

# Safeguarding: Protecting Peoples' Health, Wellbeing and Human Rights

## What is Safeguarding?

Safeguarding means protecting peoples' health, wellbeing and human rights, and enabling them to live free from harm, abuse, exploitation and neglect. Safeguarding encompasses all forms of harm including physical abuse, sexual abuse, online abuse, child sexual exploitation, neglect and negligent treatment, emotional abuse and commercial exploitation. The aim is to minimize the likelihood and impact of these actions towards the people Karandaaz and our associated entities work with.

## Types of Abuse

Abuse can take on a number of different forms. Signs of each type of abuse can vary but must not be neglected.

- Physical abuse
- Sexual abuse
- Social abuse
- Emotional abuse
- Economical abuse

## How to prevent it?

- Understand that you have a responsibility of safeguarding
- Be vigilant
- Always act with integrity and in the best interest of the victim
- If in doubt whether to report an incident or not, talk to the designated safeguarding officer
- Help create an environment where everyone can communicate freely and empathically.

## Who is at risk?

Everyone; especially vulnerable adults (disable adults, minorities & women) & children.

## Reporting guidelines

If you or anyone around is experiencing any form of abuse, exploitation or harassment, please report immediately to the designated safeguarding officer, Karandaaz at [complaints@karandaaz.com.pk](mailto:complaints@karandaaz.com.pk) or FCDO Investigation Team at [reportingconcerns@fcdo.gov.uk](mailto:reportingconcerns@fcdo.gov.uk) or through the confidential reporting hotline +44 (0)1355 843 747.