
SAFEGUARDING IN YOUR POCKET

FOR PARENTS



Children & Young People Safeguarding in Sport

What is Safeguarding?

Safeguarding is the action taken to protect the health, wellbeing and human rights of children & young people and to promote their welfare.

[Find out more on the NSPCC website.](#)

Are you your child's
Number 1 fan?

**Be their
No.1 Fan**



[Watch the YouTube video.](#)

How Safe is Your Child's Sports Club?

5 questions you should ask:

1. Have the staff been checked out?
2. Does the club have a safeguarding policy?
3. What happens if there's an accident?
4. Who can you talk to?
5. What training is there?

For more information on how to keep your child safe in sport, [visit the CPSU website](#).

Supporting Your Child In Their Sporting Life



Listen



Talk openly



Reassure

**YOU
GOT
THIS!**

Encourage



Be on time



Be proud



Report
Concerns



Help

RESPECT

Show respect
to others

Knowing When Something Is Wrong

It is vital that all parents & carers
can spot signs of harmful
behaviour or abuse inside &
outside of sport settings:

[Find out more on the CPSU website.](#)

FREE E-Learning Course for Parents

The CPSU have designed this course to help you understand your role in keeping children safe in sport and to let you know who to turn to if you have any worries.

The course is FREE to do and is suitable for any parent of a child who takes part in sport, regardless of your level of safeguarding knowledge. It only takes around 10 minutes to complete.

[Access the course on the CPSU website.](#)

Information For Parents

CPSU Parents Hub

We all want children and young people to enjoy taking part in sports. Parents play a key role in that.

The hub has been created to signpost parents to all the advice they need to keep their child safe in sport. From choosing safe clubs/activities to supporting their child in a positive way.

[Access information on the CPSU website.](#)

Your Club Welfare Contacts

Club Welfare Officer

Club:

Name:

Email:

Call:

Club Welfare Officer

Club:

Name:

Email:

Call:

The Rights Of The Child or Young Person

Does your child's sports club encourage them to share their views and opinions on how to make their club feel safe and welcoming?

Your child has the right to

- Voice - Be heard
- Choice - To play
- Journey - To develop

Watch a short video on the importance of Youth Voice.

Mental Health Support

In 2023, 1 in 5 children and young people aged 8 - 25 had a probable mental health condition.

This number has been rising since 2017.

The number of children and young people referred to emergency mental healthcare rose by 10% between 2023 and 2024.

Find support for your child:

[Young
Minds](#)

[Kooth](#)

NSPCC Need Your Help!

Complete the NSPCC Parents' Survey to help them understand what support parents and carers need to keep their children safer in sport.

It should take no more than
5 minutes of your time to
fill in this Microsoft form.

Equality, Diversity and Inclusion

FFLAG is just one of many resources supporting families and LGBTQ+ communities with pride.

Access Sport ensures inclusive sport is local, low cost, safe, accessible and welcoming to all.

Anti-bullying Alliance offers advice for parents and carers.

Women in Sport is a charity dedicated to transforming sport for the benefit of every woman and girl in the UK.

Internet and Social Media Safety

- What are your club's social media policies?
- What boundaries are in place around coaches and players social media accounts?

Visit the [Keeping Children Safe Online - NSPCC website](#) to learn more.

Energise Me's Sport Welfare Officers

Working across Hampshire, Isle of Wight, Portsmouth and Southampton, we are here to connect, offer support, raise awareness and enable everyone within sports clubs and activities to champion welfare.
Keeping sport safe for all!

Sue Forber

Email: sue.forber@energiseme.org

Call: 07561 111027



Sarah Goddard

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Call: 07934 148022





**This guide was created by
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Child Protection in Sport Unit

Active Partnerships 

