

# Guidelines for Safeguarding the Welfare of Youth Exchange Students

## Forms of Abuse

### Sexual Abuse

Either boys or girls can be considered sexually abused if exposed to:

- Sexual intercourse, masturbation, oral sex or fondling
- the viewing of pornographic books or videos
- taking part in the making of videos or pornographic photos

### What to look for:

- pain, itching, bruising or bleeding in genital area
- stomach pains
- discomfort when walking
- unexplained sources of money
- inappropriate drawings, language or behavior
- aggressive or withdrawn behavior or fear of a particular person
- reluctance to discuss changes in behavior or attitude

### Physical abuse

Physical abuse may involve hitting, shaking, squeezing, biting or burning. In certain situations, abuse may occur when the nature and intensity of training exceeds the capacity of the young person's body.

### What to look for:

- unexplained or untreated injuries
- Injuries on unlikely parts of the body
- Cigarette burns, bite, or belt marks, scalds
- Fear of host parents being contacted, going home or receiving medical advice
- Flinching when touched
- Reluctance to discuss injuries
- Covering arms or legs

### Neglect

Neglect is a situation where adults...

- Fail to meet a young person's basic physical needs; e.g., food, warmth and clothing
- Constantly leave a young person alone or unsupervised
- Fail or refuse to give a young person love, appropriate affection or attention

Neglect may also occur during organized activities if young people are placed in an unsafe environment, are exposed to extreme weather conditions or are at risk of being injured.

### What to look for:

- Poor personal hygiene
- Constantly hungry
- Inappropriate clothing or dress
- Constantly tired
- Lonely, no friends
- Noticeable loss of weight
- Disheveled appearance

**Emotional abuse**

This form of abuse includes:

- Persistent lack of love or affection
- Frequent shouting
- Taunting
- Overprotection which can lead to poor social skills

Emotional abuse may include situations where host parents, coaches or organizers subject young people to criticism, bullying or unrealistic pressure to perform to high expectations.

**What to look for:**

- Overreaction to mistakes
- Sudden speech disorders
- Extremes of emotions
- Self-mutilation
- Sudden weight loss or gain

**Financial abuse**

This form of abuse involves misappropriation of an exchange student's personal funds either in error through misunderstanding or by overt illegal use of the funds by someone other than the student

**What to look for:**

- Unexplained funds missing
- Bank and checking account bank statements do not reflect expected balances
- Others asking to borrow money or bank cards
- Being asked to make purchases and not getting paid back