

If You Have Concerns

If you have any concerns about a young person's safety or wellbeing, you should:

- Act quickly and share the information with the Designated Safeguarding Leads or the Deputy Safeguarding Leads. If a member of the Safeguarding team is not available then you should speak to the school's senior leadership team
- Make a note of what you have seen, heard or been told
- Do not question the child
- Do not physically examine the child

You should not assume a colleague or another professional will take action and share information that might be critical in keeping children safe so it is important that you share the information to the relevant people in a timely manner.

Services and Support:

NSPCC helpline:

Support for young people, no matter what their worry. Monday to Friday 8am – 10pm and 9am – 6pm on Saturday and Sunday.
0808 800 5000

<https://www.nspcc.org.uk/keeping-children-safe/our-services/nspcc-helpline/>

Childline:

Online / telephone counselling for young people under the age of 19.

Child Protection at The Rowans - Important contacts

Designated Safeguarding Leads

Miss Johnson: Executive Head Teacher
Caron.johnson@therowansap.co.uk

Mrs May: Head Teacher
fiona.may@therowansap.co.uk

Miss Webb: SENCO
gwen.webb@therowansap.co.uk

Deputy Designated Safeguarding Leads

Miss Jones: Welfare and Attendance Lead
rebecca.jones@therowansap.co.uk

Jo Skinner: Inclusions, Interventions & Mental Health Lead
joanne.skinner@therowansap.co.uk

Mrs Bowley: Lead Teacher Primary SEN
Tracey.bowley@therowansap.co.uk

Mr May: 2nd In Charge Primary SEN
lan.may@therowansap.co.uk

Trustee for Safeguarding

Karen Price
Karen.price@therowansap.co.uk

The school's safeguarding and child protection policy is available on our website:
<https://www.therowans.org/policies and info/policies>

The Rowans AP Academy

Understanding Emotional Abuse



Please take a leaflet and seek support from us

Silverbank, Churchill Avenue
Chatham, Kent ME5 0LB
01634 33 8803
Email – office@therowansap.co.uk

www.therowans.org

X @TherowansAP

f The Rowans AP Academy

What is Emotional Abuse?

Emotional abuse is any type of abuse that involves the continual emotional mistreatment of a child. It's sometimes called psychological abuse. Emotional abuse can involve deliberately trying to scare, humiliate, isolate or ignore a child.

Emotional abuse is often a part of other kinds of abuse, which means it can be difficult to spot the signs or tell the difference, though it can also happen on its own.

Emotional abuse includes:

- humiliating or constantly criticising a child
- threatening, shouting at a child or calling them names
- making the child the subject of jokes, or using sarcasm to hurt a child
- blaming and scapegoating
- making a child perform degrading acts
- not recognising a child's own individuality or trying to control their lives
- pushing a child too hard or not recognising their limitations
- exposing a child to upsetting events or situations, like **domestic abuse** or drug taking
- failing to promote a child's social development
- not allowing them to have friends
- persistently ignoring them
- being absent
- manipulating a child
- never saying anything kind, expressing positive feelings or congratulating a child on successes

Why Is This Important – The effects of Emotional Abuse:

Emotional abuse can change how a child behaves, such as:

- wanting attention or becoming clingy
- not caring how they act or what happens to them
- trying to make people dislike them
- developing risky behaviour, like stealing, **bullying** or running away.

Emotional abuse can affect a child's emotional development, including:

- feeling, expressing and controlling emotions
- lacking confidence or causing anger problems
- finding it difficult to make and maintain healthy relationships later in life
- higher levels of depression and health problems as adults compared to those who experienced other types of child abuse.**

Emotional abuse of child or young person can increase the risk of:

- mental health problems, including depression, anxiety and suicidal thoughts
- eating disorders
- self-harm
- language development
- problems forming healthy relationships.

Signs of Emotional Abuse:

There might not be any obvious physical signs of emotional abuse or neglect. And a child might not tell anyone what's happening until they reach a 'crisis point'. That's why it's important to look out for signs in how a child is acting.

As children grow up, their emotions change. This means it can be difficult to tell if they're being emotionally abused. But children who are being emotionally abused might:

- seem unconfident or lack self-assurance
- struggle to control their emotions
- have difficulty making or maintaining relationships
- act in a way that's inappropriate for their age.
- use language you wouldn't expect them to know for their age
- act in a way or know about things you wouldn't expect them to know for their age
- struggle to control their emotions
- have extreme outbursts
- seem isolated from their parents
- lack social skills
- have few or no friends