

# HOW YOUR SPORT LOOKS AFTER KIDS

## How you should be treated and what to do if you don't feel safe

This information is for children **aged 7 to 12 years old** to help kids understand the **Safeguarding Children and Young People Policy**.

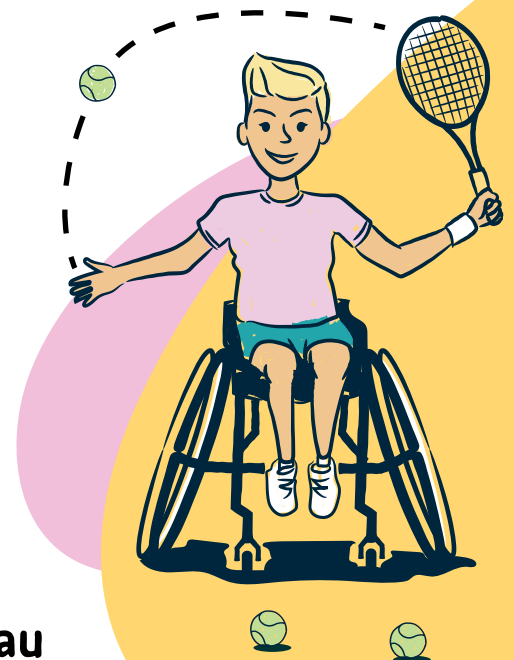
**Did you know?** Your sport has a set of rules to make sure sport is safe, happy and fun for everyone.

These rules are written down and they also help your sports, and everyone involved in sport, to remember how to treat you. They explain what behaviours are **ok**, and what behaviours are **not ok**. They also tell you what you can do if someone hurts you, or if you don't feel safe.

### How should you be treated?

When you take part in sport, you should feel safe, included and happy. The rules say that adults working in sports must treat you with care and respect. They must make sure you are safe and protected from being hurt.

Anything that makes you feel scared or that hurts you is **not ok**.



Let's look more closely at

nine of the rules.



**1 Adults in sport must treat you with respect.** Adults should speak to you in a way that makes you feel cared for and happy. They must not bully you, or say things that are hurtful, or make you feel scared.

**2 Adults in sport must treat you fairly,** no matter what your ability, who you are or where you are from.

**3 Adults in sport must keep you safe and not hurt you in any way.** This means they should not speak to you in a way that makes you feel upset or worried. They must not touch you or ask you to do something that makes you feel upset, scared or embarrassed.

**4 Adults in sport must respect your privacy.** Adults should not do anything that makes you feel embarrassed or worried. For example, they are not allowed to take photos of you without permission from you and your family. Your body belongs to you. Nobody is allowed to touch you in a way that makes you feel upset, scared or embarrassed.

**5 Adults in sport must listen to you** about things that are important to you and take what you say seriously.

**6 Adults in sport must follow the rules of their jobs at all times.** This means adults should treat everyone the same (no favourites). They should not contact you or meet you alone outside your sport. They should not ask you to keep secrets from your parents, carers or other children.

**7 Adults in sport must support you and protect you from harm.** Adults also have a responsibility to help you if you tell them that you have been hurt by another person. This includes if you have been hurt by another young person, a parent or carer.

**8 Adults in sport must not treat you badly because you told someone about being hurt.** It is not ok for an adult to be mean to you, ignore you or treat you unfairly because you complained about them or someone else.

**9 Adults in sport must be allowed to work with children.** Your sport will check that anybody who is working with children is safe to be with children. They will train all adults in child safety.

There are many other things that might make you feel upset, scared or embarrassed that are not mentioned here. You have a right to tell someone about *anything* that makes you feel unsafe or upset.

## What can you do if you feel scared or have been hurt?

The rules say that your sport must support and help you if you don't feel safe, or if you are frightened or have been hurt. They must listen to you and do something to stop it from happening to you again.

If something happens that makes you feel upset or scared, or that hurts you in any way, **tell an adult you trust**. It doesn't matter who has hurt you or made you feel unsafe. It could be another child, a parent or carer, or adult involved in the sport. You have the right to tell someone about it. You can also tell someone or ask for help if you see or hear about this happening to another child.

## Can you think of someone who makes you feel safe?

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## Who can you talk to if someone makes you feel unhappy, scared or embarrassed?

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## What happens next?

If you choose to tell an adult about someone who has hurt you or made you feel unsafe, that adult might need to tell someone else. This is why adults can't promise to keep what you say a secret. But remember, they will only tell the people who need to know so they can help fix the problem, to keep you safe.

The adult you talk to can help you to make a complaint. A complaint is when you, or an adult, writes down what happened to you and gives it to a person in charge. Making a complaint is your choice and you will be supported by adults to do this. The person in charge should listen to you when you make the complaint and explain what they can do to help fix it. By making a complaint, you could help yourself and other children to keep safe.

## Other ways you can get help

**Kids Helpline** is a free and confidential\* 24/7 online and phone counselling service to help kids with any problems they have. You can contact a counsellor at any time, day or night, to talk to them for any reason. The counsellor won't share what you tell them with anybody without your agreement (unless you or someone else are in danger). It is free, so you can call from your mobile, home phone or a public phone.

Visit: <https://kidshelpline.com.au/>

Call: 1800 55 1800

Email: [counsellor@kidshelpline.com.au](mailto:counsellor@kidshelpline.com.au)

**You can go to the police** if you want to report something that is happening by:

- visiting your local police station.
- **dialling 000** if you are in immediate danger, or **131 444** if you need help at any other time.

\*Confidential means the person you speak to will not share what you tell them with anybody without your agreement, unless you or someone else is in danger.