

# SAFE SPORT TIPS

## FOR YOUNG ATHLETES (8 & under)

### **PLAY FAIR, PLAY KIND**

Playing sports is about doing your best and being kind to everyone. Always try your hardest, but never try to hurt anyone. Hitting, pushing, or kicking other people is never okay. It's important to play fair and play kind with everyone.

### **FOLLOW THE RULES**

Always follow the rules when you play sports. Rules help keep everyone safe.

### **INCLUDE EVERYONE**

Include everyone in sport. It doesn't matter how people look, talk, play, or where they are from – everyone should always get a chance to play sport!

### **NICE WORDS ONLY**

You should never call people mean names. Sport should be fun and safe for everyone! Having fun and being safe means using nice words to everyone, like your coaches, teammates, and people that you play against.

### **MAKE SURE OTHER PEOPLE SEE AND HEAR YOU**

Always be where other people can see and hear you. This means you should never be alone with a coach – make sure another grown up or a teammate is with you.

### **NO ONE SHOULD TOUCH YOU IN A BAD WAY**

No one should ever touch you in a way that doesn't feel right. If someone touches you and it makes you feel bad or sad, tell a grown-up right away.

### **BAD BEHAVIOUR IS NEVER OKAY**

Sometimes, people in sport that you know might do or say things that are not okay. This could be name-calling, hitting, pushing, kicking, or any type of touching that doesn't seem right. These things can happen at your practices, during games, in bathrooms, or even away from sport. These are not okay. If these ever happen, tell a grown-up right away.

### **GROWN-UPS CAN HELP**

If you ever need help, or if someone hurts you, says something mean, or makes you feel bad, tell a grown-up that you trust right away. And if you ever see someone else being treated badly, tell a grown-up then, too! Grown-ups, like a parent or coach, will take care of the next

steps by getting more help or reporting the situation. To make a formal maltreatment complaint, visit [sportmanitoba.ca/safesport](http://sportmanitoba.ca/safesport).