



THE FOUR MAIN TYPES OF ABUSE

1 Emotional abuse

This occurs when individuals persistently fail to show young people due care with regard to their emotional welfare, when a young person may be constantly shouted at, threatened or taunted, or be subjected to sarcasm and unrealistic pressures. There may also be over protection, preventing young people from socialising, or bullying to perform to high expectations. The young person may lose self-confidence and may become withdrawn and nervous.

In a squash situation, emotional abuse may occur when coaches, volunteers or parents:

- Provide repeated negative feedback
- Repeatedly ignore a young player's efforts to progress
- Repeatedly demand performance levels above the young player's capability
- Over emphasise the winning ethic.

2 Neglect

This occurs when a young person's essential needs for food, warmth and care, both physical and emotional are not met.

In a squash situation neglect may occur when:

- young players are left alone without proper supervision.
- a young player is exposed to unnecessary heat or cold.
- a young player is not provided with necessary fluids for re-hydration.
- a young player is exposed to an unacceptable risk of injury.

3 Physical Abuse

This occurs when individuals including other young people, deliberately inflict injuries on a child or young person, or knowingly do not prevent such injuries. It includes injuries caused by hitting, shaking, squeezing, biting or using excessive force. It also occurs when young people are given alcohol, or inappropriate drugs, or there is a failure to supervise their access to these substances.

In a squash situation physical abuse may also occur when:

- Young players are exposed to exercise/training which disregards the capacity of the player's immature and growing body.
- Young players are exposed to overplaying, over training or fatigue.
- Any person exposes young players to alcohol and gives them the opportunity to drink alcohol below the legal age or fail to supervise access to alcohol.
- Young players are provided with or encouraged to take prohibited substances including performance enhancing drugs.

4 Sexual Abuse

Girls or boys can be abused by adults, (both male and female), or other young people. This may include encouraging or forcing a child or young person to take part in sexual activity.

In a squash situation sexual abuse may occur when:

- An adult uses the context of a training session to touch young people in an inappropriate sexual way.
- Coaches, managers or volunteers use their position of power and authority to coerce young players into a sexual relationship.
- Coaches or managers imply better progression of the player in return for sexual favours.

BULLYING

Bullying is not always easy to define and will not always be an adult bullying a young person. It is often the case that the bully is a young person. Bullying can be defined as the use of aggression with the intention of hurting another person. Bullying results in pain and distress to the victim.

Bullying can be:

- Emotional being unfriendly, excluding, tormenting (e.g. hiding kit, threatening gestures)
- Physical pushing, kicking, hitting, punching or any use of violence
- Racist racial taunts, graffiti, gestures
- Sexual unwanted physical contact or sexually abusive comments
- Homophobic because of, or focusing on the issue of sexuality
- Verbal name-calling, sarcasm, spreading rumors, teasing

In a squash situation bullying may occur when:

- A coach adopts a win at all costs philosophy
- A player intimidates others
- An umpire is over officious.

These definitions and examples are not comprehensive, and develop and change over time (see <https://www.englandsquash.com/about-us/governance/safe-squash>). For example, the most up to date ES policies include types of abuse and ill-treatment covering:

- Poor practice in Sports
- Cyberbullying
- Child sexual exploitation
- Domestic violence

- Relationship abuse
- Drugs
- Fabricated or induced illness
- Faith abuse
- Female Genital Mutilation
- Forced marriage
- Gender based violence
- Hate
- Gangs and youth violence
- Sexting
- Trafficking
- Radicalisation

We will keep up with England Squash policies and adopt their detailed guidance on types of abuse

Version 2.0 February 2021