For parents

Hear something? Do something!

This is what a safe sport environment looks like!

Last week I noticed that my child was really quiet when I picked them up from practice. When I asked what was wrong, they said they were being bullied at practice and didn't know what to do. **We talked about it and made an appointment with the club safeguarding officer to help work out a solution.**

At my daughter's club I saw one of the coaches physically forcing one of the athletes into a stretch. I could see that the athlete was crying and asking to stop. **I immediately contacted the club safeguarding officer who made sure that incidents like that didn't happen again.**



During my son's game, one of the parents was screaming at the kids on the field. At half time I told the coaches about it. **They immediately had a conversation with that parent, explaining that that kind of behavior would not be tolerated.**

What can I do as a parent to help?

SPORT IS SUPPOSED TO BE FUN!

- Listen to your children. Talk to them about their teammates, their coach, and ask regularly how they are feeling at their club.

SUPPORT YOUR CHILD.

- Say it is okay to say no when they experience something that does not feel right.

- Try to be engaged in the club of your children.
- Communicate with the club safeguarding officer when you have concerns.
- See or hear something? Report it to the club or federation safeguarding officer or contact the helpline in your country.

SAFE SPORT ALLIES

Hear something? Do something!

Co-funded by the Erasmus+ Programme of the European Union

THOMAS MORE · Open Universiteit www.ou.nl · mulier instituut sociaal-wetenschappelijk sportonderzoek

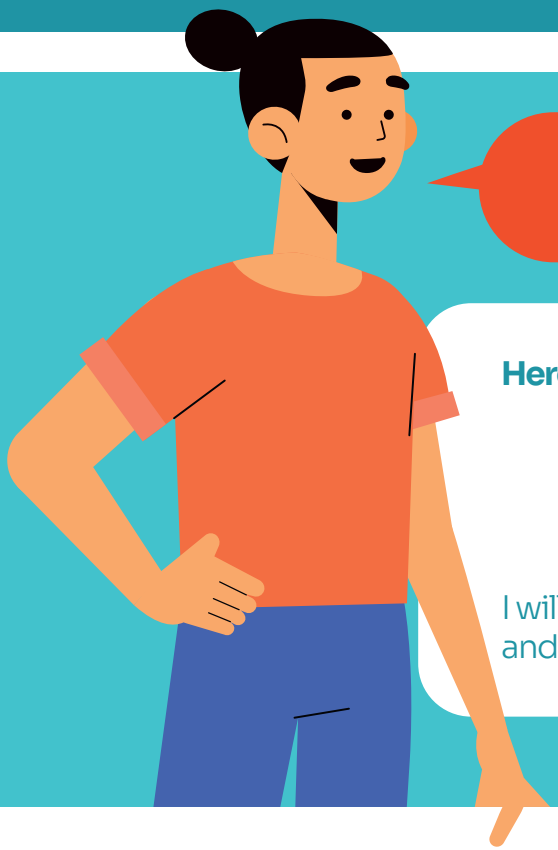
FUNDAZIOA · CYPRUS SPORT ORGANISATION · Centrum Ethiek in de Sport · De stilte verbroken Laat van je horen! · Terre des hommes Helping children worldwide · Haaga-Helia

Hi! I'm your Safeguarding Officer.

Name

Would you like to talk?

- Is there something you'd like to talk about?
- Is there something or someone at the club that is bothering you?
- Are you worried about your well-being or the well-being of somebody else?
- Remember, you're safe with me and anything that we talk about will be confidential.



I'm here to listen.
I'm here to help.

Here's how you can contact me:

I will always handle your concerns and questions with discretion, and we will always discuss possible next steps together.

SAFE SPORT ALLIES

See or hear something? Do something!

Co-funded by the Erasmus+ Programme of the European Union

THOMAS MORE · Open Universiteit www.ou.nl · mulier instituut sociaal-wetenschappelijk sportonderzoek

FUNDAZIOA · CYPRUS SPORT ORGANISATION · Centrum Ethiek in de Sport · De stilte verbroken Laat van je horen! · Terre des hommes Helping children worldwide · Haaga-Helia