

Appendix A6

Signs and symptoms of abuse?

It is important to be able to recognise the possible signs of abuse. Observing any of the signs or symptoms does not necessarily mean that a person is being abused; there could be a perfectly ordinary explanation. However, the observation of multiple signs and symptoms, together with explanations which are inconsistent or do not 'ring true', should give more cause for concern.

Below is a comprehensive table of definitions, signs and symptoms of some of the types of abuse. The table has been compiled from a number of different sources, including Working Together to Safeguard Children 2018. **Please note:** it is not an exhaustive list, and relates to the abuse of both children and adults.

Physical Abuse	Includes....	Some of the key indicators
To inflict pain, physical injury, impairment or suffering	<ul style="list-style-type: none"> • Hitting, slapping and beating. • Shaking, pinching, throwing and pushing. • Kicking, biting, burning, drowning and hair pulling. • Squeezing, suffocating, poisoning and using inappropriate restraint. • Parent or carer fabricates the symptoms of, or deliberately induces, illness in a child. • Inappropriate use of restraint techniques or other physical sanctions. • Isolation or confinement. 	<ul style="list-style-type: none"> • Any injuries not consistent with the explanation given for them. • Cuts, lacerations, puncture wounds, open wounds, welts. • Bruising and discolouration <ul style="list-style-type: none"> ○ particularly if there is a lot of bruising of different ages and in places not normally exposed to falls, rough games etc. ○ in unusual places (e.g. around the mouth), in unusual patterns (e.g. symmetrical) or in particular shapes (e.g. fingertip bruising or belt marks). • Black eyes, burns, broken bones and skull fractures. • If the person is seen to have injuries that recur or are in the same place on more than one occasion or are without plausible explanation. • Any injury that has not received medical attention or been properly cared for. • Poor skin condition or poor skin hygiene. • Loss of hair, loss of weight and change of appetite. • Repeated or unexplained tummy pains.

		<ul style="list-style-type: none"> • Person flinches at physical contact and/or keeps fully covered, even in hot weather. • Person appears frightened or subdued in the presence of a particular person or people.
Emotional Abuse	Includes....	Some of the key indicators
<p>The use of threats, fear or power gained by another's position, to invalidate the person's independent wishes.</p> <p>Such behaviour can create very real emotional and psychological stress. In children it can cause severe and persistent adverse effects on their emotional development.</p>	<ul style="list-style-type: none"> • Mocking, coercing, threatening or controlling behaviour. • Bullying, intimidation, harassment or humiliation. • The lack of privacy or choice, denial of dignity, deprivation of social contact or deliberate isolation. • Making someone feel worthless, a lack of love or affection or ignoring the person. • Seeing or hearing the ill-treatment of another. <p>Emotional abuse may well be indicative of other forms of abuse.</p> <p>All forms of abuse have an emotional component.</p>	<ul style="list-style-type: none"> • Changes in mood, attitude and behaviour. • Becoming quiet, clingy or withdrawn or conversely becoming aggressive or angry for no apparent reason. • Denial and hesitation to talk openly. • Excessive fear or anxiety • Behaviour such as rocking, hair twisting or thumb sucking. • Changes in sleep pattern or persistent tiredness. • Loss of appetite. • Low self-esteem, helplessness or passivity. • Confusion or disorientation. • Implausible stories and attention seeking behaviour. • Inappropriate relationships with peers and/or adults. • Running away, school non-attendance, stealing or lying.
Sexual Abuse	Includes....	Some of the key indicators
<p>For a child – forcing or enticing a child to take part in sexual activities.</p> <p>For an adult - Any non-consenting sexual act or behaviour.</p> <p>No one should enter a sexual</p>	<ul style="list-style-type: none"> • Rape, sexual assault or sexual acts to which the person has not consented, could not consent or was pressurised into consenting. • Indecent assault, incest, being forced to touch another person in a sexual manner without consent. • Making sexual remarks, suggestions and teasing. 	<ul style="list-style-type: none"> • Emotional distress. • Preoccupation with anything sexual and age-inappropriate knowledge of sexual behaviour. • Mood, attitude or behaviour changes. • Expressions of feelings of guilt or shame. • Itching, soreness, bruises or lacerations, particularly around the genital areas. • Difficulty in walking or sitting, or unexplained vaginal or anal bleeding.

relationship with someone for whom they have pastoral responsibility or hold a position of trust.	<ul style="list-style-type: none"> • Indecent exposure, being forced to watch pornographic material or sexual acts. • Filming or photographing a child in sexual poses or acts. • Enforced or coerced nakedness or inappropriate photography of a person in sexually explicit ways. • Being spied on while a person is undertaking or receiving personal care activities. • 'Sexting', grooming and using social media to share inappropriate content. 	<ul style="list-style-type: none"> • Unexplained venereal disease or genital infections. • A child who is sexually provocative or seductive with adults. • Disturbed sleep patterns. • Torn, stained or bloody underclothing. • Significant changes in sexual behaviour or outlook. • A very young girl or a woman who lacks mental capacity to consent to intercourse becomes pregnant. • Underage Pregnancy/Termination.
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Neglect	Includes....	Some of the key indicators
<p>A person's wellbeing is impaired and their care needs (physical and/or psychological) are not met.</p> <p>In a child, neglect is likely to result in the serious impairment of the child's health or development.</p> <p>Neglect can be deliberate or can occur as a result of not understanding what someone's needs are.</p>	<ul style="list-style-type: none"> • Failing to provide access to appropriate health, social care or education services. • Failing to provide a warm, safe and comfortable environment. • Ignoring medical or physical care needs, including not providing adequate food or assistance with eating/drinking, or not providing sufficient or appropriate clothing. • Leaving alone or unsupervised. • Failing to intervene in behaviour which is dangerous (particularly when the person lacks the mental capacity to assess the risks to themselves or to others). • Deliberately withholding medication or aids, such as 	<ul style="list-style-type: none"> • Person looking unkempt or dirty and has poor personal hygiene. • Person is malnourished, has sudden or continuous weight loss and is dehydrated – constant hunger, stealing or gorging on food. • Person is dressed inappropriately for the weather conditions. • Dirt, urine or faecal smells in a person's environment. • Developmental delay in children. • Low self-esteem, socially isolated and poor concentration. • Home environment does not meet basic needs (for example no heating or lighting). • Health and safety hazards in the living environment. • Untreated medical conditions, pressure sores, rashes, lice on the person. • Depression or low mood. • Person and/or carer have inconsistent or reluctant contact with Health and Social Services. • Callers/visitors are refused access to the person.

	<ul style="list-style-type: none"> walking sticks or hearing aids. Denying social, religious or cultural contacts, or denying contact with the family. 	<ul style="list-style-type: none"> Prolonged isolation or lack of stimulation. Person who is not able to look after themselves is left unattended and so put at risk. Not being helped to the toilet when assistance is requested. Change leaving alone to 'child/vulnerable person being left alone or unsupervised'.
Self-Neglect	Includes....	Some of the key indicators
An unwillingness or inability to care for oneself and/or one's environment.	<ul style="list-style-type: none"> Hoarding or having no possessions at all. Living in squalor and neglecting self-care and hygiene. Failure to provide oneself with adequate food, water, clothing, shelter, healthcare and safety precautions. 	<ul style="list-style-type: none"> Dehydration, malnutrition or obesity. Untreated medical conditions and poor personal hygiene. Unsanitary living conditions. Inappropriate and/or inadequate clothing and lack of necessary medical aids. Homelessness. Not adhering to medical advice. Not taking medication as advised/prescribed.
Financial Abuse	Includes....	Some of the key indicators
The inappropriate use, misappropriation, embezzlement or theft of money, property or possessions.	<ul style="list-style-type: none"> Theft, fraud or embezzlement of monies, benefits or goods. Exploitation or profiteering. Applying pressure in connection with Wills, property or inheritance, or financial transactions. The abuse of influence, power or friendship to persuade a person to make gifts or change their will. Being charged excessive amounts for services such as minor building works on a property. Loans made under duress, threat or dishonestly extracted. Mate-crime – where vulnerable people are 	<ul style="list-style-type: none"> Unexplained loss of money. Missing personal belongings such as art, jewellery and silverware. Deterioration in standard of living, not having as much money as usual to pay for shopping or regular outings. Unexplained lack of money, inability to pay bills or getting into debt. Sudden changes in a person's finances or a disparity in assets and living conditions. Person unable to access their own money or check their own accounts. Cheques being signed or cashed by other people without someone's consent. Recent acquaintances expressing sudden or disproportionate interest in the person and their money. Reluctance on the part of the family, friends or the person controlling the

	<p>befriended by those who go on to exploit them.</p>	<p>person's funds to pay for necessary food, clothes or other items.</p> <ul style="list-style-type: none"> Recent changes of deeds/title of home. Inappropriate granting and/or use of Power of Attorney. Sudden change or creation of a will to benefit an individual significantly. Someone else having possession of money/ bank cards. Someone else reported making financial decisions. Fraud.
Discriminatory Abuse	Includes....	Some of the key indicators
<p>The inappropriate treatment of a person because of their age, gender, race, religion, cultural background, sexuality or disability.</p>	<ul style="list-style-type: none"> Ageist, racist, sexist, or abuse based on a person's disability. Abuse linked to a person's sexuality. Harassment, slurs or similar inappropriate use of language and treatment. Withholding services without proper justification, or lack of disabled access to services and activities. Lack of respect towards a person's culture, or deliberate exclusion. 	<ul style="list-style-type: none"> Low self-esteem. Withdrawal and social isolation. Anger. Person puts themselves down in terms of their age, race, gender identity or sexuality. Abuse may be observed in conversations or reports by the person of how they perceive themselves. Preference not to receive care from particular individuals. Feeling as though there is a lack of control based on age, gender, religion. Signs of substandard service offered (health/education).
Institutional Abuse	Includes....	Some of the key indicators
<p>The mistreatment of a person by a regime or individuals within an institution. It can occur through repeated acts of poor or inadequate care and neglect, or poor professional practice or ill-treatment.</p>	<ul style="list-style-type: none"> The inability of an institution to safeguard people from emotional or even physical harm and neglect. Having fixed rules and routines by which people are controlled. People prevented from acting within their rights. No access to personal possessions or personal allowance. 	<ul style="list-style-type: none"> Inappropriate or poor care. Being routinely referred to in a condescending fashion. Disrespectful language and attitudes. Adult being spoken to or treated like a child. A person's privacy and dignity being routinely compromised. Failure to recognise the individuality of each person and applying a 'one size fits all' approach to support. No evidence of support services care plans that focus on the individual's needs.

The church as an institution is not exempt from perpetrating institutional abuse.	<ul style="list-style-type: none"> • Inadequate staffing, poorly trained staff and a lack of leadership and/or supervision of staff or volunteers. • Inappropriate use of physical interventions and poor practice in the provision of intimate care. 	<ul style="list-style-type: none"> • Inadequate staffing levels and the absence of individual care. • Lack of adequate procedures. • Poor record keeping/missing documents.
Domestic Abuse	Includes....	Some of the key indicators
<p>Any threatening behaviour, violence or abuse between adults or young people, who are or have been intimate partners, family members or extended family members, regardless of age, gender or sexuality or social status.</p> <p>Rarely is domestic abuse a one-off incident.</p>	<ul style="list-style-type: none"> • Physical, psychological, sexual or financial abuse. • Patterns of controlling and coercive behaviour. • Child to parent/carer abuse. • Abuse towards elderly family members. • Female Genital Mutilation (FGM). • Honour based violence, committed to protect or defend the honour of the family and community. • Forced marriage. • Children can experience it by seeing and/or hearing the abuse, or seeing the injuries or distress afterwards, as well as being directly targeted. 	<ul style="list-style-type: none"> • Unexplained bruises or injuries. • Unusually quiet or withdrawn. • Fear, anxiety or panic attacks. • Frequent absences from work or other commitments. • Stops talking about their partner/family member. • Is always accompanied by their partner/family member. • Becomes isolated and withdrawn from friends and other family. • Doesn't have control over possessions or money. • Anxious about being away from home and rushes to get back.
Spiritual Abuse	Includes....	Some of the key indicators
<p>The inappropriate use of religious belief or practice. Coercion and control of one individual by another in a spiritual context. The abuse of trust or misuse of power by someone in a position of spiritual</p>	<ul style="list-style-type: none"> • Forcing religious ideas or practices on to people, particular those who may be vulnerable to such practices. • Extreme pastoral interference in personal matters – reducing individual choice and responsibility. 	<p>It is often difficult for churches to identify spiritual abuse because its definition may be more an issue of personal interpretation of common practices in the church or denomination.</p> <ul style="list-style-type: none"> • Pastoral practices that 'force' people into accepting religious values or ideas. • A Feeling of confusion and uncertainty as to who, what or why they believe any more.

<p>authority (such as a minister).</p> <p>The person experiences spiritual abuse as a deeply emotional personal attack.</p>	<ul style="list-style-type: none"> • The misuse of scripture or power to control behaviour and pressure to conform. • Oppressive teaching and isolation from others. • The requirement of obedience to the abuser, or the suggestion that the abuser has a “divine” position. • Intrusive healing and deliverance ministries, which may result in people experiencing emotional, physical or sexual harm. • The denial of the right to have a faith or the opportunity to grow in the knowledge and love of God. • Exclusion of people from the full range of church life (no arrangements for gluten-free wafers or non-alcoholic wine at Communion, or promoting fear of involving those who are HIV positive). • Oversimplification of forgiveness and healing without regard to pain or suffering. 	<ul style="list-style-type: none"> • Deeply scarred – emotionally, psychologically and spiritually. • Feelings of betrayal leading to deep distrust, self-isolation and powerlessness. • A changed and damaged view of church – loss of church as a safe space.
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Online Abuse	Includes....	Some of the key indicators
<p>The use of the internet (via email, mobile phones, websites, social media, instant messaging, chatrooms, online games, live-streaming etc) to harm or harass in a deliberate manner.</p>	<ul style="list-style-type: none"> • Communications seeking to intimidate, control, manipulate, put down, falsely discredit, humiliate. • Threatening earnings, reputation, employment, safety. • Cyberbullying/Harassment – repeated offensive, rude, insulting messages. • Denigration – derogatory information and/or digitally altered photos. 	<ul style="list-style-type: none"> • Withdrawn, time spent alone, exclusion from social events. • Spend a lot more/less time than usual online, texting, gaming, on social media. • Reluctance to let anyone near their phone/ tablet/laptop etc. • Change in personality – anger, depression, anxiety etc • Changing appearance, trying to ‘fit in’ • Staying away from school/work • Nervous behaviour. • Losing self-confidence. • Distressed/withdrawn.

<p>It can happen at any time and is not limited to a specific location – can be experienced even when alone.</p> <p>It can affect anyone at any age.</p>	<ul style="list-style-type: none"> • Flaming – posting insults using vulgar/profane language. • Impersonation – hacking accounts and taking on someone else’s identity. • Outing/Trickery – sharing someone’s secrets or tricking them into revealing embarrassing information. • Cyber stalking – repeated online threats/activity making someone afraid for their safety. • Trolling – online provocations, starting arguments, threats and insults. • Grooming – building emotional connection to gain trust for exploitation/abuse. • Sexting – sharing or coercion into sharing sexual, naked or semi-naked images/videos/ messages. 	
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Modern Slavery	Includes....	Some of the key indicators
<p>The illegal exploitation of people for personal or commercial gain.</p> <p>Includes human trafficking, where people are moved from one place to another into a situation of exploitation, using deception, coercion and violence.</p>	<ul style="list-style-type: none"> • Domestic servitude – forced to work in private houses with restricted freedoms, long hours, no pay. • Criminal exploitation – pick pocketing, shoplifting, drug trafficking. • Forced labour – long hours, no pay, poor conditions, verbal and physical threats. • Sexual exploitation – prostitution and child abuse. • Organ removal, forced begging, forced marriage and illegal adoption. 	<ul style="list-style-type: none"> • In a dependency situation, under the control and influence of others. • Malnourished or unkempt, wearing the same clothes all the time. • Travel, identity and financial documents held by someone else, or use of false/forged documents. • Living in cramped, dirty, overcrowded accommodation, living and working at same address, few personal possessions. • In debt to others, low or no pay, excessive deductions made for food, accommodation, transport. • Unfamiliar with the neighbourhood, unsure of home/work address.

	<ul style="list-style-type: none"> • Travel and identity documents removed. 	<ul style="list-style-type: none"> • Scared, untrusting, withdrawn, anxious, avoiding eye contact. • Showing signs of abuse, having old/untreated injuries and healthcare issues. • In fear of the authorities and in fear of removal or consequences for family.
Radicalisation	Includes....	Some of the key indicators
<p>The process that moves a person to legitimise their support for or use of violence. The promise of an ideology which gives purpose and belonging. Can take place over a long time period or happen quickly.</p> <p>The person may not understand that they have been radicalised.</p>	<ul style="list-style-type: none"> • Exposure to violent and inappropriate material. • Being recruited in person – online or face-to-face. • Joining extremist organisations. • Justifying the use of violence to solve societal issues. • Seeking to recruit others to an extremist ideology. <p>Extremist recruiters speak directly to the vulnerabilities people experience at times in their lives, e.g. sense of not belonging, low self-esteem, issues at home, involvement with gangs/criminal groups or identity crisis with their cultural heritage.</p>	<ul style="list-style-type: none"> • The expression of extremist views • Accessing extremist websites/social networks or possessing extremist, violent literature. • Behavioural changes, anger and use of inappropriate language. • Becoming disrespectful and intolerant of others. • Using words and phrases that sound scripted, talking about ‘us’ and ‘them’. • Sympathies, admiration or associations with known extremists. • Advocating violent actions or means. • Changing name or friends.
Child Sexual Exploitation	Includes....	Some of the key indicators
<p>A type of sexual abuse. The child is given gifts, drugs, money, status and affection, in exchange for performing sexual activities. The tricking or grooming of children to believe they are in a loving</p>	<ul style="list-style-type: none"> • The use of violence, coercion and intimidation to force the child into sexual activity. • Invitations to parties where drugs and alcohol are freely given in exchange for sex. • Deceiving children into producing online indecent images/films of themselves. 	<ul style="list-style-type: none"> • Acquisition of money, clothes, mobile phones etc. they can’t or won’t explain. • Unhealthy or inappropriate sexual behaviour. • Swings and changes in mood or character, being secretive. • Gang-association and/or isolation from friends and social networks. • Relationships with controlling or significantly older individuals or groups. • Sexually transmitted infections, pregnancy. • Being frightened of some people, places or situations.

<p>and consensual relationship. Can be both in person or online.</p> <p>The child may not understand that they have been abused. They may seem to be condoning or even encouraging the abusive behaviour.</p>	<ul style="list-style-type: none"> • Children being used to recruit other children into sexual exploitation. • Children being trafficked into or within the UK to be sexually exploited. • Sexual exploitation as part of gang initiation, status, protection or punishment. 	<ul style="list-style-type: none"> • Physical signs of abuse, like bruises or bleeding in their genital or anal area. • Alcohol or drug misuse. • Going missing for periods of time. • Skipping school.
Self-Harm	Includes....	Some of the key indicators
<p>The intentional damage or injury to a person's own body. It is often used as a way of coping with, expressing or releasing overwhelming emotions and distress.</p> <p>It may also be about converting emotional pain into physical pain, expressing something that is hard to put into words or feeling that they are in control.</p>	<ul style="list-style-type: none"> • Cutting • Burning • Bruising • Scratching • Hair pulling • Poisoning • Overdosing • Intentionally putting themselves in risky situations • Overeating or undereating • Inserting objects into their own body • Hitting themselves or walls • Exercising excessively • Self-neglect (adults) <p>Some may self-harm to create a reason to physically care for themselves, or to feel something instead of numbness or disconnection.</p>	<ul style="list-style-type: none"> • Unexplained cuts, bruises and burns, which are likely to be on wrists, arms, thighs and chest. • Keeping themselves fully covered, even in hot weather. • Signs of depression, including low mood, tearfulness and a lack of motivation or interest. • Becoming withdrawn and a reluctance to speak to others. • Weight loss or weight gain due to changes in eating habits, including being secretive about eating. • Low self-esteem, such as an inclination to blame themselves for external problems and expressing that they are not good enough. • Alcohol or drugs misuse. • Bald patches from pulling out hair.

Things to note about abuse:

- It is unlikely that just one type of abuse will occur in isolation from another
- There can be an overlap of the signs and symptoms with different types of abuse
- All abuse involves the misuse of power
- There is an emotional abuse aspect to all types of abuse, including the witnessing of abuse
- If a child witnesses (including hearing) domestic abuse, this is considered to be child abuse
- Any type of abuse committed within the church can also have a negative impact on someone's faith and relationship with God
- It is not our role to determine which type of abuse it may be or to investigate.

For more information about specific forms of abuse, useful contacts of relevant organisations and details about those who are vulnerable to abuse, see [Good practice policy and procedures \(urc.org.uk\)](http://urc.org.uk):

- ***Appendix R: A Guide to Domestic Abuse***
- ***Appendix V: Safeguarding and Digital Communications***
- ***Appendix X: Responding to Allegations of Bullying and Harassment***
- ***Appendix E: A Guide to Working with People with Disabilities***
- ***Appendix U: Useful Contacts – For All Forms of Abuse of Children and Adults***