



## Advice for Children

***Clubs are advised (by England Rugby) to issue the below advice to children and make them aware of where to find information.***

Rugby is fun - it helps you to make new friends, try out new activities and amaze yourself with what you can do.

But for a few children the fun is spoilt by adults who do or say things during sporting activities that hurt or frighten them. This may be abuse and if something is worrying you **don't keep it to yourself. You should:**

- 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 the club; a teacher or school counsellor; your doctor or school nurse.
- Your club will have a Club Safeguarding Officer who is there for all children involved in rugby and makes their needs a priority. If you have a concern about how others are treating you or another child, or if something is making you unhappy your Club Safeguarding Officer is there for you.
- Her name is Rebecca Berry, you can either find her or call and tell her about your worries. Her number is 07957 122499
- Make sure you are not alone with anyone who has tried to harm you.

[ChildLine](#) is the free, 24-hour helpline for children and young people in the UK. You can call about any problem, at any time - day or night. Call 0800 1111.

[www.thinkuknow.co.uk](http://www.thinkuknow.co.uk) offers age relevant guidance, videos, games and top tips for children of all ages.