

# **The Bacton Benefice**

*Serving the Parishes of Bacton with Wyverstone, Cotton,  
Wickham Skeith, Old Newton and Gipping*



# **Child friendly Safeguarding Policy**

*Updated April 2023*

**We want you to feel safe when you come to church or when you attend a church event, group or club.**

Sometimes we don't know if something bad is happening, so you may need to tell us.

We hope that this booklet will help you recognise and understand what Safeguarding is and how we should be keeping you and others safe.

We can help you by:

- Making sure all our policies are accessible.
- Making it clear what you should do if you feel like you are being abused, or if someone else is being abused - in or out of church.
- Making sure you know the grown-ups you can speak to if you are worried about something.
- Making sure we have the right grown-ups working in our churches.

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## What is Abuse?



Abuse is something which physically or emotionally hurts another person by using behaviour that is meant to scare, hurt or upset that person. Abuse can happen anywhere and anyone can abuse someone else.

Sometimes it can be hard to know when abuse is happening because not all abuse will hurt, scare or upset you, and you might not know it is happening.

It's really important you tell someone if you think you are being abused by someone else so that they can help make it stop.

There are lots of different types of abuse. Here are a few examples:

- **Bullying** - when someone does hurtful things on purpose to someone else, like bossing them about, hits or pushes them, name calling or making rude signs.
- **Sexual abuse** - when someone makes you feel uncomfortable by talking or doing things that involve private body parts. This can happen online or in person. It might be making jokes or touching your clothes, hair or body when you don't want them to.
- **Emotional abuse** - when someone makes you feel sad inside, or makes you cry. Sometimes its when someone says something horrible or cruel, or they're teasing you or leaving you out. Sometimes that sadness can be difficult to talk about.

There are other types of abuse. If you want to know about other types of abuse, talk to someone mentioned in this leaflet.

## Good and Bad Relationships

Any relationship you have in church with someone else should be good and happy. A bad relationship might make someone feel **scared**, **confused**, **worried** and even **unsafe**.

**Good relationships** might be:

- You are **comfortable** around that person.
- You can be **honest** with that person.
- You can **say how you feel**, what you are thinking and you listen to each other.
- You **support** each other and treat each other nicely.
- You feel **safe**.
- You **trust** that person.
- You feel **looked after**.



**Bad relationships** might be:

- The person might push you, hit you or destroy your things.
- The person might tell you what to do, what to wear or who you can see.
- You might feel scared - they might say they will hurt you if you do or don't do something.
- The person calls you names, makes you feel bad in front of other people and makes you feel bad about yourself.
- The person gets angry easily and you don't know what will make them angry - it might make you feel nervous.
- The person might make you to do things you don't want to or aren't ready for.
- The person might not take no for an answer when you say you don't want to do something.

All your relationships in church should be **GOOD** relationships.

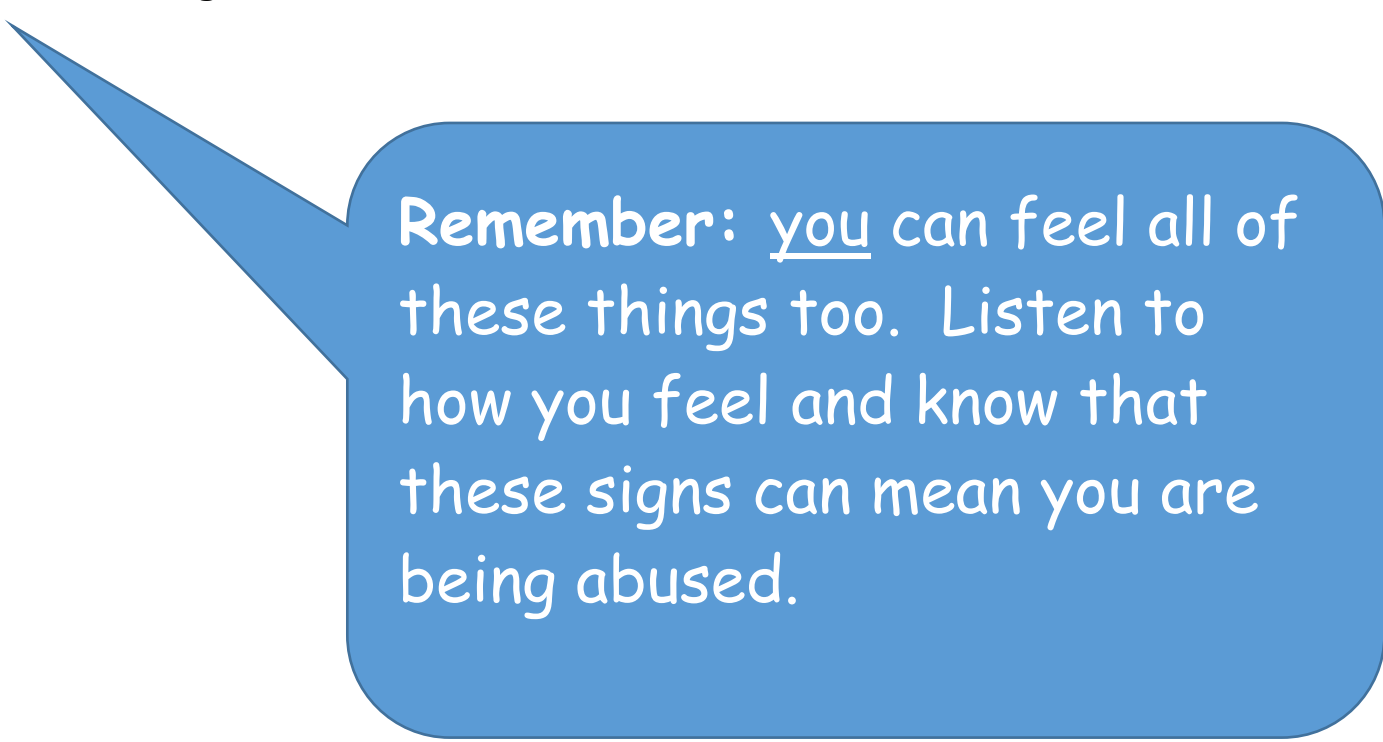
## How do I know if someone is being abused?

It might be hard for you to know if you are being abused and you **might not really understand** it is happening. It is important you can recognise when behaviour isn't appropriate.

It's also important that you can notice when **someone else** might be being abused.

Some signs might be:

- Having injuries, like bruises.
- Feeling sad a lot.
- Feeling like they can't cope .
- Feeling withdrawn or shy.
- Getting lots of headaches or stomach ache.
- Feeling nervous.
- Not being able to sleep, sleeping too much or getting nightmares
- Feeling panicked.
- Changing looks to look much older.
- Being abusive to someone else.



**Remember:** you can feel all of these things too. Listen to how you feel and know that these signs can mean you are being abused.

## What do I do if I am being abused?

The first thing you should do is **tell someone you trust**. This could be any grown-up at church, a family member, or a friend. On the next page there are some photos of people you can talk to from each of our churches.

You can also tell the person abusing you to leave you alone. If telling them to leave you alone would make you feel too scared or worried that they might hurt you, make sure you tell someone else so they can help. You should always find someone **you trust** to tell.

Always remember that if you are being abused, it is not your fault and you are never alone.

You shouldn't be scared to talk to someone if you are being abused. If you talk to a grown-up, we can help make the abuse stop.



## Who can I speak to at my Church?

Our Parish Safeguarding Officer is there to help you with any worries or concerns you might have. Her name is Anthea. You can speak to her about something you have heard or seen that makes you feel uncomfortable.



### **Old Newton Church & Gipping Chapel**

Anthea Parsons

Mobile: 07779591409

Email: [antheakp@me.com](mailto:antheakp@me.com)

Other people you can speak to include:

### **Bacton and Wyverstone Church - Rosy Black**

Phone: 01449 781506

Email: [rosy@blacksnet.net](mailto:rosy@blacksnet.net)

### **Cotton Church - Jayne Lowndes-Toolles**

Phone: 01449 781702

Email: [j.moore421@btinternet.com](mailto:j.moore421@btinternet.com)

### **Wickham Skeith - Margaret Jones-Evans**

Phone: 01449 767121

Email: [mjonesevans@yahoo.co.uk](mailto:mjonesevans@yahoo.co.uk)

## Who else can I speak to?

Sometimes it is not easy to talk to someone face to face. If you can use a telephone, you may want to talk to someone on the phone instead.



**NSPCC:**  
**0808 800 5000**



You may also want to talk to Karen. She helps lots of people in Suffolk and is always there to listen.

**07785 621319**

Reverend Carl is the vicar. He is always happy to listen if you need to speak to him.

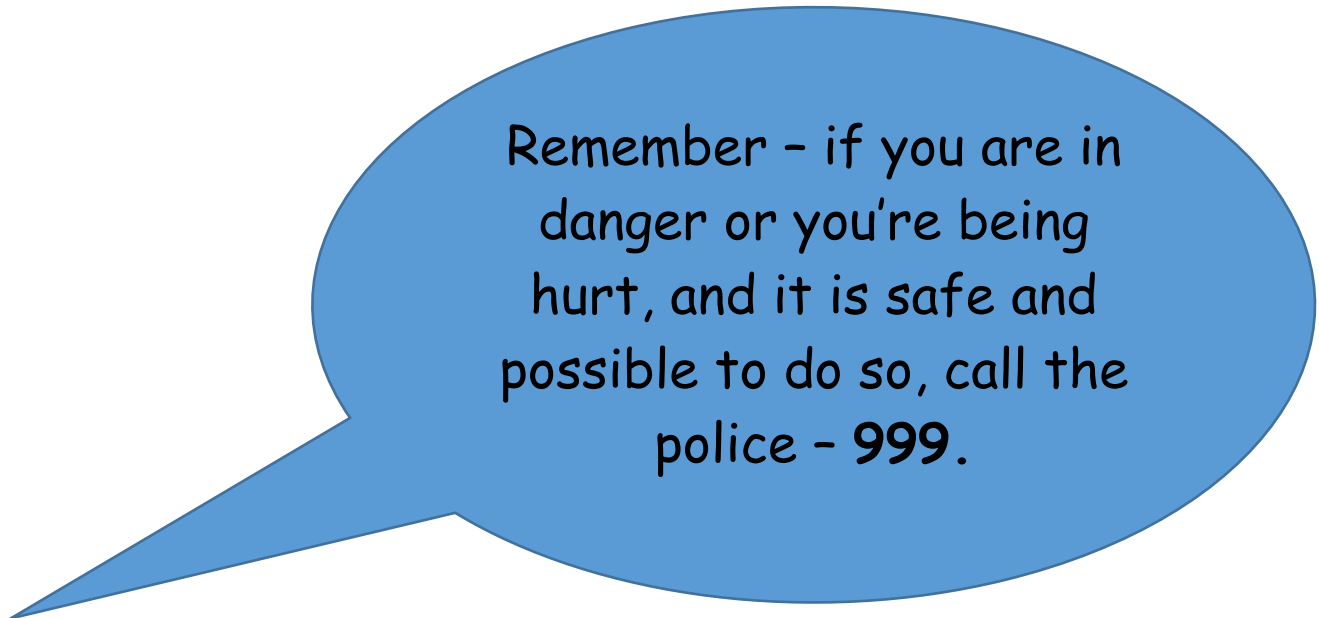
You can speak to him face to face or

Phone: 01449 781650 or email [carlmelville@hotmail.com](mailto:carlmelville@hotmail.com)

If you feel you cannot speak with Revd Carl, use this booklet to help you choose someone else from church.

Sometimes we need to write the things you tell us down on paper. We will always tell you we are doing this.

Sometimes we need to share what you tell us with other people who can help better than we can. We will tell you we are doing this.



Remember - if you are in danger or you're being hurt, and it is safe and possible to do so, call the police - **999**.