



# Young Persons Guide to SAFEGUARDING

## Our Mission

At Tottenham Hotspur Football club, we are committed to making sure you feel safe, valued, and respected. We want to ensure that you feel listened to and that you are happy in an inclusive environment where you can be yourself.



**A child is anyone under the age of 18**

## What is Safeguarding?

This is the important work that we do to look after you and keep you safe from all forms of harm.

At the Tottenham Hotspur Football club, we believe that EVERYONE is responsible for Safeguarding.

## It is important for you to know...

- What is unacceptable (for example, what we mean by 'harm' and 'abuse')
- That you have the right to be and feel safe at all times
- How to get help and support from us as a Club

# What is abuse?

## Bullying

Is someone saying things to upset you or deliberately hurting you physically?

Hurtful comments, sharing information about you without your permission, spreading rumors, making any type of threat (face to face, or online), kicking, pushing, being violent.

## Emotional

Is someone saying things to make you feel as though you're not good enough?

Not listening to your views, making you feel unloved, frightening you, making you feel stupid or left out.

## Physical

Is someone doing something to physically hurt you?

Hitting, kicking, punching, pinching, burning slapping.

## Sexual

Has someone touched you in a way that you didn't like?

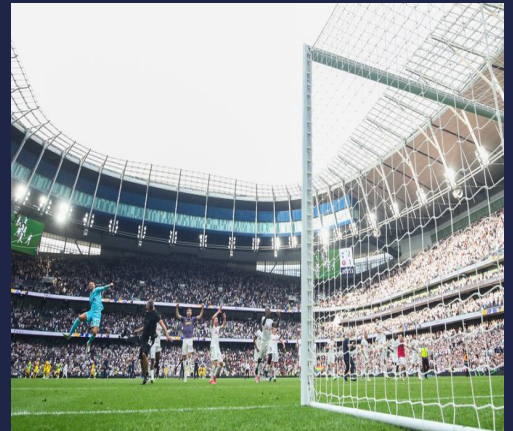
Forced sexual activity, someone exposing themselves to you, encouraging you to engage in sex or to watch/produce explicit activity; these can take place online or in person.

## Neglect

Do you feel you are being looked after properly?

Do you feel loved because your parents do the best they can with what they have to give you food, clothes and make you feel safe and looked after? have food, clothes, a safe home? Do you attend dentist and doctor's appointments regularly? Are you left alone overnight, or for long periods of time, or do you feel scared to be left alone?

If these things happen to you or someone else, it is important to tell someone!





## Whom do I speak to?

It is important that you get help and support if you have a problem, are worried, or if you are concerned about someone else.

Speak with an adult you trust and someone who will listen to you! This person might be a coach, a teacher, staff at the Academies, or a member of the Player Care and Safeguarding teams.

## Safeguarding Contacts & Local Services

You can also email [safeguarding@tottenhamhotspur.com](mailto:safeguarding@tottenhamhotspur.com) (this email address is checked regularly between the hours of 9am and 5pm Monday to Friday.)

Head of Safeguarding & Welfare  
07879 997 839

Women & Girls Safeguarding Manager  
07384 818 062

Academy Safeguarding Manager  
07392 080 266

Foundation Safeguarding Manager  
07384 258 758

On a matchday, or at an event, please contact a steward and let them know you would like to speak to a member of our Welfare & Safeguarding team.

When you speak with us, we will:

- Listen to you and take your concerns seriously
- Get you the help that you need
- Think about who else needs to help keep you safe.

If you would prefer to talk to the Premier League Safeguarding or the FA Safeguarding teams, you can contact them:

- Football Association Safeguarding Team: [safeguarding@thefa.com](mailto:safeguarding@thefa.com)
- Premier League Safeguarding Team: [safeguarding@premierleague.com](mailto:safeguarding@premierleague.com)

## Other places you can get help...

ChildLine: [www.childline.org.uk](http://www.childline.org.uk)

Think U Know: [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)

Barnardo's: [www.barnardos.co.uk](http://www.barnardos.co.uk)

NSPCC: [www.nspcc.org.uk](http://www.nspcc.org.uk)

Young Minds: [www.youngminds.org.uk](http://www.youngminds.org.uk)

The PFA: [www.pfa.com](http://www.pfa.com)