



# Safeguarding

## Easy Read Guide

# Introduction

## This guide will tell you:

- What we do to keep children and adults safe and well
- What to do if you are worried about something
- What we will do if we are worried about something

Everyone has a right to be safe from **abuse**.

**Abuse** is when someone hurts you or treats you badly.

This guide has been written to help you understand abuse and to stay safe. You can ask someone to read the full version to you.

# Safeguarding

Safeguarding means making sure people are safe and doing things to keep them safe.

At Aston Villa we do this by listening to people who speak to us.

We support people so they can:

- Choose things for themselves
- Decide things for themselves
- Be the best they can be

# Children and Young People

A child or young person is anyone who has not yet reached their 18<sup>th</sup> birthday.

## Adults at Risk

An adult at risk is someone who is 18 or over and may need support to:

- Do things for themselves
- Stay safe from harm or Abuse

# Abuse

Abuse is when someone does or says things to another person to:

- Hurt them
- Upset them
- Make them feel frightened

It can be done on purpose or without thinking. It can happen once or over a period of time.

Abuse is a crime.

## Types of abuse:

- **Physical** – something that hurts you like being hit
- **Emotional** – something that hurts your feelings like bullying
- **Sexual** – when you are made to take part in something sexual that you do not want to do
- **Stealing** – taking something that belongs to you
- **Neglect** – when you are not given the help that you need
- **Domestic** – this happens at home or from someone in your family
- **Discrimination** – when you are treated differently

You can be discriminated because of your:

- **Age**
- **Gender** – male, female or other gender identity
- **Sexuality** – gay, lesbian, straight or something else
- **Disability** – these can be physical disabilities or invisible illnesses.
- **Race** – skin colour, religion or something else

Abuse can happen at anywhere and at any time.

Anyone could abuse you:

- Your partner or a family member
- A friend or neighbour
- A carer or volunteer
- Someone you trust
- A stranger

# What We Do to Keep People Safe and Well

All staff at Aston Villa must:

- Listen to people who want to tell them something
- Do something when someone is worried
- Help everyone to work in a safe way

We have staff who are responsible for helping to make everyone feel safe.

They are the **Head of Safeguarding** and **Designated Safeguarding Officers**. These names are listed on the [Safeguarding](#) page of the Aston Villa website.

# What to do if You Are Concerned

If you are worried that someone is harming you at the club or outside the club you can contact one of the Safeguarding team using the details below:

**Ashlee Milliard – Head of Safeguarding & Wellbeing**

**07827 300 798**

**[safeguarding@avfc.co.uk](mailto:safeguarding@avfc.co.uk)**

**Matt Norris – Safeguarding Manager (Club)**

**[safeguarding@avfc.co.uk](mailto:safeguarding@avfc.co.uk)**