



SPORT
ENGLAND

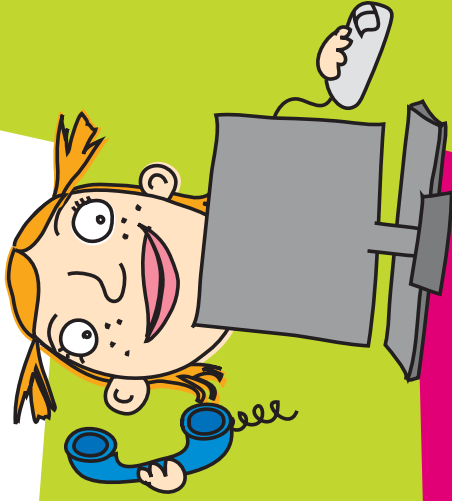
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Northumberland
Sport

AGE 8+



SAFE IN SPORT



Or you can go to one of these websites for help:

www.childline.org.uk

www.there4me.com

www.worriedneed2talk.org.uk

If you are unhappy and can't find anyone to talk to you can ring the number below for free and someone will listen to you and try to help you with your problem....

 **childline 0800 1111**

USEFUL TELEPHONE NUMBERS AND WEBSITES:

Designed by: r/revolution 01434 606 155

HAVE FUN, BE ACTIVE STAY SAFE

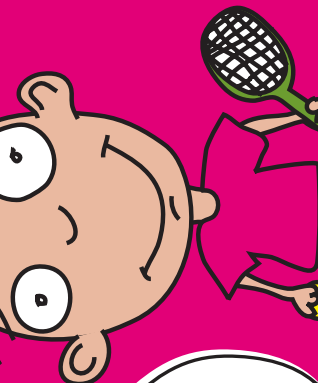
Hi, my name's Joel!
I like playing sport with my friends. I think playing sport should be fun and should help you to learn a lot.



Me and my friends are here to talk about how to make sport fun and safe and what to do if you are unhappy...

Fill in the spaces below and then read on to find out about having fun and staying safe in sport

My name is _____
I like playing sport YES A BIT NO
My favourite sports are _____



My name is Jason. I like playing sport because we have a good coach who teaches us lots of new skills.

MY COACH IS A GOOD COACH BECAUSE...

- I can tell them my problems
- They help me to learn new skills
- They encourage me
- They stop people bullying
- I can talk to them
- They treat everyone the same
- They make me feel safe

WHEN I PLAY SPORT I SHOULD...

- have fun and be happy
- Learn new things
- Feel safe



Hiya, I'm Jess and I love sport too. If you don't feel safe or happy when you are playing sport you should talk to an adult you trust and tell them how you feel.

HOW CAN I HELP?

You can help make sport a happy, fun environment. Just remember...

✓ DON'T join in when people are being nasty

✓ DO be nice to the people around you

✓ DO encourage your team mates

✓ DO help others if they need it

✓ DON'T laugh or tease someone who isn't as good as you

✓ DON'T leave someone out

✓ DO make a new person feel welcome

✓ DON'T pick on anyone because they are different

✓ DO enjoy yourself!

HAPPY OR UNHAPPY?

Read how the children below feel when they play sport. Are they happy or unhappy? Tick the box to show which one you think is right.

I like playing football but I'm scared of my coach, she shouts a lot and sometimes she is really rough. I have a bruise where she grabbed my arm to tell me off.

HAPPY

UNHAPPY

I love swimming but I'm not very fast. The other children in my class tease me and say I should be in the baby pool. I don't look forward to going any more.

HAPPY

UNHAPPY

I have just joined a new hockey team. The coach is strict and made us work hard but I learnt a lot. Everyone was really friendly. I have loads of new friends already!

HAPPY

UNHAPPY



DRAW A HAPPY SPORTY SCENE



Now you know what a good coach should do and how to be a good team mate. Why not draw a picture of you and your friends playing your favourite sport?

WHAT CAN I DO IF I AM UNHAPPY?

Do you feel unhappy when you play sport? who makes you unhappy?

The other children

If the people you play sport with are making you unhappy...

- Tell a parent
- Tell your coach
- Don't keep quiet about it

The coach

If your coach or another adult who helps your coach is making you unhappy...

- Tell a parent
- Tell an adult you can trust
- Call the number on the back of this leaflet
- Don't keep quiet about it