



GUIDANCE FOR YOUNG PEOPLE

Sport and play should be fun. You should feel safe and be able to enjoy yourself. You can't do this if you feel unhappy – this might happen when someone:

- Teases you or calls you names
- Threatens, hits, kicks or punches you
- Offers or encourages you to take drugs of any type
- Touches you or does anything to you which makes you feel uncomfortable
- Makes suggestive remarks or tries to pressurise you
- Damages or steals your belongings
- Does anything that makes you feel lonely, upset, worried, unsafe, hurt or embarrassed

If this is happening, try to:

- Be firm and tell the person to stop
- Get away from the situation quickly
- Avoid letting the person see you upset
- Tell an adult you trust what has happened as soon as possible
- Keep a note of the time, place, date, what happened, how you felt and the name of anyone who might have seen what happened to you
- If you are aware the same thing has happened to your friends, encourage them to tell someone too.
- Talk to your parents or whoever looks after you so they can help you to make a formal complaint to an official

To keep safe never:

- Accept a lift from someone if you will be the only passenger
- Walk home alone at night
- Agree to meet someone on your own you don't know (or hardly know) or feel unsafe with

Remember:

- If you are being bullied or Abused, it is not your fault
- Don't ignore what is happening – always tell someone you trust – a friend, a teacher, someone in your family or your friend's family
- Don't give up until someone helps you to feel safe