

## Advice for Children and Young People



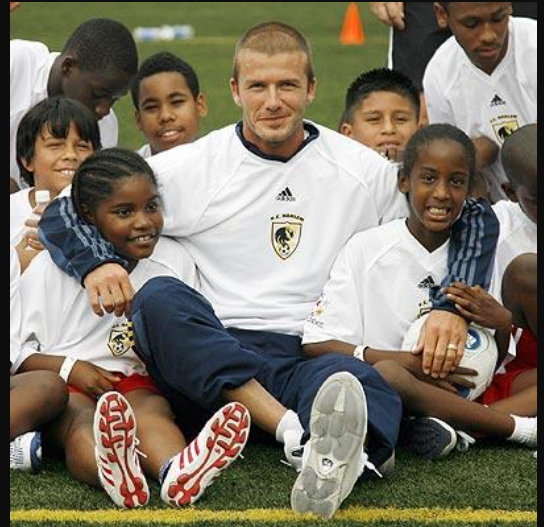
Sport is fun! It gives you the opportunity to make new friends and try out new activities.

However, for a few children the fun is spoilt by adults who do or say things during sporting activities or at other times that hurt or frighten them. What these children are experiencing may

be abuse, they may feel they have no one to talk to about it or that no one will listen to them or believe what they say.

If you think that you may be being abused, or are worried that it might be happening to a friend, it is really important that you tell someone so that they can help you:

- 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 sports club; a teacher or school counsellor; your doctor or school nurse.
- You can also visit the [Childline website](#) for more information.



Your club should have a child protection officer. Find out who they are and tell them about your worries. If there isn't someone you feel you can talk to, you can contact:

**Childline** - Dial **0800 1111**. It is a free, 24-hour helpline for children & young people in the UK. You can call them about any problem, at any time - day or night.



Helpful local numbers

**Darlington** - 01325 346867

**Hartlepool** - 01429 266522

**Middlesbrough** - 01642 726004

**Redcar and Cleveland** - 01642 77150

**Stockton** - 01642 527764

**Tees Valley Sport** for more info: 01642 342287