

YOUNG PEOPLE'S GUIDE TO KEEPING SAFE IN HOCKEY

Hockey is a great sport to play. It is one of the few sports that you can represent both Scotland and Great Britain. You can also make fantastic friends through hockey. Coaches and volunteers are the people who can help ensure you have a good time.

You have the right to expect certain standards from your coaches, volunteers and those around you. Sport should be fun. You should feel safe and enjoy your sport. You can't do this if you feel unhappy – if someone is bullying or abusing you.

It is everyone's responsibility to look after you and make sure no harm comes to you. This includes, parents or Carers, Family, Friends, Neighbours, Professionals and of course Hockey Club Coaches and Members.

Something is wrong if someone:

- Constantly teases you, shouts at you or calls you names
- Threatens, hits, kicks or punches you
- Touches you in a way that doesn't feel right or without your permission or does anything that makes you feel uncomfortable
- Makes suggestive remarks or tries to pressurise you into sexual activity
- Damages or steals your belongings
- Does anything that makes you feel lonely, upset, worried, unsafe, hurt or embarrassed.

If any of the above happens to you, do not wait for it to happen again, act immediately. You should try to talk to someone you trust and will help you. It might be difficult, but it is important you find someone who will listen to you.

If you are being bullied or abused, it is not your fault. If this is happening try to:

- Tell someone you trust, so they can help you
- Trust your feelings about the people you meet
- Avoid being alone or with just one other person travel with a friend, avoid travelling in someone else's car by yourself
- Avoid going to other people's homes by yourself
- Carry a phone card or some spare change
- Be firm and tell the person to stop - make a lot of noise to attract attention
- Get away from the situation quickly, go to a public place to find help or call the police (999)
- Tell your parents/carers or an adult you can trust what has happened as soon as possible, so they can help you
- Keep a note of the date, time and place, what happened, how you felt and the name of anyone who may have seen what happened

Use the 24 hr Free, Confidential telephone helplines

- Childline 0800 1111
- NSPCC 0800 800500

Keep trying if you can't get through straight away.

Don't ignore what is happening - always tell someone you trust. Police stations and social services offices will have staff who are specially trained to support young people who have been bullied or abused. Don't give up until someone helps you and you feel safe.

