

# GETTING HELP AT THE PARIS GAMES

You have worked hard to get to the Paris Games, and you deserve a safe and rewarding experience. But if you have experienced abuse or misconduct—or if you learn about it happening to someone else—we are here to help you find support and offer it to others.

## I NEED HELP FOR MYSELF...

1. It is not your fault. Abuse can happen to anyone. No matter the circumstances, you did not deserve this. Please know that you are not alone.
2. Consider telling someone. It can be hard to talk about abuse, especially with people you care about. If there is someone you trust, we encourage you to share what happened. There are also confidential resources available to give you the support you deserve. Consider reaching out to the suggested hotlines below.
3. Consider reporting. It is up to you if you want to report what happened. You have options, even if you prefer to wait until after the Games. When you are ready, follow the reporting steps below.

## I NEED HELP FOR MY TEAMMATE...

1. Listen with empathy. Instead of asking questions for more details, give them space to share the information they want. Use helpful phrases like “Thank you for telling me,” “It isn’t your fault,” and “I believe you.”
2. Ask how you can help. Share confidential resources like the hotlines below. Make sure they know they have options and they do not have to make any decisions right now.
3. Make a report. Your teammate is not required to report what happened to them. However, if you are an adult member of Team USA, you are required to make a report. Be honest and tell them what you will do next. Follow the reporting steps below.

## U.S. NATIONAL HOTLINES

- **988 Suicide & Crisis Lifeline\***: [988lifeline.org](https://988lifeline.org), +1-800-273-8255
- **National Sexual Assault Hotline\***: [rainn.org](https://rainn.org), +1-800-656-4673
- **National Domestic Violence Hotline\***: [thehotline.org](https://thehotline.org), +1-800-799-7233
- **Team USA Psychological Services Support Line**: [usopc.org/mental-health](https://usopc.org/mental-health), +1-719-866-2255

*\*If you are having any trouble calling from Paris, these hotlines also offer live chat or text. Check their websites for details.*



## MAKE A REPORT

Follow the steps in your Team USA Delegation App about how to report to USOPC Athlete Safety and Security. You can also report directly to us at [uscenterforsafesport.org/report-a-concern/](https://uscenterforsafesport.org/report-a-concern/).

## MORE RESOURCES

Please visit us at [uscenterforsafesport.org/paris/](https://uscenterforsafesport.org/paris/) for more tips and support resources.

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