

# Safeguarding Bulletin

February 2025

## This Month's Focus – Psychological / Emotional Abuse

Psychological abuse is the **regular and deliberate use of words and non-physical actions to manipulate, hurt, weaken or frighten a person** and to distort, confuse or influence their thoughts and actions. It is also referred to as emotional abuse (safelives.org)

Types of psychological abuse:

- Preventing expression of opinion or choice
- Enforcing social isolation
- Threatening harm or abandonment
- Removing mobility or communication aids
- Intimidation, coercion, harassment, bullying, use of threats, verbal abuse
- Restricting access to religious and cultural needs

Signs and indicators:

- Behaviour changes around a particular person
- Becoming withdrawn, seems anxious
- Weight loss
- Tearfulness / anger
- Low self-esteem
- Insomnia
- Uncooperative

If you have concerns about emotional abuse, please contact your NGB lead or the BDA Safeguarding Manager

[Useful contacts & links - Bowls Development Alliance](#)

Safeguarding is  
Everyone's  
Responsibility....

## Roadshows

Join us for our roadshows and find out about the benefits of affiliation and all the support you can get for your club!

- Wednesday 26th February – County Arts IBC (Norfolk), [Register here](#)
- Thursday 27th February – Swale (Kent), [Register here](#)
- Tuesday 4th March – Bodmin IBC (Cornwall), [Register here](#)
- Thursday 6th March – Malvern Hills IBC (Worcestershire), [Register here](#)
- Tuesday 11th March – New Earswick IBC (York), [Register here](#)

⌚ Each session runs from **11:00 am to 4:00 pm** and includes light refreshments.

## Awareness Days



**February – National Heart Month**

[Heart Month February 2025 | HEART UK](#)

**February – LGBTQ+ History Month**

[- LGBTQ+ History Month](#)

**March 1<sup>st</sup> – Self – injury Awareness Day**

[Self Harm Awareness Day - Harmless](#)

