

PARENTS

COACHES

HOW CAN I HELP **PREVENT ABUSE?**

- ✓ Make open communication a priority
- ✓ Watch how kids talk and act with each other at practices
- ✓ Expand your child's circle of safe adults
- ✓ Ask how their coach treats or talks to them: watch their body language as they speak
- ✓ Be sure all their sport activities can be seen or interrupted
- ✓ Pay attention to their social media activity

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HOW DO I
RESPOND IF

MY CHILD ATHLETE REPORTS ABUSE?

- ✓ Remain calm
- ✓ Tell the child you're glad they told you, and that their safety is very important to you
- ✓ Believe them. Don't express doubt, ignore feelings, or guess on other motives ("He just wants to quit"; "She can't take tough coaching")
- ✓ Report to appropriate authorities; know mandatory-reporting laws
- ✓ Seek medical attention, as necessary

COACHES

HOW CAN I
MAKE MY TEAM

A SAFER PLACE FOR ATHLETES?

- ✓ Make zero tolerance for abuse a clear priority—from the start, with all adults and athletes, in all settings
- ✓ Avoid being alone one-on-one with kids. Be sure two adults are present for travel, therapy or locker-room activities
- ✓ Make time for water breaks; ban fast weight gain or loss
- ✓ Be sure injured players are OKed by a health professional to return
- ✓ Make sure all activities can be seen and, if necessary, interrupted
- ✓ **Show respect. Model respect.**

ALL

THE MANY FORMS OF ABUSE



SEXUAL ABUSE

Nonconsensual and consensual, exploitation, harassment



BULLYING & HAZING



PHYSICAL ABUSE

whether or not it physically harms a particular child



EMOTIONAL ABUSE

denial of attention/support, exclusion, stalking, social media outreach, grooming, cyberbullying or social media harassment