

Possible signs that something of concern is happening in an individual's life that might or might not mean they are or have been subject to abuse or that they might be vulnerable to abuse or radicalization.

Introduction:

There are a number of common factors, which can be potential indicators of abuse in children or vulnerable adults. It is important to remember that many of these can be normal for some individuals, so a tactful approach

Possible signs of emotional abuse:

- Continual self-deprecation, low self-esteem, distress, anxiety
- Indication of family dysfunction including domestic violence
- Fear
- Inappropriate emotional response to painful situations
- Self-harm or mutilation
- Compulsive stealing or scrounging
- Drug or solvent abuse
- Unusual behaviour such as obsessive rocking, thumb sucking etc.
- Air of detachment "*I don't care*" attitude
- Social isolation – doesn't join in, has few friends and struggles to develop relationships with others including peers
- Attention seeking behaviour including opposition, withdrawal
- Eating problems – overeating or lack of appetite
- Depression/withdrawal
- Not having access to phone/email i.e. monitored and controlled
- Not at expected developmental, cognitive or educational milestones

Possible signs of neglect/self-neglect

- Constant hunger/tiredness
- Poor personal hygiene
- Inappropriate clothing
- Frequent lateness/non-attendance
- Untreated medical problems
- Low self-esteem
- Poor social relationships
- Compulsive stealing or scrounging

Possible signs of sexual abuse:

- Bruises, scratches, burns or bite marks on body
- Scratches, abrasions or persistent abrasions in the anal or genital areas
- Sexual awareness inappropriate to age e.g. in drawing, writing etc.
- Public masturbation
- Attempts to engage others in appropriate sexual activity

- Refusing to stay with or go with certain people or to certain places
- Aggressive behaviour. anger, anxiety, tearfulness
- Withdrawal from friends

Possible signs of physical abuse:

- Unexplained injuries or burns to any part of the body particularly if recurrent
- Individuals who find it painful to walk, sit down, move their jaw or are in some other kind of pain
- Injuries which are not typical of the bumps and scrapes associated with regular activities ie those of an unusual shape/type or with clearly defined marks e.g. those from a bite or the shape of an object which someone has been hit with
- Conflicting explanations of how the injuries were sustained
- Parent/carer's refusal to discuss injuries
- Untreated injuries or illness not attended to
- Admission of punishment which appears excessive
- Shrinking from physical contact
- Fear of returning to a given setting or of parents/carers being contacted
- Fear of undressing
- Fear of medical help
- Aggression or bullying especially if uncharacteristic
- Secretive/furtive behaviour
- Overly compliant behaviour or watchful attitude
- Significant unexplained changes in behaviour
- Unexplained pattern of absences which may serve to hide bruises or injuries
- Difficult staying awake

Equally you may have a concern that an adult's behaviour towards a child or vulnerable adult is of concern. You should make a note of your concerns and seek advice. See www.cumbria.ac.uk/safeguarding for information about the responding and reporting process.

In relation to radicalization, recognized vulnerabilities which make an individual more susceptible to being radicalized (groomed) include:

- Isolation
- Mental health issues
- Previous experiences in childhood
- Substance misuse
- Suddenly having money, gifts etc.