



INTERNATIONAL  
SCHOOL SPORT  
FEDERATION

## A YOUNG PERSON'S GUIDE

To recognize and react to violence and abuse in sport

# REACH OUT!

We are here  
to help you or  
anyone you know  
You are important!

.....

ANY QUESTIONS? I AM SOPHIE  
AND YOU CAN CONTACT ME AT

[integrity@isfsports.org](mailto:integrity@isfsports.org)



# SAFE SPORT

SAFE SPORT IS A SAFE SPORTING ENVIRONMENT FREE FROM ALL FORMS OF HARASSMENT AND ABUSE, TREATING OTHERS WITH RESPECT, BEING ABLE TO TRAIN AND COMPETE IN A FAIR, RESPECTFUL, HEALTHY AND SUPPORTIVE ENVIRONMENT, WHERE ALL ATHLETES ARE PROTECTED FROM PHYSICAL ABUSE, SEXUAL HARASSMENT, PSYCHOLOGICAL ABUSE, SEXUAL ABUSE AND NEGLECT.

IOC: [ATHLETES365.ORG/SAFESPORT](https://athletes365.org/safesport)



## ABUSE IN SPORT?



**Physical Abuse:** when someone deliberately hurts you physically.

**Sexual abuse:** when you are forced or persuaded to take part in sexual activities. You may not understand that you are being sexually abused.

**Emotional abuse:** when you are repeatedly criticized, name-called, victim of racism; when you feel ignored or excluded; when you feel pressured to perform to unrealistically high expectations; when you feel like your value, your worth depends on your sporting success.

**Bullying:** when you feel harmed, intimidated or coerced by someone or a group of people.

**Mental abuse:** can include control, when someone tells you what you can and can't do, undermining you, constant criticism, intimidation, threatening you.

BE AWARE THAT ALL OF THIS IS  
**NOT YOUR FAULT**  
BE AWARE THAT IT CAN BE  
**HAPPENING TO ANYONE**  
**AROUND YOU**

## **YOU HAVE THE RIGHT TO**

- \* Be safe from any form of abuse in your sport
- \* Say "NO"!
- \* Express any pain and be listened to
- \* Be treated with respect at all times
- \* Not be hurt, used or abused
- \* Feel good when practicing sport

**IT'S OKAY NOT TO FEEL OKAY**  
**YOU HAVE THE RIGHT TO ENJOY**  
**YOUR CHILDHOOD & HAVE FUN**

Are you feeling SAD, CONFUSED or FRIGHTENED?  
Would you like to TALK TO SOMEONE?  
you can contact the safeguarding officer...

## MY ADVICE TO YOU

- \* ASK FOR HELP
- \* DON'T KEEP IT INSIDE YOU
- \* SPEAK UP / OPEN UP
- \* TALK, THINK, DECIDE AND DON'T KEEP QUIET

**IN ISF WE ARE HERE TO LISTEN  
TO HEAR YOU AND TO HELP YOU**

## ISF OFFICIAL INTEGRITY STATEMENT

THE ISF BELIEVES THAT ALL CHILDREN HAVE THE RIGHT TO PLAY SPORT IN AN ENVIRONMENT WHERE THEY ARE SAFE AND THEIR VOICES CAN BE HEARD. WHAT IS OFFICIALLY RECORDED REGARDING CHILDREN SHOULD APPLY TO ANY STAKEHOLDER (VOLUNTEER, MEMBER, EMPLOYEE, MANAGER...) OF OUR ORGANIZATION. OUR FOCUS IS ON RAISING AWARENESS REGARDING SAFEGUARDING AND ENSURING THE IMPLEMENTATION OF THE ISF POLICY AT THE FIELD LEVEL.



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[www.isfsports.org](http://www.isfsports.org)