





# Plymouth Argyle Football Club

## Safeguarding Policy - Child Friendly

### 1 Introduction

1.1 Plymouth Argyle is committed to safeguarding and promoting the welfare of children, young people and adults at risk and expects all staff, volunteers, and visitors to share this commitment.

1.2 Plymouth Argyle Football Club put the wellbeing and safety of all children, young and vulnerable people at the centre of everything we do.

1.3 Our aim is to create an environment where you feel listened to and able to reach your full potential.

1.4 You have a right to be safe wherever you are at school, home, out and about and at football.

1.5 Everyone at Plymouth Argyle has a responsibility to ensure that your wellbeing is put first.

1.6 This means: All members of staff at Plymouth Argyle who work with children

LISTENING  
TO YOU

MAKING SURE  
YOU ARE SAFE

TAKING ACTION  
WHEN NEEDED

1.7 We call it 'safeguarding' and it is really important to us because we know that when you feel safe and happy, you can make the most of every opportunity that football has to offer.

**Anyone under 18 is legally considered a child or young person.**

1.8 Who is responsible for safeguarding children and young people at Argyle?

EVERYONE





2 **What is abuse?**

2.1 Abuse is anything that another person does that causes harm to a child or a young person.

2.2 **Physical Abuse**

When someone is hurting you, things like – hitting, smacking, slapping, burning, spitting, throwing things, shaking, suffocating you.

2.3 **Sexual Abuse**

This is when someone – touches you in intimate areas, makes you watch things or makes you take part in things.

2.4 **Neglect**

When you don't have things you really need to be well. Things like – food, clean clothes, medicine. It also includes things like protection from harm and dangerous people.

2.5 **Emotional Abuse**

When a person intentionally makes you feel bad about yourself, ignores you or puts you down. Some examples are – putting you in a dangerous situation, calling you names, being aggressive and violent to others in your presence.

2.6 **Bullying**

Means different things to different people. Generally, it is when you are made to feel bad or humiliated by name calling, pushing, or being threatened. This can happen online too.

2.7 **Radicalisation**

This is where someone starts to believe or support extreme aspirations around terrorism, political, social or religious ideas.

**ABUSE IS NEVER OKAY. IT IS NOT YOUR FAULT AND YOU ARE NOT ALONE. THERE ARE PEOPLE WHO CAN HELP.**



### 3 What is expected of you?

3.1 In order to keep everyone safe you are expected to:

- Respect other children and adults,
- Listen and follow instructions,
- Ask for help when you need it,
- Take responsibility for your actions,
- Be nice to and support others,
- Accept differences and value diversity,
- Tell us what you like and don't like

3.2 Don't bottle it up – speak out if someone is:

- Saying things that upset you, does something that may cause you harm, or is bullying you.
- Sending nasty messages by phone or social media,
- Threatening to send embarrassing photos of you to others, or asking for money/favours,
- Touching you in ways you do not like,
- Trying to give you cigarettes/vapes, alcohol, tablets or drugs,
- Hitting or hurting you or threatening to harm your family or friends.

3.3 **We cannot keep secrets.** If we need to protect you or someone else from harm, we will need to tell others who can help. If this stops you speaking out – please call Childline: 0800 1111.

