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Volleyball England

Welfare Guidance




Young People



Volleyball is a fun sport, it can give you the chance to make many friends and enjoy playing sport. You should feel safe when playing and enjoy volleyball.

For a few children the fun can be spoilt by adults who do or say things during sporting activities that hurt or frighten them. What these children are experiencing could be abuse. Sometimes these children may feel that they have nobody to turn to or that they won't be believed.

If you feel that you may be being abused, or if you are not sure but are feeling worried or frightened then the information below will:



Are you worried about something that is happening to you?

- Help you to understand what child abuse is.
- Explain what to do if you are being abused or are worried about someone else at your volleyball club.
- Give you some helplines that will listen to you and provide advice.

Something is wrong if someone	<ul style="list-style-type: none"> • Constantly teases you • Threatens you • Makes you feel uncomfortable
What to do	<ul style="list-style-type: none"> • Tell someone you trust • If your club has a welfare officer go and speak to them
Places to go for help and advice	<ul style="list-style-type: none"> • The NSPCC • Childline • There4me.com • Bullying online • Connexions-direct.com • Need2know.co.uk

**When do you
know if something
is wrong?**



Something is wrong if someone:

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



What to do:



**Don't keep it
to yourself**

If you think that you may be being abused or have been in the past it is very important to **remember that it is Not Your Fault** and that you tell somebody as soon as possible. This is not easy and you may feel worried about what will happen if you do.

You may not want to tell anyone because:

- *The abuser may have told you to keep quiet and not to talk to anybody.*
- *They may have threatened you about what might happen to your place in the team if you tell anybody.*
- *They may have made threats about your friends and family.*
- *They may have said that you won't be believed by other people.*
- *You may feel guilty that you didn't stop the abuse from happening.*
- *The person may be someone who everyone in your club looks up to.*
- *You may not want to let your parents down.*
- *You may think that the problem could go away if you ignore it.*



Do not let any of these things stop you getting help. By telling someone **You Can Stop the abuse**, you will also be helping protect other children from the abuser.



If you are being bullied or abused 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 on 999.**
- **Tell someone you trust what has happened as soon as possible so that 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 a helpline (listed below) that can offer you advice and help.**
- **If your club has a Club Welfare Officer you could find out who they are and tell them.**

Help and Advice



You can call the NSPCC 24hrs a day on this number to speak to an advisor and get some help and advice.



[A website especially for 11-16 year olds](http://There4me.com)



[This site has lots of advice for children about dealing with bullying.](http://BullyingOnline.com)

BILL OF RIGHTS FOR YOUNG PLAYERS

Young people participate in sport for many reasons including to make friends, have fun and learn new skills. Whilst competing and participating in volleyball activities young people have certain rights that should allow them to get the most from their experiences. These rights are such as:

- **Everyone young person has the right to participate in volleyball.**
- **Every young person has the right to be treated with respect by all adults and players.**
- **Every young person has the right to compete and train as a child.**
- **Every young person has the right to report any problems to the Club Welfare Officer.**
- **Every young person has the right to be considered for every match or competition.**
- **Every young person has the right to train and compete safely and have appropriate medical treatment if required.**
- **Every young person has the right to be coached by a Volleyball England qualified coach.**
- **Every young athlete has the right to have fun.**

