

Athletes: It Doesn't Feel Right



It's important for every athlete to understand what unacceptable behavior is and when to reach out to an adult to ask for help and guidance. Below find information from www.Safe4Athletes.org on when you should speak to an adult and ask for help.

Sometimes athletes are worried that if they complain or report a situation about a coach or an adult, the coach will no longer like them or give them good instruction.

Or, you may think your teammates will get mad at you.

Don't be afraid to speak up – everyone deserves respectful conduct.

- **When should you speak to an adult and ask for help?**
 - Whenever something happens – that, to YOU – doesn't feel right, it's important to speak up to protect yourself and your teammates.

- **No Bullying, Emotional or Verbal Abuse Allowed! Talk to someone:**
 - When an adult or another athlete who is bigger, stronger or older tries to make you do something wrong, makes you feel worthless or makes fun of you in order to embarrass you or make you feel bad.
 - When someone yells at you, calls you names or swears at you.
 - When someone pushes, shoves, punches, pinches or hurts you in any way.
 - When someone tries to make you feel like you are a bad person.
 - When someone repeatedly attempts to control your personal or social life.

- **No Sexual Abuse! Talk to someone:**
 - When sexual contact, sexual attention and any other behavior with sexual overtones happen that makes you uncomfortable and you do not want to have happen.
 - When an adult shares sex jokes, cartoons or photos.
 - If someone touches you inappropriately, tries to pinch, touch or kiss you.
 - If someone is talking to you about sex, asking you to have sex or asking you to touch them or kiss them.
 - If someone is talking about your body or your outfit and calls you "hot" and it makes you feel uncomfortable.
 - If someone emails you, text messages you or uses social media to talk about sex or suggest sexual things or send sexual photos.
 - If anyone tries to hurt you sexually or forces you to touch them.

- **No Romantic or Dating Relationships With Coaches!**
 - Your coach must treat every athlete equally and should not be spending time alone with any athlete.
 - The coach is your teacher and romantic relationships are NOT ok.

USA Volleyball SafeSport Program

http://www.volleyballreftraining.com/SafeSport/safesport_home.html

- **No Hazing, Initiation Rituals or Physical Punishment!**
 - No team is allowed to have an initiation ritual or make you think that you have to do something embarrassing to be accepted on the team.
 - Activities that should NOT be allowed:
 - Pressuring you to drink alcohol, take drugs or eat or drink something that you don't want to.
 - Giving you any substance for the purpose of improving performance.
 - Making you shave any part of your body or take off clothes or show body parts.
 - Making you dress up and look silly.
 - Forcing you to do hard physical activity as punishment, beyond what is generally acceptable.
 - Asking you to perform a physical activity that is clearly beyond your physical activity and may cause injury.

- **Physical Contact!**
 - A coach must always ask for your permission prior to touching you. The following situations are generally acceptable unless YOU (the athlete) feels uncomfortable. If you do, ask the coach to stop.
 - When the coach asks for permission to put a body part in a correct mechanical position or correct physical form.
 - A "high five" or pat on the head or back when congratulating an athlete for a good performance.
 - "Spotting" or any protective coaching intended to reduce the risk of practicing or performing a skill that may cause harm, with "spotting" techniques explained to you and your teammates beforehand.
 - In general, if a coach or anyone else touching you makes you feel uncomfortable for any reason, it is ok for you to ask the person to stop. Such physical contact must stop immediately no matter what the reason.

If it feels wrong, it is wrong!

<http://safe4athletes.org/4-athletes/what-every-athlete-should-know>