# Be safe
# Enjoy netball

## When you take part in your sport, we want you to feel that

- It is fun
- You are listened to
- Your development is supported
- You feel respected
- People are there for you
- Your club is friendly and inclusive

## But what if something is wrong?

**What if someone else's behaviour is making you feel...**

| | |
|---|---|
| Anxious | Sad |
| Angry | Uncomfortable |
| Hurt | Unsure |
| Lonely | Worried |

## You need to be safe. Talk to someone who can help.

**There are lots of people you can talkto:** a parent/guardian, a trusted adult,your coach, or a club safeguarding officer.

**Speak to someone you trust.** If there is no one you feel you can talk to, contact Childline or visit our website - details below

**Childline**
0800 1111
**childline.org.uk**
Calls are free of charge.

**24 hours 7 days a week**

**Club Safeguarding Officer details:**

**For more information visit - https://www.englandnetball.co.uk/safeguarding/**

01953SE 05/23