

# HASTINGS RUNNERS

## A YOUNG PERSON'S GUIDE TO CHILD PROTECTION

You have rights – Sport should be fun. You should feel safe and enjoy your sport. You can't do this if you feel unhappy – if someone is bullying or abusing you.

**When do you know if something is wrong?** Something is wrong if someone:

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

**If you are being bullied or abused it is not your fault.** If this is happening try to:

- Be firm and tell the person to stop – make a lot of noise to attract attention
- Get away from the situation quickly, go to a public place to find help or call the police (999)
- Tell your parents/guardian, Club Welfare Officer or an adult you trust what has happened as soon as possible, so they can help you
- Keep a record of the date, time and place, what happened, how you felt and the name of anyone who may have seen what happened
- Call your Club Welfare Officer/s or use the 24 hr free telephone helplines **CHILDLINE 0800 111 ; NSPCC 0800 800 5000**. Keep trying if you can't get through straight away

## **KEEPING SAFE**

### **To keep safe always:**

- Tell someone you can trust so they can help you
- Trust your instincts about the people you meet
- Avoid being alone or with just one other person
- Travel with a friend, avoid travelling in someone else's car by yourself
- Avoid going to other people's homes by yourself
- Carry a mobile phone, a phone card or some spare change

**If any of the above happens to you, do not wait for it to happen again, act IMMEDIATELY!**

**CLUB WELFARE OFFICERS: their contact details can be found on the club's website: [www.hastingsrunners.co.uk](http://www.hastingsrunners.co.uk)**