



Young Persons Guide to our **SAFEGUARDING POLICY**

Our Mission

At the Tottenham Hotspur Foundation 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 or young person is anyone under the age of 18

What is Safeguarding?

This is the really important work that we do to look after you and keep you safe from harm. At the Tottenham Hotspur Foundation, we believe that EVERYONE is responsible for Safeguarding.

It is important for you to know...

- What abuse is
- That you have the right to be safe
- How to get help should you want or need it

What is abuse?

Bullying

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

Hurtful comments, Tormenting, spreading rumours, threats. (These can also happen 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 left out.

Physical

Is someone doing something to physically hurt you on purpose?

Hitting, kicking, punching, pinching, burning slapping.

Sexual

Has someone touched you in way that you didn't like without your permission or consent?

Forceful sexual activity, someone exposing themselves to you and these can take place online or in person.

Neglect

Do you feel you are being looked after properly?

Do you have food, clothes, a safe home? Do you attend dentist and doctors appointments? Are you left alone at home?

If these things happen to you or anyone else it is important that you tell someone you trust!





Who do I speak to?

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

Speak with an adult you trust and someone who will listen to you! A coach, parents/carers, teacher, school nurse, a member of the safeguarding team.

Safeguarding Contacts & Local Services

You can also email safeguarding@tottenhamhotspur.com (this email address is checked regularly between the hours of 8am and 6pm Monday to Friday.)

Foundation Safeguarding Manager
07384 258758

Women & Girls Safeguarding Manager
07384818062

Academy Safeguarding Manager
07392080266

Head of Safeguarding & Welfare
07879 997839

When you speak with us we will...

- Listen to you and take your concerns seriously
- Get you the help that you need
- Have a discussion with you about who else might need to know to keep you safe

Other places you can get help...

ChildLine: www.childline.org.uk

Think U Know: www.thinkuknow.co.uk

Barnardos: www.barnardos.co.uk

NSPCC: www.nspcc.org.uk

Young Minds: www.youngminds.org.uk

The PFA: www.pfa.com

Football Association: www.thefa.com

Premier League Head of Safeguarding:
Safeguarding@premierleague.com

