



## A Young Person's Guide to Child Protection



### You have rights, sport should be FUN

You should feel safe and enjoy your sport. You can't do this if you feel unhappy from someone bullying or abusing you.

My Club Welfare Officer is:

Their contact number is:

### To Keep Safe, always:

- Tell someone you can trust so they can help you.
- Avoid being alone or with just one other person.
- Trust your instincts about the people you meet.
- Avoid going to other peoples' homes by yourself.
- Travel with a friend, avoid travelling in someone else's car by yourself.
- Carry a mobile phone, phone card or spare change.

**If you are being bullied or abused, it's not your fault!**

### 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 in a way that makes you feel uncomfortable.
- Makes suggestive remarks or tries to pressure you into sexual activity.
- Damages or steals your belongings.
- Does anything that makes you feel lonely, worried, unsafe, hurt or embarrassed.

### If this is happening to you, try to:

- Be firm and tell the person to stop- make a lot of noise to attract attention.
- Get away from the situation quickly, go to a public place to find help or call the police so they can help.
- Keep a record of the date, time & place, what happened, how you felt and the name of anyone who may have seen what happened.
- **Act immediately- call the 24hr FREE helpline** (keep trying if you can't get through straight away)

**IF ANY OF THE ABOVE IS HAPPENING TO YOU, DO NOT IGNORE IT- ALWAYS TELL SOMEONE YOU TRUST  
OR CALL Childline 0800 1111 NSPCC 0808 800 5000**