

CHILDREN'S GUIDE TO

SAFETY IN SPORT

Find out what we do and what
you can do to stay safe





This publication was produced as part of the European project "Keeping Children Safe in Sports", co-funded by the European Commission's Rights, Equality and Citizenship Program (REC 2014-2020). The project is coordinated by the Terre des hommes Romania Foundation, in partnership with Terre des hommes Greece and Terre des hommes Hungary. The contents of this publication are the sole responsibility of the author and do not necessarily reflect the views of the European Commission.



WHO ARE WE?

We, the authors of the booklet, are Terre des hommes, an international organisation dedicated to protecting children and to ensuring that every child is always safe, cared for and helped when needed. All children have the right to a childhood – it's that simple!

We believe in keeping

CHILDREN

SAFE

in all sports and
recreational settings!



The shield stands for **safety**,
so look for the people with a
shield on their T-shirts in
your club.



WHAT IS **KEEPING
CHILDREN SAFE IN
SPORTS** ALL ABOUT?

It is a project that our organisation, Terre des hommes, has put together to help promote the safety and protection of children in sport clubs and summer camps.



What do we mean by

CHILDREN

in sport?

A child is
anyone under 18.

At summer camps and
sport clubs, we work with
boys and girls, regardless
of their age, ability and
involvement in sport.





What is a

SAFE ENVI- RONMENT

in sports and
recreational settings?

A summer camp or a sport club where **all children have fun, feel safe and respected, and can achieve their potential** through sport activities – this is what we mean by safety in sport!





You are a child. What are

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YOUR RIGHTS?

The same as adults.
They include:



THE RIGHT TO
health
care



THE RIGHT TO
enough food and
clean water



THE RIGHT TO
privacy

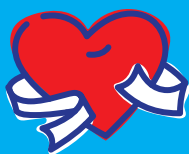


THE RIGHT TO
education



**THE RIGHT TO
BE SAFE
AND HAPPY**

**THE RIGHT TO
TO SUCCEED OR
NOT TO SUCCEED**



**THE RIGHT TO
be with your parents
or with the people
who care for you best**

**THE RIGHT TO
have a say
about the things
that affect you**



**THE RIGHT TO
meet with other
children**

**THE RIGHT TO
have ideas and to
say what you think**



**THE RIGHT TO
play**

**THE RIGHT TO
practise your
religion**



*It is very important to know
that as a child, YOU have*



THE RIGHT TO
protection



THE RIGHT TO
not be hurt



THE RIGHT TO
not be neglected

REMEMBER!





PHYSICAL ABUSE

is when an adult causes you **physical harm** – an injury – that it is not done by accident.

This can include such things as hitting, pushing, slapping, kicking and so on.





SEXUAL ABUSE

is when an adult uses you
for sexual purposes or
involves you in sexual acts.

**This can even happen
online.**





EMOTIONAL ABUSE

is when an adult harms
your mental and social
development.

This can include such things
as **name-calling, insults,
threats and humiliation.**





NEGLECT

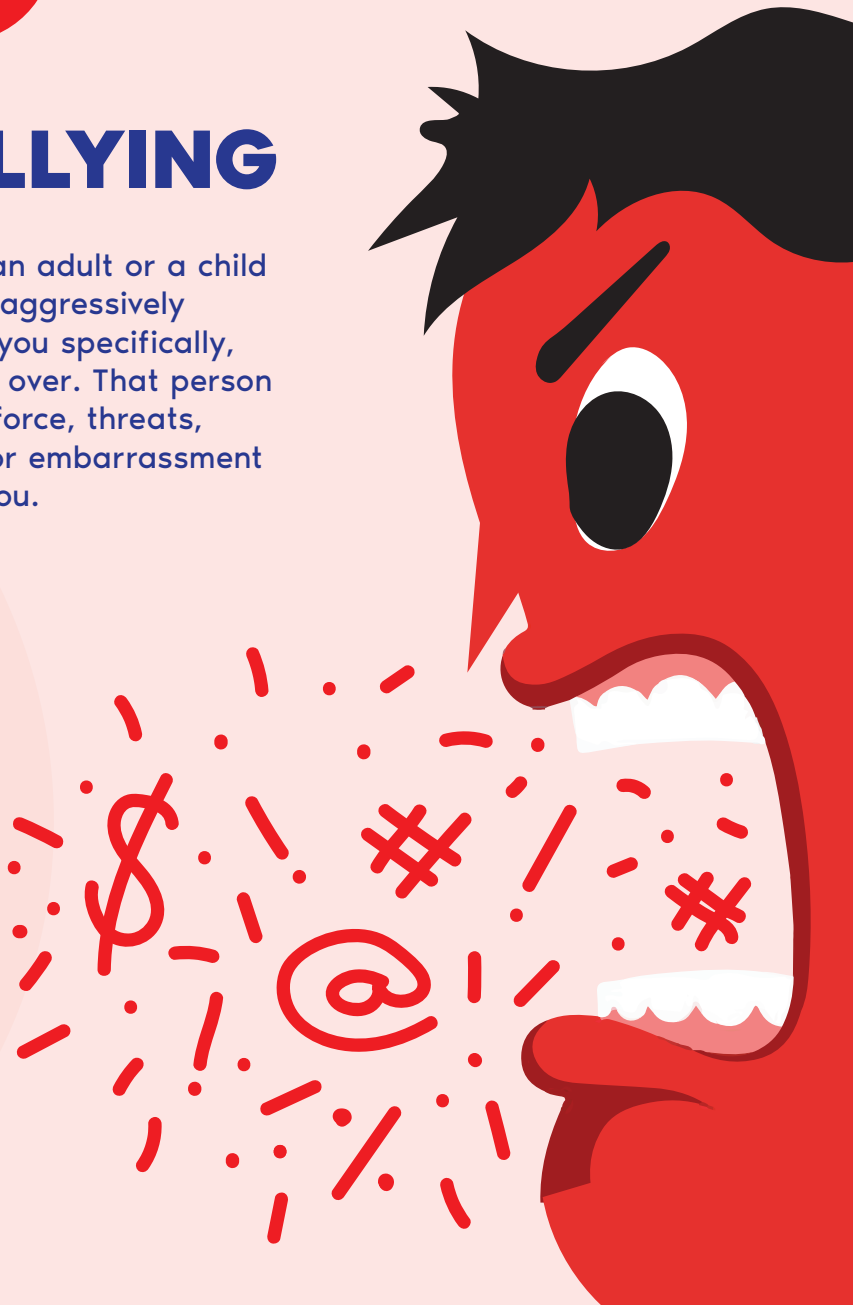
is when an adult fails to provide you with the proper care, supervision, love and support needed for your health, safety and well-being.





BULLYING

is when an adult or a child behaves aggressively towards you specifically, over and over. That person can use force, threats, teasing or embarrassment to hurt you.



**ALL THESE
THINGS ARE
WRONG!**

SAY



**AND
STAY SAFE!**



People should

NEVER

harm children under
any circumstances.

Unfortunately, this can sometimes happen. Children are exposed to physical abuse, sexual abuse, emotional abuse and neglect – **but that is NOT okay.**

If you're worried because:



someone has
been mean to
you or to others



something
bad has
happened



you feel
uncomfortable
or unsafe



someone has
been hurt



you feel something
is wrong



TALK
TO AN ADULT
RIGHT AWAY!



What can you do if



YOU FIND YOURSELF IN ONE OF THESE SITUATIONS?



Talk to the nearest
adult you trust.



Write down what bothers you on
a sheet of paper, and give it to
the adult wearing the T-shirt
with the shield at the sport club.

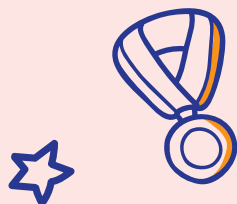
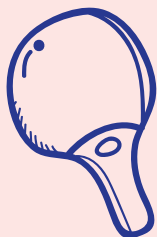


ADULTS ARE RESPONSIBLE FOR
YOUR – AND ALL CHILDREN'S –
SAFETY AND WELL-BEING!

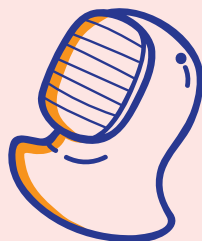
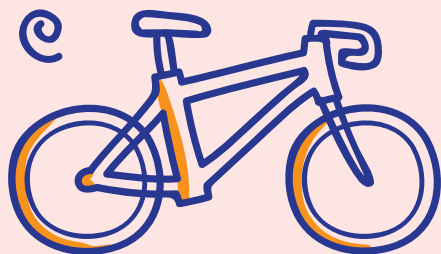


WHAT WILL HAPPEN

next?



The adult wearing the T-shirt with the shield will listen to everything you have to say about what happened to you. He or she will listen to you closely and carefully, then take steps to fix the situation.



IT IS THE ADULT'S DUTY
TO LOOK OUT
FOR YOUR SAFETY!

This person is called the child safety contact and will be happy to help you.



YOUR VOICE IS IMPORTANT

to us!

You have the right to be safe, to
have fun and to enjoy sports!

It's good to talk to the adults from
your sport club. Remember that
they are there to keep you safe.



Together, we can ensure that
all sports are safe
and make children happy!



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CONTACT

Terre des hommes Romania

6th Franzelarilor Street,

Bucharest, Romania

Phone: +40 371 300 390

Email: rou.office@tdh.ch

FB: Terre des hommes Romania

YT: Terre des hommes Romania

Terre des hommes Hellas

28th Meteoron Street,

Athens, Agios Artemios

Email: grc.office@tdh.ch

Regional Office Terre des hommes – Child Relief

1027 Budapest Bem rakpart T/1

Email: info@tdh-europe.org

Web: www.childhub.org

