



Helpful
websites

www.anncrafttrust.org
www.anti-bullyingalliance.org.uk
www.childline.co.uk
www.bulliesout.com
www.bullying.co.uk
www.dosomething.org
www.justonenorfolk.nhs.uk
www.norfolklscb.org/safer-programme
www.thecpsu.org.uk



active
norfolk

My Lead Safeguarding
Officer is...

HOW TO FEEL
SAFER
IN SPORT

Advice
for kids
from kids

@activenorfolk
@NorfolkLCSP



@activenorfolk
@NorfolkLCSP

WHAT MAKES PEOPLE FEEL UNSAFE?

- Feeling left out or bullied
- Feeling like they're not 'good enough' to join in
- Feeling like they're being treated differently because of their gender, race or ability
- Feeling worried about something they've seen online

Stay safe online

- Never share personal details online
- If you post videos on social media, make sure your account is private
- Do not respond to any comments or messages from strangers

Stay safe in sport

- Always be kind and remember others' feelings
- Remember: it's not about how good you are, it's how much fun you have
- Don't give up - speak to an adult or friend if you're worried

What if I need help?

- Speak to your Club Welfare Officer
- Check out the social media resources listed
- Scan the QR code to visit our website where we've listed loads of great resources to help you out

Scan me!

