



Safeguarding in the Catholic Church for Child Volunteers

What is Safeguarding?

Safeguarding means keeping everyone safe, especially children. The Church wants you to feel safe when you are at church or anywhere else. We also want to help if someone is in trouble at home or with friends.

If you think someone might be in danger or getting hurt, it's important to tell a grown-up you trust. Then they can help.

How Do We Keep You Safe?

Here are some ways we keep you safe:

- **Watching for Problems:** Adults look out for signs that someone might be hurt or sad, and they help right away.
- **Choosing Safe Helpers:** We make sure all adults and helpers are safe people. They have special checks and training.
- **Making Safe Rules:** There are rules everyone follows to keep you safe. These rules are for children, adults, and parents.
- **Teaching About Safety:** We teach everyone about how to stay safe and what to do if someone is worried.

What is Harm or Abuse?

Sometimes, people can get hurt in different ways. Here are the main types:

- *Physical Abuse:* When someone hurts your body, like hitting or pushing.
- *Sexual Abuse:* When someone touches you or asks you to do things that make you feel uncomfortable or confused.
- *Neglect:* When someone does not give you what you need, like food, clothes, or love.
- *Emotional Abuse:* When someone makes you feel sad, scared, or not good enough. This can be bullying or saying mean things.
- *Financial Abuse:* When someone takes your things or money away without asking.
- *Domestic Abuse:* When people in a family hurt each other.

- Modern Slavery: When someone makes another person do things they don't want to do, like work or other bad things.
- Self-Neglect: When someone doesn't look after themselves or their things.
- Discrimination: When someone is mean to you because of your age, skin color, religion, or something else about you.

What is Spiritual Abuse?

Spiritual abuse is when someone uses religion to control or scare you. They might say, "God wants you to do this," just to make you do what they want. This is wrong. You should always feel safe at church.

What is a Disclosure?

A disclosure is when:

- You tell an adult about something that is worrying you.
- Someone else tells you about a problem.
- You see or hear something that makes you worried for someone else.

You don't have to use special words—just tell a trusted adult.

What Should You Do if You Are Worried?

- Notice if you or someone else is not safe.
- Tell an adult you trust. You can talk to a teacher, church helper, or your parent.
- Adults will listen and help you.
- It is always okay to ask for help.

Who can I tell:

- **Police:** If you have an immediate concern that a child or adult is in danger call **999**.
- **PSR in parish:** If you do not know who they are, you should take action and ask someone in your Parish.
- **Westminster Diocese Safeguarding Service's Duty:** E: safeguarding@rcdow.org.uk or T: 020 7798 9352 option 1 (Available Mon-Fri, 9am-5pm)
- **Social Services:** Refer to your local authority /council website for contact details