



WHAT DOES ABUSE IN FOOTY LOOK LIKE?

Abuse can look and feel different for different people. There are different types of abuse, they happen in a variety of environments and different people are impacted. Some ways and places that abuse may happen in sport include:

- during footy – at training, before, during or after games, at club events, or through relationships at your club
- travelling to footy – in a car or bus
- during camps, carnivals or overnight footy trips
- from the sidelines.

It can happen between two or more people including:

- child to child
- young person to child
- young person to young person
- adult to child
- adult to young person.

Additionally, a child or young person may experience abuse elsewhere, but feel comfortable telling someone they trust from their club, or a person in their club recognises the signs.

DEFINITIONS

A Child: someone involved in footy who is 12 years or younger – usually a player but may also be a sibling of a player or child of an adult at the club.

A Young Person: someone involved in footy who is between the ages of 13 and 18 years old – usually a player but could also be an umpire or in another role at the club, or a sibling or child of a player.

Adult: someone involved in footy who is over the age of 18 – this could be a coach, manager, umpire, club official, AFL staff member, volunteer, and/or a parent.



DIFFERENT TYPES OF ABUSE

PHYSICAL ABUSE

Any action that uses physical force that hurts a child or young person.

This includes hitting, beating, kicking, shaking, biting, strangling, scalding, burning, poisoning, suffocating.

SEXUAL ABUSE

Any behaviour that is of a sexual nature, and that makes a child or young person feel uncomfortable, threatened or scared, or is illegal.

This includes physical touch and talking about sexual and private things in person or online, or showing someone videos or photos that are sexual or private, or asking someone to send private or sexual videos to someone else.

GROOMING

A type of sexual abuse, this can include:

- acting in a way that singles out a child or young person
- having one on one time with a child or young person
- looking for ways to be alone with a child or young person away from other adults.

It may occur between an adult and a child or young person or from peer to peer. It can feel like it is normal behaviour but it doesn't happen to others.



EMOTIONAL ABUSE

The use of words or acts that can make a child or young person feel bad, sad, embarrassed, left out, worried, confused, shamed, anxious or threatened.

NEGLECT

When an adult doesn't provide a child or young person with basic needs such as food, water, shelter, appropriate clothing, supervision, access to education and health services.

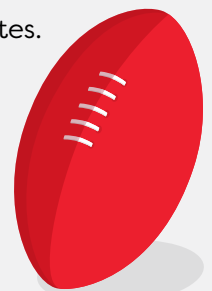
BULLYING

Bullying involves the inappropriate use of power by one or more persons over another less powerful person and is generally an act that is repeated over time. Bullying may include:

- verbal (name calling, put downs, threats)
- physical (hitting, punching, kicking, scratching, tripping, spitting)
- social (ignoring, excluding, left out); and/or
- psychological (spreading rumours, stalking, dirty looks, hiding or damaging possessions).

EXAMPLES IN FOOTY

- A coach who sends personal WhatsApp messages late at night to the 13 year old players in their team.
- The manager who continually singles a player out in front of the rest of the team, commenting on how they are not good enough to be in the team and should be playing down a grade.
- The U21 captain who tells the new 17 year old player that they have to 'be initiated' into the team and encourages the other players to 'rough them up' after training.
- A parent who is helping out on an interstate trip who thinks it's cool to show porn to the under 13s team in the hotel after the match.
- A player sharing nude photos of his girlfriend with his teammates.
- A parent helper who touches a child's body more than necessary when being taught how to perform a skill.



BEHAVIOURS IN YOUR MATES THAT MIGHT CONCERN YOU

- Withdrawn, unusually quiet or absent
- Violent and aggressive
- Not wanting to go home or not wanting to come to footy
- Bruising or other injuries
- Avoiding participating or not wanting to be alone with a certain person
- Spending more time than others with a certain person during or outside of footy.

THESE BEHAVIOURS MIGHT BE TELLING YOU THAT THEY ARE

- Experiencing abuse or neglect from someone in the footy club or team
- Experiencing bullying or harassment during practice or the game
- Experiencing abuse or neglect at home or in another setting such as school
- In need of support regarding physical or mental health
- Finding it difficult to participate due to feeling culturally unsafe, lack of inclusiveness, a learning difficulty or disability.

BEHAVIOURS IN ADULTS AT FOOTY THAT MIGHT CONCERN YOU

- Being secretive or asking you or your team mates to keep secrets
- Singling out players – favouring certain young people
- Offering to help out more than usual – lifts home, one to one coaching
- Contacting you or your teammates about things not related to footy
- Becoming friends with your parents and finding ways to spend time alone with you, or a teammate
- Ignoring or dismissing simple rules or expectations
- Telling sexual jokes, asking about relationships or showing or asking for private images
- Creating scenarios where physical touch is required, outside of normal sport related contact, like massages.



SAY SOMETHING

These types of behaviours are **not OK**.

If you have concerns about your safety or the safety of another child or young person, or have seen or heard something that just doesn't feel right, it is important you say something:



Speak to a parent, carer, family member or trusted adult like a coach, team manager, umpire, official or club representative.



Write down your concerns and pass them onto your club or association via email or letter.



Use this QR code to raise a concern with the AFL.



For any safeguarding queries email childsafety@afl.com.au
 Contact Kids helpline on 1800 55 1800 (it's free)
 or www.kidshelpline.com.au

As always if anyone is in immediate danger contact the police on **000**

Remember, we want all children and young people in footy to be safe, feel safe, play safe.