

1 Something is wrong if someone:

- Constantly teases you, shouts at you or calls you names
- Threatens, kicks or punches you
- Touches you or does anything in such a way that it makes you feel uncomfortable
- Makes suggestive remarks or tries to pressurise you into sexual activity
- Damages or steals your belongings
- Does anything that makes you feel lonely, upset, worried, unsafe, hurt or embarrassed

2 What to do if you are worried or upset about something that is happening

See also All Saints Badminton Club Notice “ADVICE FOR YOUNG PEOPLE 1”

- If you are ever unhappy or uncomfortable about anything that happens to you, you should tell your parents or your carers - or you can tell the coach if it is not about them; they will try to help.
- If you can't tell parents/carers or a coach, you should tell an adult who you trust, or ask one of your friends to speak to an adult for you if you don't want to do it yourself.
- Try to remember when the things that made you unhappy happened, by writing down the date, time and place as well as what made you unhappy. If someone else saw what happened, write that down too.
- There are other people who can help you, the following have free 24hour helplines

- o **NSPCC - 0808 8005000** **For anyone about any Child Cruelty topics**
- o **Childline – 0800 1111** **Especially for Young People under 18 years old**

3 REMEMBER – don't keep quiet if you are unhappy, tell someone about it and make sure that badminton is great fun – always.

4 Staying safe in badminton

Things you can do :

- Always tell someone you trust straight away if there is anything that worries you
- Avoid being alone or with just one other person
- If a parent/carer can't take you to training or competition, travel with a friend and try to avoid travelling in someone else's car on your own. Always ensure your parents know who you are travelling with.
- Avoid going into someone else's home on your own
- Make sure you make sure you have enough credit on your phone or be with a friend with you who will let you use their phone.