

SNIPEF TRAINING SERVICES LTD

RECOGNISING THE SIGNS OF ABUSE OR NEGLECT IN YOURSELF OR OTHERS

APPRENTICE GUIDE

SNIPEF Training Services Ltd - Apprentice Guide - Recognising the Signs of Abuse or Neglect in Yourself or Others

Recognising the Signs of Abuse or Neglect in Yourself or Others

As an apprentice in the Plumbing and Heating Industry, you may encounter challenging situations, whether in your personal life, at work, or during training. Understanding the signs of abuse or neglect both in yourself and others is an essential part of safeguarding. By learning to recognise these signs, you can help ensure that everyone around you has a safe and supportive environment.

What is Abuse and Neglect?

Abuse and neglect refer to harmful behaviours or situations that can negatively impact someone's physical, emotional, or mental wellbeing. Abuse can take many forms, including physical harm, emotional manipulation, or financial exploitation, while neglect occurs when someone fails to meet basic needs such as care, support, or protection.

It's important to understand that abuse and neglect can happen to anyone, regardless of age, gender, or background, and they can occur in different settings, including workplaces, homes, or social environments.

Warning Signs to Watch For

While everyone's experience is unique, there are common signs that may indicate abuse or neglect. These include:

Physical signs

- Unexplained injuries, such as bruises, burns, or cuts.
- Frequent illnesses or physical complaints without a clear cause.
- Sudden changes in appearance, such as unkempt hygiene or weight loss.

Emotional signs

- Withdrawal from social activities or isolation from others.
- Sudden mood swings, irritability, or signs of depression or anxiety.
- Fearfulness, nervousness, or reluctance to speak openly.

Behavioural signs

- A decline in work performance or attendance.
- Avoiding certain people or places without explanation.
- Unusual financial problems or concerns about money.

Signs of neglect

- Consistently arriving at work or training without proper safety equipment or tools.
- Persistent hunger, fatigue, or poor hygiene.
- Lack of basic support or care from a responsible adult or supervisor.

When and How to Seek Help

Recognising the signs of abuse or neglect is only the first step. Acting on your concerns is equally important. If you notice these signs in yourself or someone else, here's what to do:

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- **Speak to someone you trust:** This could be a supervisor, lecturer, colleague, or designated Safeguarding Officer.
- **Use safeguarding resources:** Many organisations have systems in place to support you. You can contact your employer or training provider for help.
- **Call for professional help:** If you or someone else is in immediate danger, contact emergency services or a national safeguarding helpline.
- **Encourage openness:** If a peer is struggling, let them know you're there to listen and help them find support.

Why Seeking Help is Crucial

Abuse and neglect don't just go away on their own. Ignoring the problem can lead to more serious harm or long term effects on physical and emotional wellbeing. Seeking help shows strength, not weakness, and it can make a significant difference in your life or someone else's.

How to Support a Peer

If you suspect that a fellow apprentice is experiencing abuse or neglect, approach the situation with care:

- **Be supportive:** Let them know you're there for them and that it's okay to talk.
- **Respect their privacy:** Share their concerns only with trusted Safeguarding Officers.
- **Encourage action:** Offer to help them reach out to the right resources.

Final Thoughts

Understanding and recognising the signs of abuse or neglect is a critical part of safeguarding yourself and others. Whether it's a physical injury, emotional distress, or behavioural change, don't ignore the warning signs. By seeking help or encouraging someone else to do so, you can play an active role in creating a safer and more supportive environment for everyone.

If you have any questions or concerns in relation to safeguarding, we encourage you to reach out to the SNIPEF Training Services Ltd Safeguarding Officer. For additional information, access to resources, or details about safeguarding training, please contact SNIPEF Training Services Ltd directly or visit our website at www.becomeaplumber.org. We are here to support you every step of the way.

