

# Definitions of Abuse

## THE FOUR MAIN TYPES OF ABUSE

### 1 Emotional abuse

This occurs when individuals persistently fail to show young people due care with regard to their emotional welfare, when a young person may be constantly shouted at, threatened or taunted, or be subjected to sarcasm and unrealistic pressures. There may also be over protection, preventing young people from socialising, or bullying to perform to high expectations. The young person may lose self-confidence and may become withdrawn and nervous.

**In a Tennis situation**, emotional abuse may occur when professionals, volunteers or parents:

- Provide repeated negative feedback
- Repeatedly ignore a young player's efforts to progress
- Repeatedly demand performance levels above the young player's capability
- Over emphasise the winning ethic.

### 2 Neglect

This occurs when a young person's essential needs for food, warmth and care, both physical and emotional are not met.

**In a Tennis situation** neglect may occur when:

- young players are left alone without proper supervision.
- a young player is exposed to unnecessary heat or cold.
- a young player is not provided with necessary fluids for re-hydration.
- a young player is exposed to an unacceptable risk of injury.

### 3 Physical Abuse

This occurs when individuals including other young people, deliberately inflict injuries on a child or young person, or knowingly do not prevent such injuries. It includes injuries caused by hitting, shaking, squeezing, biting or using excessive force. It also occurs when young people are given alcohol, or inappropriate drugs, or there is a failure to supervise their access to these substances.

**In a Tennis situation** physical abuse may also occur when:

- Young players are exposed to exercise/training which disregards the capacity of the player's immature and growing body.
- Young players are exposed to overplaying, over training or fatigue.
- Any person exposes young players to alcohol and gives them the opportunity to drink alcohol below the legal age or fail to supervise access to alcohol.
- Young players are provided with or encouraged to take prohibited substances including performance enhancing drugs.

### 4 Sexual Abuse

Girls or boys can be abused by adults, (both male and female), or other young people. This may include encouraging or forcing a child or young person to take part in sexual activity.

**In a Tennis situation** sexual abuse may occur when:

- An adult uses the context of a training session to touch young people in an inappropriate sexual way.
- Professionals, team managers or volunteers use their position of power and authority to coerce young players into a sexual relationship.
- Professionals or team managers imply better progression of the player in return for sexual favours.

## **BULLYING**

See T&RA Anti Bullying Policy

Bullying is not always easy to define and will not always be an adult bullying a young person. It is often the case that the bully is a young person.

Bullying is defined as the systematic use of aggression with the intention of hurting another person. Bullying results in pain and distress to the victim.

Bullying can be:

- Emotional      being unfriendly, excluding, tormenting (e.g. hiding kit, threatening gestures)
- Physical        pushing, kicking, hitting, punching or any use of violence
- Racist          racial taunts, graffiti, gestures
- Sexual          unwanted physical contact or sexually abusive comments
- Homophobic   because of, or focussing on the issue of sexuality
- Verbal          name-calling, sarcasm, spreading rumours, teasing
- Social/cyber    taunts via FaceBook, Twitter and Instagram

In a Tennis situation bullying may occur when:

- A professional adopts a win at all costs philosophy
- A player intimidates others
- A marker is over officious.