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
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

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 dependents 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.
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.

www.isfsports.org