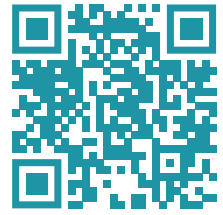


For parents

# Hear something? Do something!



This is what a safe sport environment looks like!

Last week I noticed that my child was really quiet when I picked them up from practice. When I asked what was wrong, they said they were being bullied at practice and didn't know what to do. **We talked about it and made an appointment with the club safeguarding officer to help work out a solution.**

At my daughter's club I saw one of the coaches physically forcing one of the athletes into a stretch. I could see that the athlete was crying and asking to stop. **I immediately contacted the club safeguarding officer who made sure that incidents like that didn't happen again.**



During my son's game, one of the parents was screaming at the kids on the field. At half time I told the coaches about it. **They immediately had a conversation with that parent, explaining that that kind of behavior would not be tolerated.**

## What can I do as a parent to help?

### SPORT IS SUPPOSED TO BE FUN!



Listen to your children. Talk to them about their teammates, their coach, and ask regularly how they are feeling at their club.



Try to be engaged in the club of your children.



Communicate with the club safeguarding officer when you have concerns.



### SUPPORT YOUR CHILD.

Say it is okay to say no when they experience something that does not feel right.



See or hear something? Report it to the club or federation safeguarding officer or contact the helpline in your country.



Hear something?  
Do something!

