

# Gymnastics... Have fun, be safe!

When you are taking part in gymnastics, we want you to have fun, learn great skills and be the best gymnast you can be.

At the same time, we need to make sure you feel safe.

Here's some tips to help you understand how to be safe and who can help you.

## You

It's important to be happy while you're doing gymnastics. You may meet lots of people. We want you to know what is right and wrong behaviour from them.

## Your coach

To make sure you enjoy gymnastics, coaches teach you different moves and help you develop.

### Your coach should:

- treat you fairly
- set a good example
- tell you what is right and wrong
- give you positive feedback

### Your coach should NOT:

- make you feel bad or sad
- bully you
- contact you via social media

Sometimes your coach may need to use physical contact to show you a specific move or skill. They should tell you first and explain what they are going to do. If you don't like it, you are always allowed to say no.

### Remember:

**If you feel uncomfortable being asked to do anything, you always have the right to say no.**

## If there isn't someone you feel that you can talk to, you can call or visit:

Childline (Free) 0800 111  
[www.childline.org.uk](http://www.childline.org.uk)

NSPCC Helpline: 0808 800 5000  
[www.nspcc.org.uk](http://www.nspcc.org.uk)

[www.safetynetkids.org.uk](http://www.safetynetkids.org.uk)

[www.gov.uk](http://www.gov.uk)

## To keep safe, you may need to talk about things that may worry or upset you, such as being:

- hit, kicked, pushed or anything which hurts you
- touched in a way you do not like or being asked to touch someone else which makes you feel uncomfortable
- treated unkindly on mobile phones or social media
- asked not to tell or to keep something a secret
- left on your own or making you feel left out
- called names, being picked on for being different, having your belongings taken or broken
- asked to change your thoughts or ideas about who you are and where you live
- persuaded to do something you don't want to do

### Remember: Think PANTS

**P**rivate are private  
**A**lways remember your body belongs to you  
**N**o means NO  
**T**alk about secrets that upset you  
**S**peak up, someone can help

### Remember: Always tell someone

#### Your club welfare officer is:

A **club welfare officer** is a specially trained adult whose job is to help. You and your parents can talk to them if you are sad or something is worrying you.

There are lots of people you can talk to, such as:

- your parent/guardian
- a teacher
- your club welfare officer
- your coach

## Who should you tell?

## What should you do?

If you are worried about something or someone has hurt or upset you or someone you know, don't keep it to yourself, always tell someone!

Talk to a person you trust. It is not your fault that someone has hurt you or made you worry and it is not true that nobody else will believe you.

Grown-ups will listen carefully and be able to help you.

It's important that you respect yourself, your friends and community at all times.

### Remember: Think GYMNASTS

**G**ymnastics is fun  
**Y**ou CAN tell  
**M**ake people aware  
**N**o means NO  
**A**lways say if you don't feel comfortable  
**S**upport each other  
**T**alk to an adult you trust  
**T**AY SAFE!