

# HOW YOUR SPORT LOOKS AFTER YOU

## How you should be treated and what to do if you feel unsafe

This information is for young people **aged 13 to 17 years old**. It helps you understand your sport's **Child Safeguarding Policy**.

The Child Safeguarding Policy explains how sports provide a safe, positive, inclusive, and supportive place for all children and young people participating in sport.

This Policy helps everyone involved in sport – children and young people, parents, carers, coaches, staff, and volunteers – understand their rights and responsibilities about your safety and wellbeing. It sets out the rules about acceptable and unacceptable behaviour, and what you can do if you feel unsafe, unhappy or have been harmed.

### How should you expect to be treated?

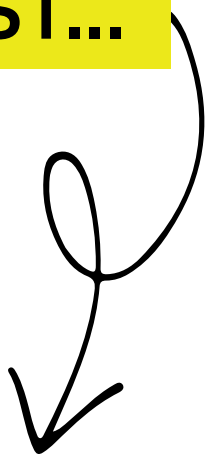
When you participate in sport, you have a right to feel safe, included and happy. Sport does not allow any form of harm to children or young people. This means that anything that makes you feel uncomfortable, unsafe, threatened, or hurts you, is not ok.

Coaches, staff, and volunteers working in your sport should treat you with care and respect. When making decisions, the most important thing is what's best for you.




# Coaches, staff, and volunteers of sports clubs

## MUST...



- **Treat you with respect.** Coaches, staff, and volunteers should speak to you respectfully and in a way that encourages you. They must not bully you, or use language that is negative, hurtful, or talk to you in a way that makes you feel scared. They must not treat you or any other young person unfairly due to gender, culture, race, disability, or sexuality.
- **Keep you safe and not hurt you.** Coaches, staff, and volunteers must not hurt you, physically, sexually, or emotionally. This includes speaking to you in a way that makes you feel upset or unsafe, constantly criticising or ignoring you, or talking to you about things of an 'adult' or sexual nature. It also includes touching you or doing something that makes you feel uncomfortable or scared. Under no circumstances should you be disciplined physically or verbally in a way that causes you to feel frightened or humiliated.
- **Respect your privacy.** Coaches, staff, and volunteers should not do anything that makes you feel uncomfortable or unsafe. For example, coaches, staff, and volunteers are not allowed to take photos of you without permission from you and your family. They should not be alone with you in a change room. They should not touch you or make you do anything that makes you feel uncomfortable, scared, or embarrassed.
- **Act professionally at all times.** Coaches, staff, and volunteers must be professional and treat you respectfully at all times. For example, they should treat everyone the same, they shouldn't contact you or meet you alone when you're not taking part in sport, and they shouldn't ask you to keep secrets from other adults, your friends, or teammates.
- **Listen to you** about things that are important to you and take what you say seriously.
- **Support and protect you from harm.** Coaches, staff, and volunteers also have a responsibility to help you if you tell them that you have been physically, sexually, or emotionally harmed by another person. This includes if you are harmed by another young person, a parent, carer, or adult.
- **Not treat you badly or unfairly because you have made a complaint.** It is not ok for an adult to be mean to you, ignore you or treat you unfairly because you have made a complaint about them or another person.
- **Ensure all staff and volunteers at the sport are safe to work with children.** Your sport will check that anybody who is working with children and young people is safe to be with you. They will train all staff and volunteers in child safety.

These are just some examples of how your sport keeps you safe and what types of behaviour are unacceptable behaviour. There are many other behaviours that might make you feel unsafe or uncomfortable that are not mentioned here. You have a right to speak up about *anything* that makes you feel unsafe or uncomfortable, and to seek help from an adult you trust.



Can you think of someone who makes you feel safe?

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

## What can you do if you feel unsafe or have been harmed?

If something happens that makes you feel uncomfortable, unsafe, or threatened, invades your privacy, or hurts you in any way – or if you see or hear about this happening to another young person – tell an adult you trust.

The Policy says that adults who work or volunteer at the sport have a responsibility to support and help you. They must listen to you, hear what you say and do something to stop it from happening to you again.

It doesn't matter who has hurt you or made you feel unsafe. It could be another child or young person, a parent or carer, a coach, staff member or volunteer of the sport. You have the right to tell someone about it and ask for help.

## What happens next?

If you feel upset about something that has happened to you, or if you need help to make it stop, you should speak to someone you trust. This can be a family member or an adult you trust at your sport.

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.

## Mandatory reporting

If you tell an adult about any physical, sexual, or emotional harm you have experienced or have witnessed, they might have to tell someone else, for example the police or a child protection agency. This is a legal requirement known as mandatory reporting. This will only happen if the adult believes you or another child are in danger or have been treated very badly. But remember, they will only tell the people who need to know so they can help fix the problem, to keep you safe.

## Other ways you can get help

■ **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.

Free and confidential\* online and phone counselling/advice services. You can call or chat anytime, for any reason.

■ **Kids Helpline**

Visit: [www.kidshelpline.com.au](http://www.kidshelpline.com.au)

Free call: 1800 55 1800 (available 24/7)

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

■ **eheadspace**

Visit: [www.headspace.org.au/eheadspace](http://www.headspace.org.au/eheadspace)

Free call: 1800 650 890

(9am–1am AEST, seven days per week)

■ **Youth Law Australia** (legal information and help for young people under 25).

Visit: [www.yla.org.au](http://www.yla.org.au)

Free call: 1800 950 570

(9am–5pm AEST, Monday to Friday)

Email: [advice@lawmail.org.au](mailto:advice@lawmail.org.au)

\*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.

# Hey kids! Learn about **YOUR RIGHTS** at sport

This information is for children **aged 7 to 12 years**. It helps you understand your key rights – in your everyday life and when you take part in sport.

## What do we mean by “rights”?

All people, including children, have human rights. Rights are the things that all people need and that help us have a good life. Because you are a child, you also have special rights under the *United Nations Convention on the Rights of the Child* to help you grow up safe and healthy.



## Some important rights

- You have the **right to be safe, and to feel safe**. This means that no one is allowed to do things or say things that make you feel unsafe.
- You have the **right to privacy**. Your body belongs to you. Nobody is allowed to touch you or take photos of your body in a way that makes you feel upset, frightened or embarrassed.
- You have a **right to be treated fairly**, no matter what your ability, who you are or where you are from.

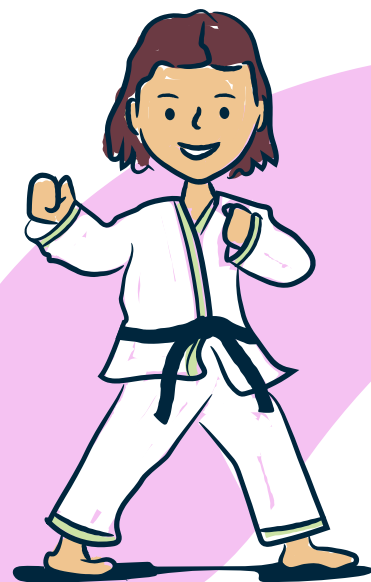
You have the **right to have your say**, and adults should listen to what you say. This means you should be asked about things that matter to you and what you say should be taken seriously. Human rights come with **responsibilities**. This means it is everyone's job to treat other people with respect and kindness. That includes you!

If someone makes you feel upset, hurts you or touches you in a way that you don't like or that makes you feel scared, you should tell someone. This could be a coach, a parent or carer, or any adult you trust. The right person will help you with the next steps to feeling safe. If you don't get the help you need, you might need to talk to someone else. Keep trying until you feel heard.

# Happy

# Safe

# Respected



## How are your rights protected when you do sport?

Parents, carers and all adults at sports have a responsibility to keep you safe and respect your rights when you take part in sport.

## Sports have RULES

to make sure...



- You feel safe, happy and respected.
- You are treated fairly, no matter what your ability, who you are or where you are from.
- Your needs and feelings are recognised and respected.
- You are asked about things that matter to you.
- Adults listen to you and take what you say seriously.
- You know who you can talk to if you feel upset, scared or are hurt by another person.





# YOUR RIGHTS at sport

This information is for young people **aged 13 to 17 years**. It helps you understand your key rights – in your everyday life and when you participate in sport.

All people have human rights. Human rights are the basic rights and freedoms that all people need, and which help them have a good life. While young people and children have the same rights as adults, they also have special rights under the United Nations *Convention on the Rights of the Child*. These include the right to be protected from harm and abuse, the right to an education, and the right to have a say about matters that affect them. Here in Australia we also have the *National Principles for Child Safe Organisations*. These principles help organisations like your sport keep you safe and happy by putting your needs first.

## Some important rights

- You have the **right to be and feel safe**. Nobody should hurt you physically, sexually or emotionally.
- You have the **right to privacy**. Your body belongs to you. Nobody is allowed to touch you, take photos of you in a way that makes you feel uncomfortable, or do anything that makes you feel upset, frightened, or unsafe.

- You have a **right to be treated fairly**, no matter your ability, who you are or where you are from.
- You have the **right to have your say**. You have a right to express your views about things that are important to you. Adults should listen to what you say and take it seriously.

Human rights come with **responsibilities**. Everyone has the responsibility to respect the rights of others. This means no one should harm you or take your rights away. It also means that you should not do anything to stop others from enjoying their rights too!

If you feel unsafe or feel that someone is not respecting your rights, you should tell an adult you trust. This could be a coach, a parent or carer, or any adult you trust. The right person will help you with the next steps to feeling safe. If you don't get the help you need, you might need to talk to someone else. Keep trying until you feel heard.





## How are your rights protected when you participate in sport?

Parents, carers, coaches, volunteers and anyone involved in sport have a responsibility to keep you safe and respect your rights when you participate in sport.

All sports that work with children should have policies and procedures (these are like rules or guidelines) that set out how the sport plans to keep children and young people safe.



To protect and respect your rights, sports should:

- Teach you about your physical, emotional, and online safety, and how to seek help if you are harmed or feel unsafe.
- Treat everyone fairly, no matter who you are or where you are from.
- Make sure there are ways for you to have your say in matters that affect you, and listen to what you have to say.
- Care about your needs and feelings and support you in a way that makes you feel safe and respected.
- Create an environment where your safety is the highest priority, and that reduces the risk of you feeling unsafe or being harmed.
- Support you to make a complaint if you want to.
- Do something to help if they are told about, witness or believe that you or another child or young person is in an unsafe or harmful situation.

# 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 **Child Safeguarding 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.

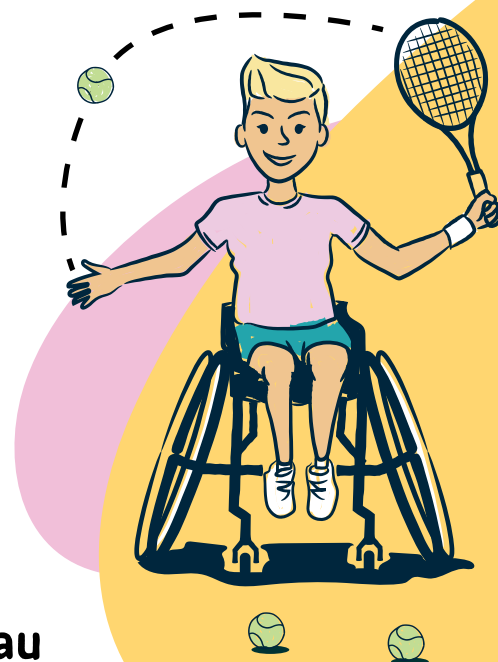
### How should you be treated?

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**.



[www.sportintegrity.gov.au](http://www.sportintegrity.gov.au)





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:

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