

## Services and Support: For Adults

### Relate

0300 003 0396

You can talk to Relate about your relationship, including issues around physical abuse.

### National Domestic Violence Helpline

0808 2000 247

A 24 hour free helpline run in partnership between Women's Aid and Refuge.

### Men's Advice Line

0808 801 0327

Advice and support for men experiencing domestic violence and abuse.

### National LGBT+ Domestic Abuse

#### Helpline

0800 999 5428

Emotional and practical support for LGBT+ people experiencing domestic abuse.

## For Young people:

We understand how difficult it is for children to talk about physical abuse. Whether it's happening now or happened in the past, Childline can be contacted 24/7. Calls to 0800 1111 are free and confidential. Children can also contact Childline online.

Childline has information and advice for children and young people about physical abuse, including why it happens and what they can do.

## 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: 2<sup>nd</sup> 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 Physical 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](mailto:office@therowansap.co.uk)

[www.therowans.org](http://www.therowans.org)

X @TherowansAP

f The Rowans AP Academy

## What is Physical Abuse?

Physical abuse is when someone hurts or harms a child or young person on purpose. It includes:

- hitting with hands or objects
- slapping and punching
- kicking
- shaking
- throwing
- poisoning
- burning and scalding
- biting and scratching
- breaking bones
- drowning.

It's important to remember that physical abuse is any way of intentionally causing physical harm to a child or young person. It also includes making up the symptoms of an illness or causing a child to become unwell.

## Who is at risk?

Physical abuse can happen in any family. But some parents might find it hard to give their children a safe and loving home if they're facing:

- poverty
- poor housing
- issues with drugs and alcohol
- mental health issues
- relationship problems or domestic abuse
- isolation or a lack of support
- the effects of childhood abuse or neglect.

## 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.

The designated safeguarding lead will generally lead on next steps, including who else, if anyone, should be informed and whether to pass a concern on to the police or children's social care assessment process.

## Why Is This Important – The effects of Physical Abuse:

Physical abuse can have long lasting effects on children and young people. It can lead to poor physical or mental health later in life, including:

- anxiety and depression
- behaviour issues
- criminal behaviour
- suicidal thoughts and / or attempts
- drug and alcohol problems
- eating disorders or obesity
- issues at school
- obesity
- risky sexual behaviour

## Physical Signs:

Bumps and bruises don't always mean a child is being physically abused. All children have accidents, trips and falls. And there isn't just one sign or symptom to look out for. But it's important to be aware of the signs.

If a child regularly has injuries, there seems to be a pattern to the injuries or the explanation doesn't match the injuries, then this should be reported.

Physical abuse symptoms include:

- bruises
- broken or fractured bones
- burns or scalds
- bite marks.

It can also include other injuries and health problems, such as:

- scarring
- the effects of poisoning, such as vomiting, drowsiness or seizures
- breathing problems from drowning, suffocation or poisoning.

Head injuries in babies and toddlers can be signs of abuse so it's important to be aware of these. Visible signs include:

Babies have a higher risk of suffering physical abuse as well as disabled children, especially those who are unable to tell someone what's happening or don't understand what's happening to them is abuse.