



MACCLESFIELD HOCKEY CLUB

Don't keep a problem to yourself!

YOU HAVE THE RIGHT TO:

- Have fun when playing hockey
- Be safe when playing hockey
- Enjoy your hockey
- Make friends through hockey
- Be treated with respect by adults involved in hockey

ARE YOU WORRIED?

- My coach is bullying me
- Another adult at hockey is bullying me
- Another member of my team is bullying me
- One of the coaches or volunteers is threatening me
- An adult is making me do things which I know are wrong
- Someone is touching me and making me feel uncomfortable
- Someone is constantly teasing me, shouting at me or kicking and punching me
- Someone is making suggestive remarks or asking me to do things of a sexual nature
- Someone is acting in a way which makes me feel lonely, upset, unsafe or embarrassed

If the answer is **YES** - **Don't keep it to yourself – Ask for help**

WHO CAN I TALK TO?

Talk to the **Hockey Club Welfare Officer, Damian Axcell:**

macchockeywelfare@hotmail.com

It can sometimes be difficult to speak to an adult about how you are feeling.

- *You might think that an adult will not understand*
THEY WILL LISTEN
- *You may think that they will not believe you*
THEY WILL BELIEVE YOU
- *You may be scared that they will tell other people that you do not want to know*

THEY WILL ONLY TELL SOMOENE WHO CAN HELP

- *You might think they have not got time to talk to you*
- THEY WILL ALWAYS MAKE TIME TO TALK

IT'S BETTER TO TALK TO SOMEONE:

- Ignoring your worries or concerns could make them worse
- Talking to someone will begin to tackle your worries and concerns
- You only have to share information that you want to share
- Telling someone will begin to help you

The Club Welfare Officer, Damian Axcell, will know what to do and how to help. He will be able to ensure that you are safe and he will believe you. There are policies and procedures which Damian will use. These will provide information of who to contact, how to contact them and what they can do to help.

CONFIDENTIALITY

The Club Welfare Officer cannot promise to keep the information you share a complete secret. However, he will keep it CONFIDENTIAL. This means that he will have to tell only the person/people who can help.

When you are talking to the Club Welfare Officer ask him to explain who he needs to speak to and why. He may say one of the following:

- England Hockey Board Lead Child Welfare Officer
They will know what to do if the behaviour of adult/s towards you is upsetting you.
- Talking to this person will begin to help the situation and ensure you can play hockey in a happy and safe environment
- Social Services or the Police in an emergency.
Social Services or the police will be called if the Club Welfare Officer thinks you may come to more harm or are in danger. This is to help you and ensure you are safe.

Who is my Club Welfare Officer?

Damian Axcell

macchockeywelfare@hotmail.com

Alternative sources of help, advice and support:

NSPCC	0808 800 5000	www.thereforeme.com	Support and advice for 12-16 yr olds via the website
Childline	0800 1111	www.childline.org.uk	Free helpline for children and young people
Kidscape	0207 730 3300	www.kidscape.org.uk	Support on bullying