing them. Child abuse needs to be reported because it's likely to go on until someone gets help - and the people involved may be too ashamed or too distressed to get help for themselves. By reporting abuse, you can help make a child safe.

There are different sorts of signs:

- A child tells you they're being abused (this is called disclosure).
- Physical signs, like bruising.
- Behavioural signs, like becoming aggressive or withdrawn.
- Developmental signs, like a child not progressing.
- Family signs, like domestic violence.

If a child or young person tells you they are being abused:

- Don't panic.
- Listen.
- Write down what the child says.
- Don't interview the child about what they have said.
- Reassure the child that they have done the right thing.
- Tell them that they will get help.

If you are concerned about the safety or well-being of a child or young person, please follow the procedure over the page:

