

Club Welfare Officer

Contact Number



A YOUNG PERSONS GUIDE TO CHILD PROTECTION

You have rights – sport should be fun. You should feel safe and enjoy your sport. You can't do that if you feel unhappy – if someone is bullying or abusing you.

KEEPING SAFE

- Avoid being alone or with just one other person
- Avoid travelling in someone else's car by yourself; travel with a friend or someone you can trust.
- Avoid going to other people's homes by yourself
- Carry a mobile phone, phone card or change.

IF YOU ARE BEING BULLIED OR ABUSED, IT IS NOT YOUR FAULT.

HOW DO YOU KNOW IF SOMETHING IS WRONG?

Something is wrong if someone:

- Constantly teases you, shouts at you or calls you names
- Threatens, hits, kicks or punches you
- Touches you or does anything that makes you feel uncomfortable
- Makes suggestive remarks or tries to make you do things you don't want to
- Damages or steals your belongings
- Does anything that makes you feel lonely, upset, worried, unsafe, hurt or embarrassed.

If something is wrong:

- Be firm and tell the person to stop - attract attention by making a noise, use your whistle.
- Get away quickly, go to a public place to find help or call the police (999)
- Tell someone you know you can trust, e.g. a parent or friend as soon as possible, so they can help you
- Keep a note of the date, time and place, what happened, how you felt and the name of anyone who may have seen what happened

IF YOU NEED HELP CALL YOUR CLUB WELFARE OFFICER OR USE THE 24 HR FREE HELP LINES: CHILDLINE 0800 1111 - NSPCC 0808 800 5000