

SAFE SPORT TIPS

FOR YOUNG ATHLETES (9-12)

IMPORTANT SAFE SPORT BEHAVIOURS

- **Treat everyone with kindness**

Always treat everyone in sport with kindness. This means using polite words and being friendly to other people. Never physically or verbally hurt other people. If you ever hear or see mean things happening to someone else, tell an adult.
- **Show respect**

Respect everyone in sport. This means being honest and treating other people – like your teammates, opponents, coaches, and officials – the same way that you want to be treated. Showing respect creates a safe and positive sport experience for everyone.
- **Include everyone**

Everyone deserves to play sports. Nobody should be left out because of how they look, talk, play, what they believe in, or where they are from. Always include everyone!
- **Be responsible**

Show up on time, wear the correct uniform and equipment, take care of other people's belongings, and never damage sports facilities or gear.
- **Report your illnesses or injuries**

If you are sick, injured, or not feeling well, tell your parents or your coaches.
- **Trust your feelings**

Sport should be a safe and fun place for everyone. If you ever think or feel that something is wrong, trust your feelings and speak up!
- **No secrets in sport**

If something happens that makes you feel uncomfortable or upset, tell an adult. And if someone, like a coach, ever says, "Don't tell anyone," about something that made you uncomfortable or feel bad, tell an adult anyway.
- **Tell the truth**

Never make up a story that someone did something wrong if they didn't. That's not fair

and can hurt other people. Always tell the truth.

- **Never be alone with a coach**

You should never be alone with a coach anywhere where no one else can see or hear what's happening. Always have another adult or teammate around.

- **Be safe online**

You should never text or talk to a coach one-on-one on any electronic device.

- **No one should touch you in a way that feels wrong**

You are the boss of your body. No one should ever touch you in a way that makes you feel bad or upset. If an adult, teammate, or anyone else ever tries to touch you in a way that feels wrong, you can say "no," walk away, and tell an adult.

- **Adults should teach, not hurt**

It's okay for coaches or adults to teach you, help you try your best, and give you rules to follow. Sometimes, there are consequences if you break the rules – that's part of sport. But it's not okay for any adult to hurt you, yell at you in a scary way, call you names, or force you to play when you're hurt. If someone does something that makes you feel unsafe, tell an adult you trust – like a parent, teacher, or another coach.

- **Be aware**

Bad behaviours can happen in different places – during games, practices, in locker rooms, while travelling, or even online. These behaviours can include teasing teammates, using bad language, leaving others out on purpose, inappropriate touching, posting inappropriate comments on social media, and physical violence. It's important to tell an adult if you ever see or experience this kind of behaviour.

WHAT TO DO IF YOU EXPERIENCED INAPPROPRIATE BEHAVIOUR

- **Talk to an adult**

If you experienced any inappropriate behaviour, talk to an adult that you trust immediately. This can be a parent, teacher, coach, or another grown-up who makes you feel safe. You are not alone – adults can help and report the situation.

- **Call 911**

If you feel like you are in immediate danger, contact the police by calling 911 or your local police emergency number.

- **Support services**

A number of support services including Kids Help Phone (1-800-668-6868) are available to provide you with additional help. Visit sportmanitoba.ca/safesport to view more support services or make a formal maltreatment complaint.