



## Physical abuse

Any action that causes physical injury, leaves marks or causes pain

- Slapping, hitting, beating, hair and ear pulling, shaking or pinching a child
- Forcing a child to play while injured
- Encouraging children to play aggressively, with a risk of injury to themselves or others



## Sexual abuse

Any type of sexual contact, activity or behaviour involving children

- Taking photos of naked children, or watching them undress or use the bathroom
- Forcing or encouraging a child to engage in sexual acts or watch pornography
- Commenting on how well-developed a girl is physically, or inappropriate touching

## Emotional abuse

Any behaviour that damages a child's self-esteem and sense of self-worth, such as constant criticism, threats, humiliation or dismissal

- Shouting at a child or calling them a 'loser' for not playing well
- Making abusive jokes or inappropriate comments, or laughing at a child
- Showing favouritism within the team

## Neglect

Failure to meet a child's basic physical, emotional or psychological needs

- Not providing food, water, shelter, care, support or supervision
- Deliberately and consistently paying very little or no attention to a child, or ignoring a child's opinions
- Not being aware of a child's whereabouts or making children practise in extreme weather

# How to recognise child abuse in football

## Bullying

Repeated and intentional behaviour by a child or a group of children that causes fear, distress and harm to another child

- Hitting, pushing, threats of violence, or damaging or stealing belongings
- Name-calling or spreading rumours
- Cyberbullying is bullying using digital technology, such as sending hurtful or abusive messages on social media



- Do you recognise any of these situations?
- Have you witnessed any abuse?
- Do you suspect that a child is being abused?
- Has anyone told you about such situations?

Ask for help immediately by contacting:

- Child and youth protection officer at your national football association or football club
- The child helpline, the police or a child protection authority in your community or country

Find out more at [www.uefa-safeguarding.eu](http://www.uefa-safeguarding.eu)



Terre des hommes  
Helping children worldwide.



**Be a safeguarding champion!  
Keep children safe and football fun!**