

APPENDIX T

PHYSICAL ABUSE

Children and Young People

A form of abuse which may involve hitting, shaking, throwing, poisoning, burning or scalding, drowning, suffocating or otherwise causing physical harm to a child. Physical harm may also be caused when a parent or carer fabricates the symptoms of, or deliberately induces, illness in a child.

(HM Government, *Working Together to Safeguard Children*, London, Stationery Office, 2018)

Examples:

- children being hit
- babies being shaken
- children being bitten
- deliberate burning with a cigarette end
- dunking a child in very hot water.

Possible indicators of physical abuse in children and young people:

- bruising
 - in unusual places, e.g. around the mouth
 - in unusual patterns, e.g. symmetrical bruises indicating a child has been gripped
 - in particular shapes, e.g. fingertip bruising; belt marks
- burns/scalds, especially in significant shapes such as an iron or cigarette end
- adult human bite marks
- serious injury when there is a lack of, or an inconsistent, explanation
- untreated injuries
- unusual fracture.

Indicators are given here as examples only. They may be present in different types of abuse. They do not tell you that abuse is occurring and can have other, non-abusive explanations. However they may alert you to the need to be aware of the possibility of abuse, to be observant and to record any concerns.

Children may be:

- unusually fearful with adults
- unnaturally compliant with their parents/carers
- wearing clothes that cover up their arms and legs
- reluctant to talk about or refuse to discuss any injuries, or fearful of medical help
- aggressive towards others.

PHYSICAL ABUSE

Adults

Definition:

The non-accidental infliction of physical force, which results in pain, injury or impairment.

Types of physical abuse:

- assault, hitting, slapping, punching, kicking, hair-pulling, biting, pushing
- rough handling
- scalding and burning
- physical punishments
- inappropriate or unlawful use of restraint
- making someone purposefully uncomfortable (e.g. opening a window and removing blankets)
- involuntary isolation or confinement
- misuse of medication (e.g. over-sedation)
- forcible feeding or withholding food
- unauthorised restraint, restricting movement (e.g. tying someone to a chair).

Possible indicators of physical abuse:

- no explanation for injuries or inconsistency with the account of what happened
- injuries are inconsistent with the person's lifestyle
- bruising, cuts, welts, burns and/or marks on the body or loss of hair in clumps
- frequent injuries
- unexplained falls
- subdued or changed behaviour in the presence of a particular person
- signs of malnutrition
- failure to seek medical treatment or frequent changes of GP.

(Social Care Institute of Excellence, 2018)

EMOTIONAL ABUSE

Children and Young People

The persistent emotional maltreatment of a child such as to cause severe and persistent adverse effects on the child's emotional development. It may involve conveying to a child that they are worthless or unloved, inadequate, or valued only insofar as they meet the needs of another person. It may include not giving the child opportunities to express their views, deliberately silencing them or 'making fun' of what they say or how they communicate. It may feature age or developmentally inappropriate expectations being imposed on children. These may include interactions that are beyond a child's developmental capability, as well as overprotection and limitation of exploration and learning, or preventing the child participating in normal social interaction. It may involve seeing or hearing the ill-treatment of another. It may involve serious bullying (including cyber bullying), causing children frequently to feel frightened or in danger, or the exploitation or corruption of children. Some level of emotional abuse is involved in all types of maltreatment of a child, though it may occur alone.

(HM Government, *Working Together to Safeguard Children*, London, Stationery Office, 2018)

Examples:

- parents who are emotionally unavailable to their children
- parents who see their children negatively and deserving of maltreatment
- parents who expect more of their children than they are can achieve developmentally
- children being exposed to domestic abuse
- adults not recognising a child's individuality
- adults grooming a child through persuasion, coercion and deceit for the adult's own ends e.g. sexual abuse
- bullying.

Possible indicators of emotional abuse in children and young people:

- behaviour extremes: children may be overactive or withdrawn
- lacking in confidence or self-worth
- lack of concentration
- physical symptoms without an apparent cause
- difficulty in trusting adults or very anxious to please adults
- reluctance to go home; fear of parents being contacted; running away
- socially isolated
- behaviour that expresses anxiety, e.g. rocking, hair-twisting or thumb-sucking
- self-harming behaviour
- substance misuse
- sleep and/or eating disorders
- school non-attendance.

PSYCHOLOGICAL OR EMOTIONAL ABUSE

Adults

Definition:

Emotional or psychological abuse is behaviour that has a harmful effect on an adult's emotional health and development. All abuse of vulnerable people has an emotional impact.

Types of psychological or emotional abuse:

- enforced social isolation – preventing someone accessing services, educational and social opportunities and seeing friends
- removing mobility or communication aids or intentionally leaving someone unattended when they need assistance
- preventing someone from meeting their religious and cultural needs
- preventing the expression of choice and opinion
- failure to respect privacy
- preventing stimulation, meaningful occupation or activities
- intimidation, coercion, harassment, use of threats, humiliation, bullying, swearing or verbal abuse
- addressing a person in a patronising or infantilising way
- threats of harm or abandonment
- cyber bullying.

Possible indicators of psychological or emotional abuse:

- an air of silence when a particular person is present
- withdrawal or change in the psychological state of the person
- insomnia
- low self-esteem
- uncooperative and aggressive behaviour
- a change of appetite, weight loss/gain
- signs of distress: tearfulness, anger
- apparent false claims, by someone involved with the person, to attract unnecessary treatment.

(Social Care Institute of Excellence, 2018)

NEGLECT

Children and Young People

The persistent failure to meet a child's basic physical and/or psychological needs, likely to result in the serious impairment of the child's health or development. Neglect may occur during pregnancy as a result of maternal substance abuse. Once a child is born, neglect may involve a parent or carer failing to:

- **provide adequate food, clothing and shelter (including exclusion from home or abandonment)**
- **protect a child from physical and emotional harm or danger**
- **ensure adequate supervision (including the use of inadequate care-givers)**
- **ensure access to appropriate medical care or treatment**

It may also include neglect of, or unresponsiveness to, a child's basic emotional needs.

(HM Government, *Working Together to Safeguard Children*, London, Stationery Office, 2018)

Examples:

- parents not providing adequate physical care
- parents not ensuring proper and timely medical attention
- adults not providing oversight of children to ensure they are not at risk of danger.

Possible indicators of neglect in children and young people:

- children whose personal hygiene and state of clothing is poor
- children who are constantly hungry and frequently tired
- developmental delay
- low self-esteem
- socially isolated
- poor skin tone and hair tone
- untreated medical problems
- failure to thrive with no medical reason
- poor concentration
- frequent accidents and/or accidental injuries
- eating disorders
- begging and stealing.

NEGLECT AND ACTS OF OMISSION, INCLUDING SELF-NEGLECT

Adults

Definition:

Neglect is the repeated withholding of adequate care which results in the adult's basic needs not being met. It can be intentional or unintentional and includes acts of omission and self-neglect by the individual themselves.

Types of neglect and acts of omission:

- failure to provide or allow access to food, shelter, clothing, heating, stimulation and activity, personal or medical care
- providing care in a way that the person dislikes
- failure to administer medication as prescribed
- refusal of access to visitors
- not taking account of individuals' cultural, religious or ethnic needs
- not taking account of educational, social and recreational needs
- ignoring or isolating the person
- preventing the person from making their own decisions
- preventing access to glasses, hearing aids, dentures, etc.
- failure to ensure privacy and dignity.

Possible indicators of neglect and acts of omission:

- poor environment – dirty or unhygienic
- poor physical condition and/or personal hygiene
- pressure sores or ulcers
- malnutrition or unexplained weight loss
- untreated injuries and medical problems
- inconsistent or reluctant contact with medical and social care organisations
- accumulation of untaken medication
- uncharacteristic failure to engage in social interaction
- inappropriate or inadequate clothing.

Types of self-neglect:

- lack of self-care to an extent that it threatens personal health and safety
- neglecting to care for one's personal hygiene, health or surroundings
- inability to avoid self-harm
- failure to seek help or access services to meet health and social care needs
- inability or unwillingness to manage one's personal affairs.

Indicators of self-neglect:

- very poor personal hygiene
- unkempt appearance
- lack of essential food, clothing or shelter
- malnutrition and/ or dehydration
- living in squalid or unsanitary conditions
- neglecting household maintenance
- hoarding
- collecting a large number of animals in inappropriate conditions
- non-compliance with health or care services
- inability or unwillingness to take medication or treat illness or injury.

(Social Care Institute of Excellence, 2018)

SEXUAL ABUSE

Children and Young People

Involves forcing or enticing a child or young person to take part in sexual activities, not necessarily involving a high level of violence, whether or not the child is aware of what is happening. The activities may involve physical contact, including assault by penetration (for example, rape or oral sex) or non-penetrative acts such as masturbation, kissing, rubbing and touching outside of clothing. They may also include non-contact activities, such as involving children in looking at, or in the production of, sexual images, watching sexual activities, encouraging children to behave in sexually inappropriate ways, or grooming a child in preparation for abuse. Sexual abuse can take place online, and technology can be used to facilitate offline abuse. Sexual abuse is not solely perpetrated by adult males. Women can also commit acts of sexual abuse, as can other children.

(HM Government, *Working Together to Safeguard Children*, London, Stationery Office, 2018)

Examples:

- showing a child pornographic images
- filming or taking photos of a child in sexual poses or acts
- touching a child's genitalia
- sexual assault
- forced marriage
- children trafficked for sexual exploitation.

Possible indicators of sexual abuse in children and young people:

- Sexual knowledge which is inappropriate for the child's age
- Sexualised behaviour in young children
- Children hinting at sexual activity.
- Evidence of grooming activity by a significant adult.
- Soiling, wetting; constipation.
- Frequent urinary tract infections, discharges or abdominal pain.
- Unexpected pregnancy especially in very young girls.
- Lack of concentration, restlessness.
- The child or young person is socially withdrawn.
- The child or young person is overly compliant.
- The child or young person has poor trust in significant adults.
- Regressive behaviour, onset of wetting (after having been dry) – day or night
- Self-harming behaviour.
- Eating disorders.
- Sexually transmitted disease.
- Soreness in genitalia area, anus or mouth.

CHILD SEXUAL EXPLOITATION

Children and Young People

Child sexual exploitation is a form of child sexual abuse. It occurs where an individual or group takes advantage of an imbalance of power to coerce, manipulate or deceive a child or young person under the age of 18 into sexual activity (a) in exchange for something the victim needs or wants, and/or (b) for the financial advantage or increased status of the perpetrator or facilitator. The victim may have been sexually exploited even if the sexual activity appears consensual. Child sexual exploitation does not always involve physical contact; it can also occur through the use of technology.

(HM Government, *Working Together to Safeguard Children*, London, Stationery Office, 2018)

Child sexual exploitation can manifest itself in different ways. It can involve an older perpetrator exercising financial, emotional or physical control over a young person. It can involve peers manipulating or forcing victims into sexual activity, sometimes within gangs and in gang-affected neighbourhoods, but not always. Exploitation can also involve opportunistic or organised networks of perpetrators who may profit financially from trafficking young victims between different locations to engage in sexual activity with multiple men (Barnardo's, 2011).

Examples

- Deceiving children into producing indecent images of themselves, engaging in sexual chat online or sexual activity over a webcam.
- An adult, usually at least five years older, befriending and grooming a young person by focusing on their vulnerabilities. The victim will initially feel they are in a positive and rewarding relationship with the perpetrator.
- Young people are passed by perpetrators through networks, between towns and cities, where they may be forced or coerced into sexual activity with multiple people.
- Young people are used to recruit other young people to take part in so-called 'sex parties' where this can occur.
- Young people in gangs or groups may be sexual exploited as part of gang initiation or as punishment. Young people may also be encouraged to recruit peers into the gang, exposing them to similar treatment and making it difficult to identify perpetrators who control the gang.

Perpetrators may be:

- An adult or another young person
- Male or female
- Any ethnicity
- Visible in everyday life
- Articulate, plausible and 'savvy'

It is important to note that:

- not all perpetrators will involve money or gifts when they exploit young people.
- young people may not understand that sex they haven't agreed to or forced sex – including oral sex – is wrong and illegal.

In addition to the indicators for sexual abuse, in cases of child sexual exploitation some indicators may include young people:

- going missing for periods of time or regularly returning home late
- skipping school or being disruptive in class
- appearing with unexplained gifts or possessions that can't be accounted for
- experiencing health problems that may indicate a sexually transmitted infection
- having mood swings and changes in temperament
- using and misusing drugs and/or alcohol
- displaying inappropriate sexualised behaviour, such as over-familiarity with strangers, dressing in a sexualised manner or sending sexualised images by mobile phone (sexting)
- showing signs of unexplained physical harm, such as bruising and cigarette burns.

SEXUAL ABUSE

Adults

Definition:

Sexual abuse is the involvement of any adult in sexual activities or relationships, without informed or valid consent.

Types of sexual abuse:

- rape, attempted rape or sexual assault
- inappropriate touch anywhere
- non-consensual masturbation of either or both persons
- non-consensual sexual penetration or attempted penetration of the vagina, anus or mouth
- any sexual activity that the person lacks the capacity to consent to
- inappropriate looking, sexual teasing or innuendo or sexual harassment
- sexual photography or forced use of pornography or witnessing of sexual acts
- indecent exposure.

Possible indicators of sexual abuse:

- bruising, particularly to the thighs, buttocks and upper arms and marks on the neck
- torn, stained or bloody underclothing
- bleeding, pain or itching in the genital area
- unusual difficulty in walking or sitting
- foreign bodies in genital or rectal openings
- infections, unexplained genital discharge, or sexually transmitted diseases
- pregnancy in a woman who is unable to consent to sexual intercourse
- the uncharacteristic use of explicit sexual language or significant changes in sexual behaviour or attitude
- incontinence not related to any medical diagnosis
- self-harming
- poor concentration, withdrawal, sleep disturbance
- excessive fear/apprehension of, or withdrawal from, relationships
- fear of receiving help with personal care
- reluctance to be alone with a particular person.

(Social Care Institute of Excellence, 2018)

FINANCIAL OR MATERIAL ABUSE

Adults

Definition:

Financial or material abuse is the denial of access of the individual to money, property, possessions, valuables or inheritance, or improper or unauthorised use of funds via omission, exploitation or extortion through threats.

Types of financial or material abuse:

- theft of money or possessions
- fraud, scamming
- preventing a person from accessing their own money, benefits or assets
- employees taking a loan from a person using the service
- undue pressure, duress, threat or undue influence put on the person in connection with loans, wills, property, inheritance or financial transactions
- arranging less care than is needed to save money to maximise inheritance
- denying assistance to manage/monitor financial affairs
- denying assistance to access benefits
- misuse of personal allowance in a care home
- misuse of benefits or direct payments in a family home
- someone moving into a person's home and living rent free without agreement or under duress
- false representation, using another person's bank account, cards or documents
- exploitation of a person's money or assets, e.g. unauthorised use of a car
- misuse of a power of attorney, deputy, appointeeship or other legal authority
- rogue trading – e.g. unnecessary or overpriced property repairs and failure to carry out agreed repairs or poor workmanship.

Possible indicators of financial or material abuse:

- missing personal possessions
- unexplained lack of money or inability to maintain lifestyle
- unexplained withdrawal of funds from accounts
- power of attorney or lasting power of attorney (LPA) being obtained after the person has ceased to have mental capacity
- failure to register an LPA after the person has ceased to have mental capacity to manage their finances, so that it appears that they are continuing to do so
- the person allocated to manage financial affairs is evasive or uncooperative
- the family or others show unusual interest in the assets of the person
- signs of financial hardship in cases where the person's financial affairs are being managed by a court appointed deputy, attorney or LPA

- recent changes in deeds or title to property
- rent arrears and eviction notices
- a lack of clear financial accounts held by a care home or service
- failure to provide receipts for shopping or other financial transactions carried out on behalf of the person
- disparity between the person's living conditions and their financial resources e.g. insufficient food in the house
- unnecessary property repairs.

(Social Care Institute of Excellence, 2018)

DISCRIMINATORY ABUSE

Adults

Definition:

Discriminatory abuse, including racist and sexist abuse, exists when values, beliefs or culture result in the misuse of power that denies opportunities to some individuals or groups.

Types of discriminatory abuse:

- unequal treatment based on age, disability, gender reassignment, marriage and civil partnership, pregnancy and maternity, race, religion and belief, sex or sexual orientation known as '**protected characteristics**' under the **Equality Act 2010** -

www.equalityhumanrights.com/privateand-public-sector-guidance/guidance-all/protected-characteristics

- verbal abuse, derogatory remarks or inappropriate use of language related to a protected characteristic
- denying access to communication aids, not allowing access to an interpreter, signer or lip-reader
- harassment or deliberate exclusion on the grounds of a protected characteristic
- denying basic rights to healthcare, education, employment and criminal justice relating to a protected characteristic
- substandard service provision relating to a protected characteristic.

Possible indicators of discriminatory abuse:

- the person appears withdrawn and isolated
- expressions of anger, frustration, fear or anxiety
- the support on offer does not take account of the person's individual needs in terms of a protected characteristic.

(Social Care Institute of Excellence, 2018)

ORGANISATIONAL OR INSTITUTIONAL ABUSE : Adults

Definition: Organisational abuse occurs when an organisation's priorities, policies and practices are more important than individuals' needs and wishes. It includes a failure to ensure that the necessary standards are in place to protect and maintain good standards of care according to individual choice.

Types of organisational or institutional abuse:

- discouraging visits or the involvement of relatives or friends
- run-down or overcrowded establishment
- authoritarian management or rigid regimes
- lack of leadership and supervision
- insufficient staff or high turnover resulting in poor quality care
- abusive and disrespectful attitudes towards people using the service
- inappropriate use of restraints
- lack of respect for dignity and privacy
- failure to manage residents with abusive behaviour
- not providing adequate food and drink, or assistance with eating
- not offering choice or promoting independence
- misuse of medication
- failure to provide care with dentures, spectacles or hearing aids
- not taking account of individuals' cultural, religious or ethnic needs
- failure to respond to abuse appropriately
- interference with personal correspondence or communication
- failure to respond to complaints.

Possible indicators of organisational or institutional abuse:

- lack of flexibility and choice for people using the service
- inadequate staffing levels
- people being hungry or dehydrated
- poor standards of care
- lack of personal clothing and possessions and communal use of personal items
- lack of adequate procedures
- poor record-keeping and missing documents
- absence of visitors
- few social, recreational and educational activities
- public discussion of personal matters
- unnecessary exposure during bathing or using the toilet
- absence of individual care plans
- lack of management overview and support.

SPIRITUAL ABUSE

Children, Young People and Adults

Spiritual abuse is not a category of abuse recognised in statutory guidance but is of concern both within and outside faith communities including the Church.

“Spiritual abuse is coercion and control of one individual by another in a spiritual context. The target experiences spiritual abuse as a deeply emotional personal attack.”

(Oakley and Kinmond, 2013)

Types of spiritual abuse:

- the misuse of Scripture, the authority of leadership or penitential discipline, with a requirement to be obedient to the abuser
- enforced accountability and pressure to conform
- requirements for secrecy and silence, with isolation from others external to the abuse context
- oppressive teaching
- censorship of decision making
- intrusive or forced healing and deliverance ministries or rituals
- the denial of the right to faith or the opportunity to grow in the knowledge and love of God.

Spiritual Abuse might be seen in a leader who is intimidating and imposes their will on other people, perhaps threatening dire consequences or the wrath of God if disobeyed. They may say that God has revealed certain things to them and so they know what is right. Those under their leadership are fearful to challenge or disagree, believing they will lose the leader's (or, more seriously God's) acceptance and approval.

It is important to note that all abuse of children, young people and adults can lead to the crushing of people's spirit, damage their sense of identity, sense of self and personal confidence, consequently harming their spiritual development.

DOMESTIC ABUSE

Children, Young People and Adults

Definition

[The UK government's definition of domestic abuse](#) is “any incident or pattern of incidents of controlling, coercive, threatening behaviour, violence or abuse between those aged 16 or over who are, or have been, intimate partners or family members regardless of gender or sexuality. The abuse can encompass, but is not limited to psychological, physical, sexual, financial, emotional.”

Domestic abuse is usually a pattern of abusive and controlling behaviour through which an abuser seeks power over their partner or a family member. It is rarely a one-off incident. It occurs across all of society. It also includes so called 'honour'-based violence, female genital mutilation and forced marriage.

A new criminal offence was introduced in 2015 which closed the gap in the law around patterns of controlling or coercive behaviour in an intimate family relationship (Section 76 of the Serious Crime Act 2015). This offence criminalises patterns of coercive behaviour where they are perpetrated against a family member. The behaviour, when viewed in isolation, may appear innocuous, but the cumulative effect on a victim may be significant, causing damage and distress.

Controlling behaviour is a range of acts designed to make a person subordinate and/or dependent by isolating them from sources of support, exploiting their resources and capacities for personal gain, depriving them of the means needed for independence, resistance and escape and regulating their everyday behaviour.

Coercive behaviour is an act or a pattern of acts of assault, threats, humiliation and intimidation or other abuse that is used to harm, punish, or frighten their victim and can include:

- acts of assault, threats, humiliation and intimidation
- harming, punishing, or frightening the person
- isolating the person from sources of support
- exploitation of resources or money
- preventing the person from escaping abuse
- regulating everyday behaviour.

Adoption and Children Act 2002 section 120

Amended the definition of 'harm' in Section 31(9) of the Children Act 1989 to include 'impairment suffered from seeing or hearing the ill-treatment of another'. This makes witnessing domestic abuse a reason to take action to protect a child from harm. Applies to England and Wales.

Domestic Violence Disclosure scheme – Clare's law

The Domestic Violence Disclosure Scheme (known as 'Clare's Law') allows an individual to ask police to check whether a new or existing partner has a violent past and enables an agency or an individual to ask the police to release information concerning an individual being at risk of domestic violence. If an application is made under the scheme, Police and partner agencies will carry out checks and if they show that the partner has a record of abusive offences, or there is other information to indicate that there may be a risk from the partner, the Police will consider sharing this information.

Domestic abuse and children:

Witnessing or hearing domestic abuse is very distressing for a child and causes serious harm. Children living in a home where domestic abuse is happening are at risk of other types of abuse too. Children can experience domestic abuse in different ways. They might:

- see the abuse
- hear the abuse from another room
- see a parent's injuries or distress afterwards
- be hurt by being nearby or trying to stop the abuse.

Exposure to violence, parental conflict and the distress of a caregiver is extremely anxiety-provoking for children. Prolonged and/or regular exposure to domestic violence can have a serious damaging impact on children's physical safety and emotional well-being and constitutes emotional abuse. Children may also suffer because domestic violence has an effect on parents' capacity to provide care for their children.

There is a close link between parental violence and violence to children. Between 50% and 70% of children living with domestic violence are directly physically or sexually abused themselves. Nine out of ten young people who report neglect also report living with domestic violence. Children may suffer directly or indirectly if they live in households where there is domestic violence.

Possible indicators for children who might witness domestic abuse:

- physical and emotional neglect may result in basic needs, i.e. food/warmth not being met
- under-stimulation leading to cognitive delay
- difficulty in communicating distress
- signs of anxiety, fear and worry
- school behaviour and attainment impaired
- poor school attendance due to absence to protect parent or younger children
- self-blame for parental behaviour
- unplanned separations causing distress and disruption to friendship networks embarrassment about unpredictable parental behaviour
- taking on caring responsibilities for themselves and their parents
- isolation caused by reluctance to talk about family issues
- denying own needs and feelings
- stress-related illnesses
- confused and torn loyalties.

Domestic abuse towards women and young people:

Women are more likely to experience the most serious forms of domestic violence and are more likely to be killed or seriously injured by their partner, ex-partner or lover. However there are also male victims and domestic violence occurs in same sex relationships. The 2013/14 Crime Survey for England and Wales found that, overall, 28.3% of women and 14.7% of men had experienced any domestic abuse since the age of 16.

The definition of domestic violence in England and Wales was expanded in March 2013 to include victims aged 16 and 17 years old.

Teenage girls aged 16-19 are most at risk of domestic abuse (Crime Survey for England and Wales, 2013/14). 13.1% are likely to experience violence from their partners or ex-partners. Other figures suggest that 1 in 5 teenagers have been abused by their boyfriend or girlfriend (Barter et al (2009) *Partner Exploitation and Violence in Intimate Teenage Relationships*).

Possible indicators of domestic violence or abuse. The person:

- has unexplained bruises, cuts or injuries
- becomes unusually quiet or withdrawn
- has panic attacks
- has frequent absences from work or other commitments
- wears clothes that conceal bruises even on warm days
- stops talking about their partner
- is anxious about being out or rushes away
- is always accompanied by their partner
- becomes more isolated, withdrawing from friends and family
- has low self-esteem
- feels that the abuse is their fault when it is not
- is victim of verbal abuse and humiliation in front of others
- fears outside intervention
- experiences damage to their home or property
- feels isolated – not seeing friends and family
- has limited access to money.

“Everyone has arguments and everyone disagrees with their partners, family members and others close to them from time to time. We all do things we regret and cause unhappiness to those we care about. But if this begins to form a consistent pattern, then it’s an indication of domestic abuse.”

(Women’s Aid, 2010)

ONLINE ABUSE

Children, Young People and Adults

Working Together (2018) does not identify on-line abuse as a separate category of abuse but notes that it can be a feature of emotional or sexual abuse. In respect of children and young people. The NSPCC offers this definition and summary description:

Online abuse is any type of abuse that happens on the web, whether through social networks, playing online games or using mobile phones. Children and young people may experience cyber bullying, grooming, sexual abuse, sexual exploitation or emotional abuse.

Children can be at risk of online abuse from people they know, as well as from strangers. Online abuse may be part of abuse that is taking place in the real world (for example bullying or grooming). Or it may be that the abuse only happens online (for example persuading children to take part in sexual activity online).

Children can feel like there is no escape from online abuse – abusers can contact them at any time of the day or night, the abuse can come into safe places like their bedrooms, and images and videos can be stored and shared with other people.

NSPCC website: Online abuse definition accessed September 2018

For adults, the Care and Support Statutory Guidance issued under the Care Act 2014 (Department of Health) includes cyber bullying as a form of emotional abuse.

Examples of online abuse:

- **Cyberbullying** is the term used to define various forms of psychological abuse akin to conventional bullying, communicated via the Internet. For example:
 - sending obscene short text messages
 - sending obscene and offensive content and intimidating children via messenger applications
 - obscene content conveyed during online chats
 - ridiculing someone by creating a profile or blog copies with false or humiliating information sending threats through communicators
 - publishing private video footage or photographs of an individual without their consent.

Cyberbullying usually occurs in the context of social networking sites which may be public.

Mobile phone tools such as SMS or photographic and video footage captured using a mobile phone may also be used as a means of cyberbullying.

- **Sexting** is the term used to describe the sending of sexually suggestive or explicit messages or photographs, typically via mobile phone. While this can be consensual in the first instance, many images end up widely circulated or posted online, especially when relationships end. The originator quickly loses all control over the images, often with embarrassing, and potentially devastating consequences. 'Sexting' is also illegal. By sending an explicit image, a young person is producing and distributing child abuse images and risks being prosecuted, even if the picture is taken and shared with permission.
- **Grooming** is the preparation and psychological manipulation of a child or adult with the intent of sexual abuse or exploitation. The first step of grooming is to gain the trust of the victim, with the groomer presenting his/her actions as beneficial for the them and this can happen online.

- this may occur in the context of private communication via messenger programmes
 - it may also occur in forums or social networking sites; the individual who is initiating the grooming may have some sort of stature or position in the website which makes it easier to form a relationship with the victim
 - the goal of these interactions is to arrange a meeting, or to manipulate the victim so as to obtain pornography
 - grooming can be the cause of psychological harm due to the techniques used by the groomer; it also creates a harmful model of minor-adult relationships.
- **Harassment:** repeatedly sending offensive, rude and insulting messages.
 - **Denigration:** posting derogatory information about someone, and/or digitally altered photographs.
 - **Flaming:** fighting online, often using vulgar language.
 - **Impersonation:** hacking another's email or social media account to post embarrassing material.
 - **Outing and trickery:** sharing another's secrets or tricking someone into revealing embarrassing information.
 - **Cyber-stalking:** repeated threats or online activity that makes a person afraid for their safety.
 - **Trolling:** the starting of arguments in online communities with online insults, provocations and threats.

Note: the pace of the development of technology means that constant updating is needed to understand the potential ways children, young people and adults can be abused using social media. Useful websites for keeping up-to-date are:

- www.nspcc.org.uk/preventing-abuse/child-abuse-and-neglect/online-abuse/keeping-childrensafe/
- www.thinkuknow.co.uk
- www.parentsprotect.co.uk
- www.iwf.org.uk/
- <http://www.bullying.co.uk/cyberbullying>
- <http://www.nationalbullyinghelpline.co.uk/>

Other things to be aware of:

Addiction is the excessive use of the computer that interferes with daily life to the extent that children and young people spend numerous hours playing computer games, chatting, or surfing the net while forgetting their responsibilities or even to eat.

Inappropriate content is a generic label for any sort of Internet content, whether verbal, visual or audio which may be illicit, dangerous, or age-inappropriate and yet publicly available.

Offences relating to indecent images: taking, making, showing, distributing, possessing with intent to show or distribute; advertising for showing or distributing.

Possible indicators of online abuse:

Without having access to their mobile, tablet or computer, it can be difficult to know if someone is experiencing cyber abuse. Some indicators of this form of abuse may include a child or an adult:

- spending much more or much less time online, texting, gaming or using social media withdrawing from the family, spending a lot of time alone

- being quiet, upset or outraged after using the Internet or texting
- being secretive about who they're talking to and what they're doing online or on their mobile phone
- being reluctant to let parents/carers or family members anywhere near their mobile, tablet, laptop, etc
- having lots of new phone numbers, texts or email addresses on their mobile phone, laptop or tablet.

MODERN SLAVERY

Children, Young People and Adults

Modern Slavery is an international crime, affecting an estimated **29.8 million slaves** around the world. It is a global problem that transcends age, gender and ethnicities, including here in the UK and it's important that we bring this hidden crime into the open.

It can include victims that have been brought from overseas, and vulnerable people in the UK, being forced to illegally work against their will in many different sectors, including brothels, cannabis farms, nail bars and agriculture.

Poverty, limited opportunities at home, lack of education, unstable social and political conditions, economic imbalances and war are some of the key drivers that contribute to trafficking of victims. What's more victims can often face more than one type of abuse and slavery, for example if they are sold to another trafficker and then forced into another form of exploitation.

<https://modernslavery.co.uk/index.html#>

Types of modern slavery:

- **Child trafficking** - Young people (under 18) are moved either internationally or domestically so they can be exploited.
- **Forced labour / Debt bonding** - Victims are forced to work to pay off debts that realistically they never will be able to. Low wages and increased debts mean not only that they cannot ever hope to pay off the loan, but the debt may be passed down to their children.
- **Forced labour** - Victims are forced to work against their will, often working very long hours for little or no pay in dire conditions under verbal or physical threats of violence to them or their families. It can happen in many sectors of our economy, from mining to tarmacking, hospitality and food packaging.
- **Sexual exploitation** - Victims are forced to perform non-consensual or abusive sexual acts against their will, such as prostitution, escort work and pornography. Whilst women and children make up the majority of victims, men can also be affected. Adults are coerced often under the threat of force, or another penalty.
- **Criminal exploitation** - Often controlled and maltreated, victims are forced into crimes such as cannabis cultivation or pick pocketing against their will.
- **Domestic servitude** - Victims are forced to carry out housework and domestic chores in private households with little or no pay, restricted movement, very limited or no free time and minimal privacy often sleeping where they work.

Signs of slavery in the UK and elsewhere are often hidden making it even harder to recognise those victims around us.

Possible indicators of modern slavery:

- Signs of physical or psychological abuse e.g. looking malnourished or unkempt, appearing withdrawn.
- They may rarely be allowed to travel on their own, seem under the control, influence of others, rarely interact or appear unfamiliar with their neighbourhood or where they work.
- Victims may be living in dirty, cramped or overcrowded accommodation, and / or living and working at the same address.

- They may have no identification documents, have few personal possessions and always wear the same clothes day in day out. What clothes they do wear may not be suitable for their work.
- Victims have little opportunity to move freely and may have had their travel documents retained, e.g. passports.
- They may be dropped off / collected for work on a regular basis either very early or late at night.
- Victims may avoid eye contact, appear frightened or hesitant to talk to strangers and fear law enforcers for many reasons, such as not knowing who to trust or where to get help, fear of deportation, fear of violence to them or their family.

EXTREMISM / RADICALISATION

Children, Young People and Adults

Extremism goes beyond terrorism and includes people who target the vulnerable – including the young – by seeking to sow division between communities on the basis of race, faith or denomination; justify discrimination towards women and girls; persuade others that minorities are inferior; or argue against the primacy of democracy and the rule of law in our society.

Extremism is defined in the Counter Extremism Strategy 2015 as the vocal or active opposition to our fundamental values, including the rule of law, individual liberty and the mutual respect and tolerance of different faiths and beliefs. We also regard calls for the death of members of our armed forces as extremist.

(HM Government, *Working Together to Safeguard Children*, London, Stationery Office, 2018)

Radicalisation is when individuals are exploited by extremists to support terrorism and violent extremism and, in some cases, to then participate in terrorist groups and actions. This is not an aspect of safeguarding of which we have much experience in the Church of England. It is however important that there is an awareness of what it is; who is at risk and the relevant indicators.

There is no clear profile of a person likely to become involved in extremism or a single indicator of when a person might move to adopt violence in support of extremist ideas. The process will be different for every individual and can take place over an extended period or within a very short time frame. Given this, it is important that awareness, sensitivity and expertise are developed to recognise signs that an individual is being exploited and put at risk of significant harm.

Children and adults at risk can be drawn into violence or they can be exposed to the messages of extremist groups by many means. These can include family members or friends, direct contact with members, groups and organisations or through the Internet and social media. This may lead them to the risk of being drawn into criminal activity, which has the potential to cause significant harm.

Factors associated with extremism / radicalisation:

- **Identity crisis** when an individual is distanced from their cultural/religious heritage, which leaves them uncomfortable with their place in the society around them.
- **Personal crisis** through family tensions; sense of isolation; adolescence; low self-esteem; disassociating from existing friendship group and becoming involved with a new and different group of friends; searching for answers to questions about identity, faith and belonging.
- **Personal circumstances** such as migration; local community tensions; events affecting country or region of origin; alienation from UK values; having a sense of grievance that is triggered by personal experience of racism or discrimination or aspects of government policy.
- **Unmet aspirations** with perceptions of injustice; feeling of failure; rejection of civic life.
- **Criminality** through experiences of imprisonment; poor resettlement/reintegration; previous involvement with criminal groups.

Other critical risk factors:

- being in contact with extremist recruiters
- articulating support for violent extremist causes or leaders

- accessing violent extremist websites, especially those with a social networking element
- possessing or viewing violent extremist literature
- using extremist narratives and a global ideology to explain personal disadvantage
- justifying the use of violence to solve societal issues
- joining extremist organisations
- significant changes to appearance and/or behaviour.

Other potential indicators:

- use of inappropriate language
- possession of violent extremist literature
- behavioural changes
- the expression of extremist views
- advocating violent actions and means
- association with known extremists
- seeking to recruit others to an extremist ideology.

TRAFFICKING

Children, Young People and Adults

The United Nations defines human trafficking as the recruitment, transportation, transfer, harboring, or receipt of persons by improper means (such as force, abduction, fraud, or coercion) for an improper purpose including forced labor or sexual exploitation.

Human trafficking is the movement of a person from one place to another into conditions of exploitation, using deception, coercion, the abuse of power or the abuse of someone's vulnerability.

Adult victims are trafficked all over the world for little or no money – including to and within the UK. There is no typical victim and some victims don't understand they have been exploited and are entitled to help and support. Victims are often trafficked to a foreign country where they cannot speak the language, have their travel and identity documents removed, and are told that if they try to attempt an escape, they or their families will be harmed.

People may be trafficked for the following purposes:

- domestic servitude
- forced involvement in criminal activity
- forced labour
- sexual exploitation
- organ/tissue exploitation.

All of the three following elements below need to be present in order for trafficking to have occurred, unless the victim is under the age of 18, in which case only the ACT and the PURPOSE need to be present.

The ACT – recruitment, transportation, movement, transfer, harbouring or receipt of persons.

The MEANS – control by threat, use of force, coercion, abduction, fraud, deception, abuse of power or vulnerability, or the giving of payments or benefits to a person in control of the victim.

The PURPOSE – exploitation of a person, which includes prostitution and other sexual exploitation, forced labour, slavery or similar practices, and the removal of organs.

www.nationalcrimeagency.gov.uk/crime-threats/human-trafficking

The Guardian (06.05.16) reported that the number of children identified as being trafficked in the UK increased from 671 in 2014 to 982 in 2015, according to the National Crime Agency. Issues raised include:

- the majority of the children arrived unaccompanied from Europe
- Albanian, Vietnamese and British were identified as the most common nationalities of children trafficked or at risk of being trafficked
- the rise in children being lured into work, sexual exploitation or criminal activities is likely to be an underestimate.

This is an emerging aspect of abuse and as awareness grows we may find there are people in our church congregations who have been trafficked and who seek help from the church to escape their situation.