



# BE SAFE **ENJOY YOUR SPORT!**

**When you take part in your sport,  
we want you to feel that:**

- It is fun
- You are listened to
- Your development is supported
- You feel respected
- People are there for you
- Your club is friendly and inclusive

**But what if  
something is  
wrong?**

**What if someone else's behaviour is  
making you feel...**

Angry      Lonely      Hurt

Worried      Sad      Unsure

Anxious      Uncomfortable

**YOU NEED TO BE SAFE.** TALK TO SOMEONE WHO CAN HELP.

**There are lots of people you can talk to:**  
a parent/guardian, a trusted adult, your  
coach, or a club safeguarding/welfare  
officer.

**Speak to someone you trust.** If there  
is no one you feel you can talk to,  
contact one of the organisations  
below.

## **CHILDLINE**

0800 1111  
childline.org.uk  
calls are free of charge

**24 HOURS 7 DAYS A WEEK**

## **CLUB WELFARE OFFICER DETAILS:**

Katie Walker

07946 487949

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hotmail.com



**FOR MORE  
INFORMATION  
VISIT**

