

**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 – if someone is bullying or abusing you.

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

**If you are being bullied or abused it is not your fault.** If this is happening 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 (999)
- Tell your parents / carers , Club Welfare Officer or an adult you can trust what has happened as soon as possible, so they can help you
- Keep a record of the date, time and place, what happened, how you felt and the name of anyone who may have seen what happened
- Call your Club Welfare Officer or use the 24 hr free telephone helplines

**Childline 0800 1111**  
**NSPCC 0800 800 5000**

Keep trying if you can’t get through straight away

**Keeping Safe**

To keep safe always:

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

**If any of the above happens to you, do not wait for it to happen again, act immediately**

<b>Club Welfare Officer</b>	
<b>Contact Number</b>	