



A YOUNG PERSON'S GUIDE TO CHILD PROTECTION

You have rights – Sport should be fun. You should feel safe and enjoy your sport. You cannot 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:

- Touches you, or does anything in a way that makes you feel uncomfortable
- 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
 - Tell your parents / carers, 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

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, or some spare change

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