

Don't keep it to yourself

Help and advice from the Child Protection in Sport Unit

If you think you are being abused, or have been in the past, it's really important to tell an adult you trust.

This isn't easy. You may feel worried about what will happen if you do. Here are some other reasons why you may not want to tell anyone:

- 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 you or your place in the team if you tell
- they may have made threats about your friends or family
- they may have said "No one will believe you" or "No one will do anything if you tell"
- you may feel guilty that you didn't stop the abuse happening
- the person may be someone who everyone in your sport looks up to - perhaps including your parents
- you may not want to let your parents down
- you may even think the problem will go away if you ignore it.

Don't let any of these things stop you getting help. By telling someone, you can stop the abuse. You'll also be helping to protect other children from the abuser.

Getting help

- Tell an adult you trust as soon as possible. This could be: a parent or someone else in your family; another member of staff at your athletics club; a teacher or school counsellor; your doctor or school nurse.
- Your athletics club will have a welfare officer. Find out who they are and tell them about your worries.
- Contact one of the **child protection helplines** . They will know who can help you in your area.
- Make sure you are not alone again with the person who has tried to harm you.

Remember your rights!

UKA and the NSPCC believe that children have the right to enjoy sporting activities in safety. The work of our Child Protection in Sport Unit is based on the United Nations Convention on the Rights of the Child. This Convention spells out how people should treat you. If you would like to know more, see what the Convention says about your rights .

For further help and advice, visit www.childline.org.uk