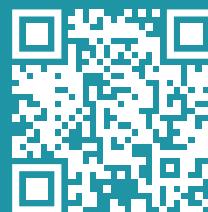


For athletes

See something? Say something!



The coach often made nasty comments about my body.

Our safeguarding officer talked to them about it. Now that doesn't happen anymore.

A teammate kicked me to the ground because I missed a penalty shot. **The coach immediately intervened and made sure I was okay.**

One of the teammates took pictures of me when I was showering and shared it online. **A player saw it and talked to safeguarding officer. The club management immediately took action and stopped things from getting worse.**

I had a bad knee injury, and my parents forced me not to tell the coach so I could play. **The coach noticed and decided that I should sit on the bench.**



What should I do if I see or hear something?

What can I do if something happens to me?

○ Don't be a passive bystander! See or hear something? Say something!

○ Concerned about someone's safety or well-being? Talk to an adult you trust!

○ If it's safe, tell the person to stop or ask the victim if they are okay.

○ Listen & provide support.

○ It's okay to say NO.

○ Talk to an adult who you trust:

- Find the safeguarding officer,
- Contact a helpline,
- Talk to your parents.

See something? Say something!



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CYPRUS SPORT ORGANISATION
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De stilte verbroken
Laat van je horen!



Terre des hommes
Helping children worldwide



Haaga-Helia

