



# **B.W.F.**

**BRITISH WADO FEDERATION**

## **STOPPING ABUSE**

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**BRITISH WADO FEDERATION**



## **STOPPING ABUSE – DON'T KEEP IT TO YOURSELF**

### **Don't Keep It to Yourself**

If you think you are being abused, or have been in the past, it's really important to tell an adult you trust. This isn't easy. You may feel worried about what will happen if you do. Here are some other reasons why you may not want to tell anyone:

- The abuser may have told you to keep quiet and not to talk to anybody.
- They may have threatened you about what might happen to you or your place in the team if you tell.
- They may have made threats about your friends or family.
- They may have said "No one will believe you" or "No one will do anything if you tell".
- You may feel guilty that you didn't stop the abuse happening.
- The person may be someone who everyone in your sport looks up to - perhaps including your parents.
- You may not want to let your parents down.
- You may even think the problem will go away if you ignore it.

Don't let any of these things stop you getting help. By telling someone, you can stop the abuse. You'll also be helping to protect other children from the abuser.

### **Getting help**

Tell an adult you trust as soon as possible. This could be a parent or someone else in your family; another member of staff at the sports club; a teacher or school counsellor; your doctor or school nurse.

Contact one of these child protection helplines. They will know who can help you in your area.

Your club will have a child protection officer. Find out who they are and tell them about your worries.

Make sure you are not alone again with the person who has tried to harm you.

NSPCC Helpline, Tel: 0800 800 5000, Email: [helpline@nspcc.org.uk](mailto:helpline@nspcc.org.uk)

NSPCC Asian Helpline: Bengali - 0800 096 7714; Gujarati - 0800 096 7715; Hindi - 0800 096 7716; Punjabi - 0800 096 7717; Urdu - 0800 096 7718; Asian/English - 0800 096 7719

Cymru/Wales Child Protection Helpline, Freephone: 0800 100 2524, Email: [helplinecymru@nspcc.org.uk](mailto:helplinecymru@nspcc.org.uk) in English or Welsh.

Textphone: Freephone - 0800 100 1033. This is for people with hearing difficulties. Fax: 01248 361085

[www.thinkuknow.co.uk](http://www.thinkuknow.co.uk) has the latest information on the sites you like to visit, mobiles and new technology.

Find out what's good, what's not and what you can do about it.

[www.ceop.gov.uk](http://www.ceop.gov.uk) The Child Exploitation and Online Protection (CEOP) Centre is part of UK police and is dedicated to protecting children from sexual abuse wherever they may be. You can report abuse through their site. But if you know about a child or young person who is in immediate danger, risk or you require an urgent response, you must call 999 or your local police.

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