



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:

Susie Stead

07985
001477



**FOR MORE
INFORMATION
VISIT**

