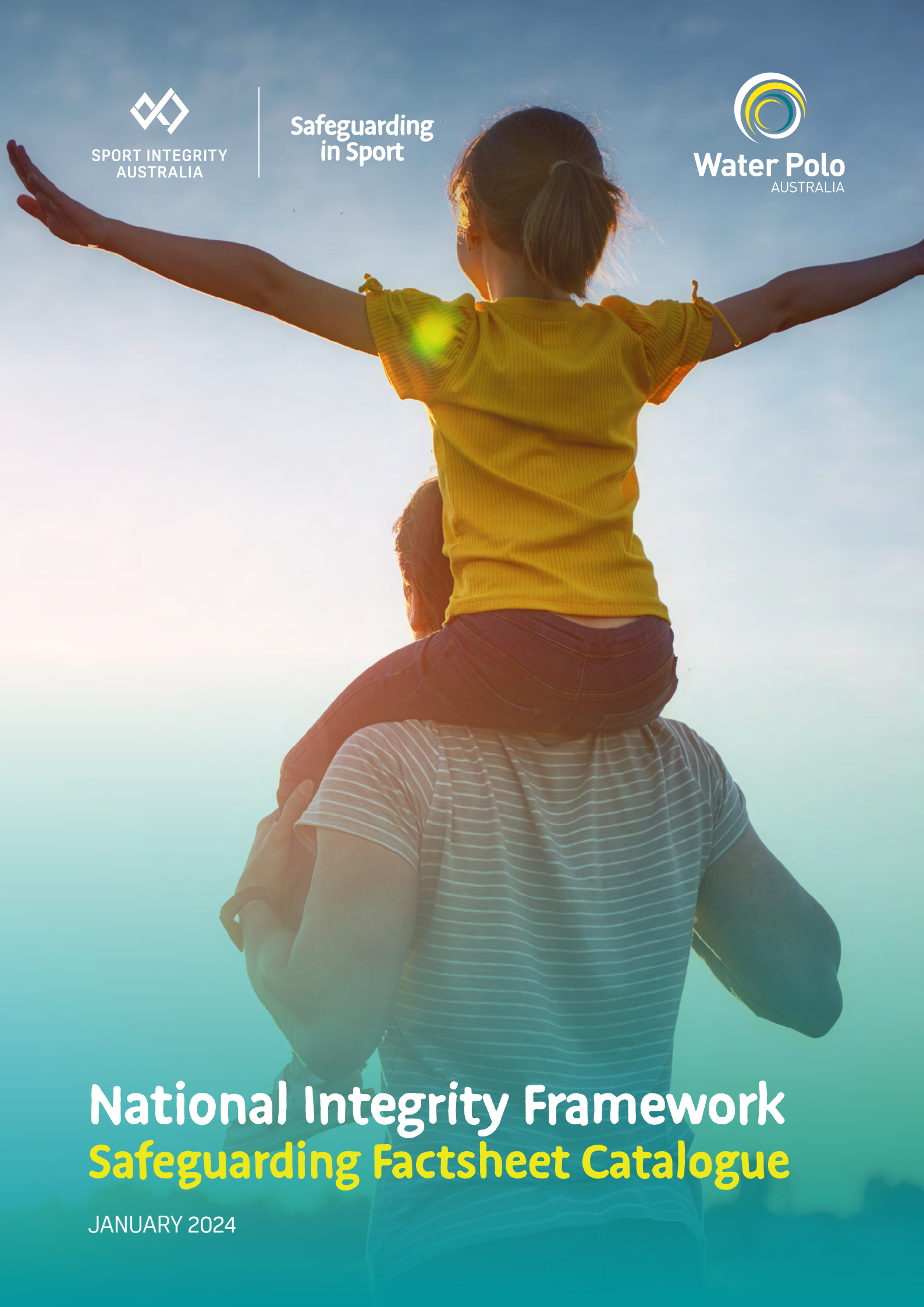
SPORT INTEGRITY AUSTRALIA

Safeguarding in Sport

Water Polo AUSTRALIA



National Integrity Framework

Safeguarding Factsheet Catalogue

JANUARY 2024

ACKNOWLEDGEMENT OF COUNTRY

In the spirit of reconciliation we acknowledge the Traditional Custodians of Country throughout Australia and their connections to land, sea and community. We pay our respect to their Elders past, present and future and extend that respect to all Aboriginal and Torres Strait Islander peoples.

We recognise the outstanding contribution Aboriginal and Torres Strait Islander peoples make to sport in Australia and celebrate the power of sport to promote reconciliation and reduce inequality.

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SPORT INTEGRITY AUSTRALIA

Safeguarding in Sport

How your sport LOOKS AFTER ALL ITS PARTICIPANTS

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

The Member Protection Policy explains the rules to make sure your sport is a safe, positive, inclusive and supportive place for **EVERYONE**.

This Policy applies to everyone who participates in your sport – including players, athletes, coaches, employees, managers, staff and parents. It explains how everyone within your sport should be treated, and what to do if you think you, or someone else, is being treated poorly.

To understand how your sport looks after the safety of young people and children in particular, refer to your sport's Safeguarding of Children and Young People Policy.

How should people in sport be treated?

Everyone who participates in your sport has the right to feel safe, included, supported and happy. Members of your sport should behave in a way that is welcoming, respectful and kind.

Anything that makes you or another person feel uncomfortable, unsafe, threatened, or unwelcome is not ok.

The Member Protection Policy makes sure that everyone in your sport works together to protect each other by:

- Treating each other with respect. Everyone in your sport should speak to each other respectfully and in a kind and encouraging way. They must not bully, repeatedly say hurtful things, or talk to each other in a way that makes people feel unwelcome. No one should be treated unfairly due to gender, culture, race, disability or sexuality.
- Protecting each other from discrimination, harassment, bullying and abuse. Everyone in your sport should feel like they are being treated fairly and with kindness in a safe and supportive way.
- Reminding each other of the rules. It's everyone's responsibility to show good behaviour and be aware of the Member Protection Policy rules.
- Not accepting bad behaviour. Your sport should recognise if there is bad behaviour and encourage people to speak out, so they can fix any problems and make your sport a safe and happy place to be.

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What behaviours are not allowed in your sport?

You and other participants in your sport should feel safe both in-person and online from:

- **Abusive behaviour** including physical, sexual, emotional and verbal abuse, or neglect.
- **Bullying** by repeatedly using words or actions to cause distress to someone else on purpose. This could be things like name-calling, spreading rumours, or deliberately excluding someone.
- **Harassment** by being nasty, teasing or threatening to someone else.
- **Sexual misconduct** where someone is invading the privacy of another person by touching them in places, or talking to them in a way that makes them feel upset, scared or embarrassed. It can include unwelcome touching, unwanted invitations or requests for dates or sex, sexually explicit or suggestive messages, or intrusive questions about their personal life or body.
- **Discrimination** is making someone feel like they're being treated unfairly or differently to everyone else because of things like where they were born, the colour of their skin, their religion, gender identity, sexual preference or a disability.
- **Victimisation** is where someone wants to make a complaint about bad behaviour, or have made a complaint, and other members of the sport make them feel unsafe for doing so.
- **Vilification** is someone spreading nasty stories or hatred about another person in the sport because of something that might make them seem different to others.

What can you do if you or another young person feel unsafe?

If you, or anyone under the age of 18, is feeling unsafe, you are protected by the Safeguarding Children and Young People Policy. This is a policy especially created for you, and is separate to this Member Protection Policy.

The Safeguarding Children and Young People Policy says that adults who work or volunteer at your sport have a shared responsibility to support and help you. They must listen to you, hear what you say and do something to stop anything bad from happening to you.

If you feel upset about something that has happened to you or someone else, you should speak to someone you trust to get help to make it stop. This can be a family member, or an adult you trust in your sport. You, or they, can report it to Sport Integrity Australia via the online reporting form.

What can you do if you think an adult might feel unsafe?

The rules say that it is the shared responsibility of everyone in your sport to keep an eye on behaviour and report anyone who might be making others feel uncomfortable or unsafe.

If you see bad behaviour towards anyone over the age of 18, talk to an adult you trust. You, or they, can report it to your sport. Instructions on how to report to your sport are available on the 'Integrity' page of your sport's website.

What can you do if you see someone being discriminated against?

If you see anyone, no matter what age, being discriminated against, you can report it to Sport Integrity Australia via the online reporting form.

Other ways you can get help

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
  Free call: 1800 55 1800 (available 24/7)
  Email: counsellor@kidshelpline.com.au
- **eheadspace**
  Visit: 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
  Free call: 1800 950 570
  (9am–5pm AEST, Monday to Friday)
  Email: 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.

SPORT INTEGRITY AUSTRALIA

Safeguarding in Sport

Protecting your sport from the IMPROPER USE OF DRUGS AND MEDICINE

This information is for young people **aged 13 to 17 years old.** It helps you understand your sport's **Improper Use of Drugs and Medicine Policy**.

The Improper Use of Drugs and Medicine Policy has been created to help protect athletes in your sport from the harmful effects of medicines (when used the wrong way), supplements and illegal drugs.

The policy is in two parts:

1. **Rules that apply to everyone:** Around the use of illegal drugs.
2. **Rules that only apply to some people:** Around the use of supplements, medicines and injections for elite or semi-elite athletes and their personnel. In the policy these groups are called "Relevant Athletes" and "Relevant Personnel".

Your sport will be able to tell you if you are in one of these categories, and whether these rules apply to you.

Rules that apply to everyone: Illegal drugs

Nobody in your sport should be using, carrying, selling or handing out illegal drugs listed on the Criminal Code (for example, cocaine or methamphetamine).

Under this policy, no one in your sport is allowed to buy, sell, use or distribute illegal drugs, or be convicted of illegal drug activities. If they do, they will face penalties, which might range from a warning letter, education session, or a ban from sport.

Rules that only apply to some people: Supplements, medicines and injections

The rules around supplements, medicines and injections only apply to "Relevant Athletes" and their personnel – including people like coaches, doctors and managers.

A person regarded as a Relevant Athlete might vary from sport to sport, but it usually means someone competing at a high level in a national or state sporting competition, or representing their state or country. If you are participating at an elite or semi-elite level, you should check with your sport to see if you are a "Relevant Athlete" or "Relevant Personnel".

All athletes must be fully aware of the substances they put into their body, not only for their health and safety, but also to ensure they comply with the anti-doping rules as specified by the World Anti-Doping Code (the Code).

What are Relevant Athletes and Personnel not allowed to do?

Members of your sport in this category are not allowed to:

- Supply, use or administer unauthorised injections or be in possession of unauthorised injection equipment.
- Supply supplements to Relevant Athletes that may contain substances that are prohibited under the Code, or under Australian food and medicine regulations.
- Buy, sell, use or distribute illegal drugs (or be convicted of illegal drug activities).
- Buy, sell, use or distribute medication that is not prescribed to the person using it, or not being used for a specific medical condition as directed by a medical practitioner.

What should you do if you think someone might be using drugs or medicines improperly?

The rules say that everyone in your sport must report any suspicious activity that might be breaking the rules above.

If you see improper/illegal use of drugs or medicine, or if you feel that someone might be planning to use such drugs or medicine, you should talk to an adult you trust.

They, or you, can report it to your local law enforcement (the police), your National Sporting Organisation's Integrity Manager, or directly to your sport. Instructions on how to report to your sport are available on the 'Integrity' page of your sport's website.

What can you do if you feel unsafe?

If you, or anyone under the age of 18, is feeling unsafe about anything to do with the improper use of illegal drugs or medicine, or any other issue in sport, you are protected by the Safeguarding Children and Young People Policy. This is a policy especially created for you, and is separate to this Improper Use of Drugs and Medicine Policy.

The Safeguarding Children and Young People Policy says that adults who work or volunteer at your sport have a responsibility to support and help you. They must listen to you, hear what you say and do something to stop anything bad from happening to you.

If you feel really 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 in your sport.

Other ways you can get help

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

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SPORT INTEGRITY AUSTRALIA

Safeguarding in Sport

How we keep your competition FAIR AND HONEST

This information is for young people **aged 13 to 17 years old**. It helps you understand your sport's **Competition Manipulation and Sport Gambling Policy.**

Sport should be an honest contest, which follows rules to determine a fair outcome – win, loss or tie. The Competition Manipulation and Sport Gambling Policy sets out the rules to stop people trying to dishonestly change the result of a sporting competition, or certain parts of it, for the wrong reasons. The Policy also sets out rules around betting in sport and reporting suspicious behaviour.

The rules of the Policy apply to everyone involved in your sport, including athletes, officials, coaches, managers, staff, volunteers, and parents. They explain how everyone in your sport should behave when it comes to gambling in their sport or dishonestly changing sporting outcomes.

The rules exist to keep your sport fair and honest for everyone.

What is sports gambling?

Sports gambling is when people bet money, or other goods, on a sporting event in the hope of winning money.

What does competition manipulation mean?

Sometimes people will try to "fix" a sporting competition (or part of it) to ensure they get the result they want, in the hope of making money on gambling, or for some other benefit such as getting a better draw in a tournament.

They might do this by not trying their best, losing points on purpose, or letting their opponent win. This is called competition manipulation, or match-fixing. Competition manipulation is not only against the rules of your sport, it can also be illegal.

What are you not allowed to do?

Participants in your sport are not allowed to:

- **Lose an event or competition on purpose** to win money by gambling (for themselves or for someone else), or for any other benefit.
- **Change the natural course of a competition** for money or other benefit (for example, giving away a penalty on purpose).
- **Bet on any sporting event they are connected with -** whether directly connected (like an event they are competing in) or indirectly connected (another match in the same competition that they compete in or another event at a state championships they are competing at).
- **Give away inside information** – this means you cannot tell people information about a future sporting event which is not already public (such as changes in positions, injuries, or line ups for future games). This is because this information might give an advantage to someone placing a bet on your competition if they have more information than the rest of the public.
- **Engage with people who are trying to fix a competition.** Knowingly talking to match fixers, and/or failing to report any suspicious activities that may be competition manipulation could break a rule in this policy.

Why do these rules matter?

One of the best parts of sport is that there are no guarantees. Before a competition starts, you never really know who will win or lose, or what might happen during a game or race. Competition Manipulation is bad because it removes that uncertainty. This can affect fans, and the reputation of athletes, officials, and the sport. These rules aim to keep sport unpredictable and fun, by deterring people from manipulating competitions and banning those who do.

Many Australians also like to bet on sport. When there is a chance for people to make money, there is the possibility people will try to fix a competition to increase their chances of winning. This means that people who participate in sport, like you, are at risk of being approached to change the result or provide information that other people betting on a competition don't have. These rules protect you and your competition and keep sport safe and honest.

What should you do if you think someone might be trying to fix a competition or might be betting on your sport?

The rules say that everyone in your sport must report any suspicious activity that might be breaking the competition manipulation or sports wagering rules.

If you see suspicious behaviour you should talk to an adult you trust. They, or you, can report it to your sport. Instructions on how to report to your sport are available on the 'Integrity' page of your sport's website.

Want to know more about competition manipulation and sports gambling?

There is a short online course which explores competition manipulation and sports gambling here: https://elearning.sportintegrity.gov.au/

What can you do if you feel unsafe?

If you, or anyone under the age of 18, is feeling unsafe about anything to do with betting, gambling, competition manipulation, or any other issue in sport, you are protected by the Safeguarding Children and Young People Policy. This is a policy especially created for you.

The Safeguarding Children and Young People Policy says that adults who work or volunteer at your sport have a responsibility to support and help you. They must listen to you, hear what you say and do something to stop anything bad from happening to you.

If you feel really 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 in your sport.

Other ways you can get help

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
  Free call: 1800 55 1800 (available 24/7)
  Email: counsellor@kidshelpline.com.au
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SPORT INTEGRITY AUSTRALIA

Safeguarding in Sport

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 **Safeguarding Children and Young People Policy**.

The Safeguarding Children and Young People 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.

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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
  Free call: 1800 55 1800 (available 24/7)
  Email: counsellor@kidshelpline.com.au

- **eheadspace**
  Visit: 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).
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  Email: advice@lawmail.org.au

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SPORT INTEGRITY AUSTRALIA

Safeguarding in Sport

Australian Human Rights Commission

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.

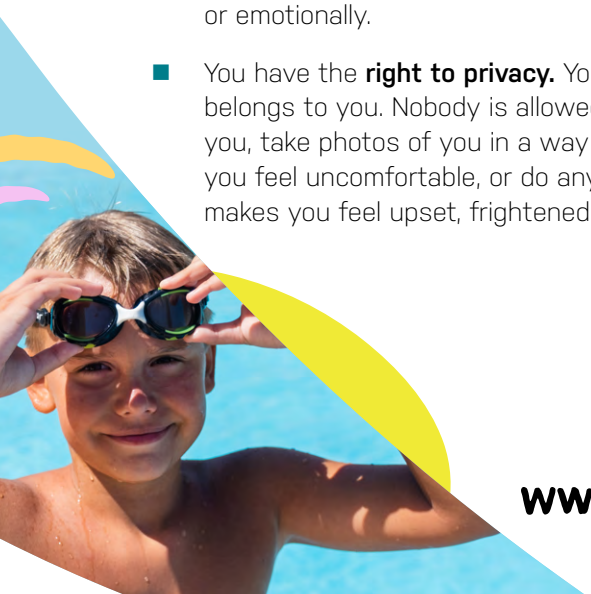
All people have human rights. Human rights are the basic rights and freedoms that all people need, and which help them have a good life. While young people and children have the same rights as adults, they also have special rights under the United Nations *Convention on the Rights of the Child.* These 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.



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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.

September 2023

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SPORT INTEGRITY AUSTRALIA

Safeguarding in Sport

Australian Human Rights Commission

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 **Safeguarding Children and Young People Policy.**

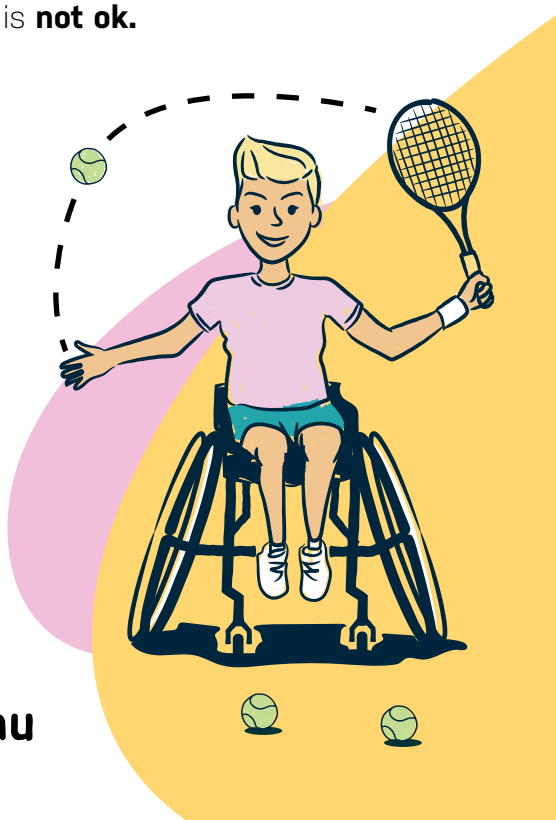
Did you know? Your sport has a set of rules to make sure sport is safe, happy and fun for everyone.

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.**



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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?

. . . . . .

. . . . . .

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

. . . . . .

. . . . . .

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

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.

*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.

SPORT INTEGRITY AUSTRALIA

Safeguarding in Sport

Australian Human Rights Commission

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

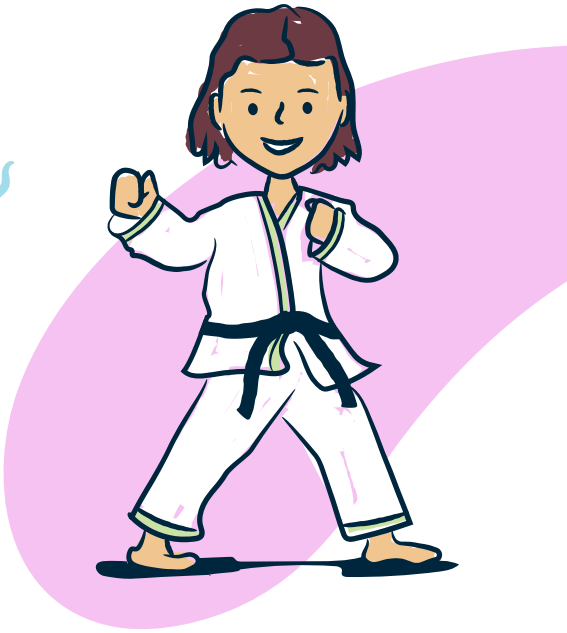
- You have the **right to be safe, and to feel safe**. This means that no one is allowed to do things or say things that make you feel unsafe.
- You have the **right to privacy.** Your body belongs to you. Nobody is allowed to touch you or take photos of your body in a way that makes you feel upset, 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.

www.sportintegrity.gov.au

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.

September 2023

www.sportintegrity.gov.au

SPORT INTEGRITY AUSTRALIA

Safeguarding in Sport

CONTACT INFORMATION

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