



Founded in 1959 by Sara O'Meara and Yvonne Fedderson
PREVENTION *and* TREATMENT of CHILD ABUSE

www.childhelp.org

CHILDHHELP BLOW THE WHISTLE ON CHILD ABUSE



LEARN IT! LIVE IT! LOVE YOUR SPORT!

[HTTP://WWW.CHILDHHELP.ORG/PAGES/BLOW-THE-WHISTLE-CURRICULUM](http://www.childhelp.org/pages/blow-the-whistle-curriculum)



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TALKING POINTS

Childhelp Blow the Whistle on Child Abuse Basics

- **Childhelp and the Foundation for Global Sports Development have designed a prevention education curriculum entitled Childhelp Blow the Whistle on Child Abuse as a response to reports of abuse in youth athletics.**
- **Coaches are second only to teachers in their frequency of sexual misconduct (studies indicate 40-50% of athletes have experienced anything from mild harassment to severe abuse).**
- **Indicators of possible abuse in sports include: a child starts missing practice, illness, loss of interest, withdrawing and performing significantly below his/her ability. The flip side of that is a child spending too much one-on-one time with a coach, intimate or secretive conversations via email or cell phone and inappropriate touching or comments.**
- **Bottom Line: If your gut tells you something is not right, take action! There is no room for apathy in the fight against child abuse. At Childhelp we say, "Listen to a child. Believe a child. Save a child!"**
- **We are asking parents, educators and community members to become referees off the field. We use the acronym R.E.F. which stands for REPORT, EDUCATE and FIGHT.**
- **A Childhelp REF reports any sign of abuse by calling 911 or the Childhelp National Child Abuse Hotline 1-800-4-A-CHILD.**

- A Childhelp REF is educated on the signs of abuse. That means the bruises, welts and fractures of physical abuse; the hunger and poor hygiene of neglect, the difficulty walking and torn undergarments of sexual abuse; and the depression, anxiety and hopelessness of emotional abuse.
- And a Childhelp REF fights for child-centered legislation that protects children nationwide (you can learn more about bills we support at www.childhelp.org).
- Dr. Steven Ungerleider, a sports psychologist and Olympic consultant, reviewed Childhelp Blow the Whistle on Child Abuse with several Olympic medalists and colleagues in the field to rave reviews. Former Olympic gymnast and sports commentator Kathy Johnson Clarke has signed on as a spokesperson for this dynamic program. Kathie Lee Gifford is also a national spokesperson for our Childhelp prevention education initiatives.
- The sneak peek of Childhelp Blow the Whistle on Child Abuse campaign was unveiled at the Childhelp National Day of Hope at the Capitol in Washington DC and it will be launched at the Fiesta Bowl in January.
- This multifaceted program covers all primary school aged children, will offer modifications for children with disabilities and includes material that speaks both to the adult facilitator and the children who will benefit from this course material.
- The vetted scholarship, writing and creative work is close to being complete but printing costs, web development, video production and related distribution costs are the only barriers to making these lifesaving tools available to children throughout the country. We want this to be FREE to every child in America and hope that sponsors nationwide will step up to support our efforts.



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TEAM CHILDHHELP

Top Academics, Sports Authorities, Attorneys, Physicians and Olympians
Join Forces in Vetting
Childhelp Blow the Whistle on Child Abuse

Primary Partners: The Foundation for Global Sports Development



It is exciting that you are taking a proactive role in addressing this nationwide abuse epidemic and bringing abuse awareness and safety tools to youth sports. This displays dynamic leadership and a commitment to advocating for at-risk youth.

-David Ulich & Dr. Steven Ungerleider, Foundation for Global Sports Development

I really believe through sports, children have the opportunity to build a strong physical body and mind. I think what this program seeks to accomplish-and clearly it has-is not only to help children and young adults to cope but in some way and somehow excite them in the world of sports. In sports and through sports so much is learned, lived and loved...this program gives children that opportunity.

-Wendy Bogliolo, US Olympic Gold & Bronze Medalist; Former assistant swim coach at Yale

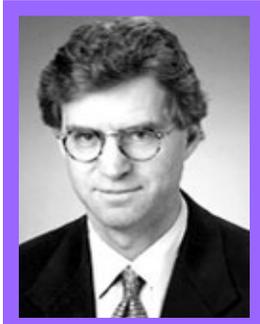
The fight against child abuse must happen from all sides and by everyone whether you are a lawmaker, the head of a sports-governing body, a teacher, coach, administrator, parent, Olympian or bystander. I'm so pleased to be teamed with Childhelp for Blow the Whistle on Child Abuse because all children deserve a secure and safe environment to dream big and reach their full potentials.

-Kathy Johnson Clarke, Olympic medalist; ESPN commentator



Dr. Steven Ungerleider, an author of six books, completed his undergraduate studies in psychology at the University of Texas, Austin. He holds masters and doctorate degrees from the University of Oregon, a post doc from the University of California, and is a licensed psychologist at Integrated Research Services. Since 1984, he has served on the U. S. Olympic Committee Sport Psychology Registry consulting with a number of international sport federations.

Dr. Ungerleider is an enthusiastic champion of Childhelp Blow the Whistle on Child Abuse, supports the outline and finished text and has agreed to review the final curriculum with the board of the Foundation for Global Sports Development.



David Ulich, a partner of the law firm Sheppard, Mullin, Richter & Hampton LLP, received his J.D. at UCLA and LL.M. from New York University. He leads his firm's Non Profit Sector Team, providing business and tax advice to religious charities, public and educational charities, such as Childhelp. He is actively involved in the Foundation for Global Sports Development and works with the International Olympic Committee on issues of sportsmanship and fair play.

David Ulich has reviewed early drafts of Childhelp Blow the Whistle on Child Abuse and joined Dr. Ungerleider and Olympian Kathy Johnson Clarke at the Childhelp National Day of Hope in Washington DC.



Kathy Johnson Clarke, a sports commentator for ESPN and various national news outlets, is one of only a handful of American women to win an individual medal in both World Championship and Olympic gymnastics. She has been captain of two Olympic teams, four World Championship squads and was twice named Gymnast of the Year by USA Gymnastics. She continues to be a well-respected voice in the world of gymnastics and is committed to keeping her sport safe.

Kathy Johnson Clarke has reviewed Childhelp Blow the Whistle on Child Abuse and stepped up as the keynote speaker on behalf of the program in Washington DC. She will continue to act as a spokesperson for this lifesaving curriculum.



Wendy Boglioli, a U.S. Olympic gold and bronze medalist and former world-record-holder in swimming, was a popular assistant coach of swimming and diving at Yale University.

Currently, Wendy Boglioli is a spokesperson and motivational speaker sharing her sports wisdom through the series "Finding the Champion Within."

Ms. Boglioli's review of Childhelp Blow the Whistle on Child Abuse was resoundingly positive and she reiterated the desperate need for prevention education in youth athletics.



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POLITICAL PARTNERS

Bipartisan Support for Childhelp Blow the Whistle on Child Abuse



A sneak peek of Childhelp Blow the Whistle on Child Abuse was unveiled at the Capitol in Washington DC to an enthusiastic audience at the Childhelp National Day of Hope (chaired by Senators Jon Kyl and Dianne Feinstein on April 18th, 2012). An esteemed bipartisan gathering, including brave abuse-survivor Senator Scott Brown and child Internet safety advocate Congressman Edward Markey, joined American Idol star Jordin Sparks to cheer on Childhelp's vision for an abuse-free America.





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BUILDING BUZZ

A Social Network of Supporters and Positive Media Messaging

Athletes for Childhelp has started creating a community of professional and amateur athletes supporting Childhelp Blow the Whistle on Child Abuse.



Through Facebook, Twitter and our blog, Childhelp is building a buzz about this exciting program with new audiences signing in daily to learn more.

Our latest strategic tweet test blast resulted in 70 thousand tweets (with a potential reach of 10 million), was retweeted to Childhelp's over 7 thousand followers and resulted in 1,000 views in 3 days of the Childhelp Blow the Whistle on Child Abuse landing page with a continued 30-40 clicks a day since.

Childhelp Blow the Whistle on Child Abuse has been featured by **CNN**, **FOX News**, *the Washington Post* and *Newsday* among others. The Childhelp team continues to lay the foundation for future media coverage and celebrity endorsement to share this lifesaving curriculum with national audiences.



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COMMUNITY OUTREACH

Sharing the Childhelp Blow the Whistle on Child Abuse Message



Our test audience for Childhelp Blow the Whistle on Child Abuse was all childcare workers from the Faith Christian Center Mega Churches in Phoenix. A survey reported 100% satisfaction with the experience and the standing ovation at the end of the presentation was a great indicator of how well-received positive prevention education can be. The next groups slated to benefit from this lifesaving training comes to us via The Department of Defense School Systems and the Nike-sponsored NABI Foundation. Childhelp is proud to be offering military families and over 1,000 Native American athletes the opportunity to *blow the whistle on child abuse*.





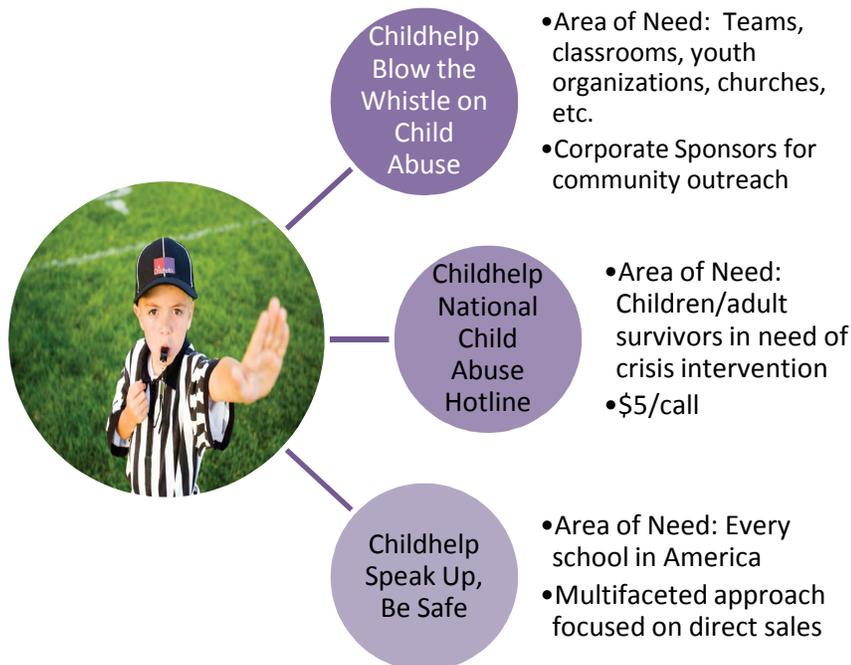
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HOW YOU CAN HELP

Champion Childhelp Blow the Whistle on Child Abuse by finding organizations in need & supportive corporate sponsors

To build beyond our current success, Childhelp Blow the Whistle on Child Abuse needs corporate sponsorship to fulfill its promise in the triad approach to comprehensive prevention education:



We have already had great response presenting the program (a survey of participants shows a 100% satisfaction rate with the experience). Corporate sponsorship will allow us to reach even more communities of need while offering our partners unique marketing opportunities to expand their philanthropic reach and positively engage their audiences. Front end support helps us find the organizations that will benefit from this training while back end support connects us to the businesses underwriting these seminars.



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BLOW THE WHISTLE & YOUR BUSINESS

The Childhelp Blow the Whistle on Child Abuse program is a free educational service with outreach required to impact communities throughout the country (and apparently the world with our recent interest from military bases in Germany!)

The web site pages featuring our curriculum can become “real estate” for financially backing organizations to spotlight their logos and events can be sponsored by businesses looking to reach a specific target market. We want to tap into corporate sponsorship to keep the program monetized while providing free prevention education to those in need to fulfill our Childhelp mission.

Sample Pitch: *“Hey, Play it Again Sports, West Coast YMCAs will be having coaches and kids take part in Childhelp Blow the Whistle on Child Abuse online training. In generously supporting this mass prevention education initiative directly impacting little lives in your community, your banner can be the first thing they see when they begin the tutorial. That’s 20,000 possible eyes on your logo! Not only will you be donating to a remarkable charity and letting the families of California know that you are part of the abuse solution, your products, promotions and coupons will directly reach coaches, kids and parents engaged in youth athletics.”*

In addition to their logo on our website, we can offer email blasts making the program available to their consumers: *“The bighearted team at Play it Again Sports cares about your kids and before the baseball season starts up we want to offer this free link to a program we are sponsoring through Childhelp that will keep your children safe on the sports field...”*

And we would leverage our social network as well. **Sample Twitter Post:** *We thank @PlayItAgainSports for making #ChildhelpBlowtheWhistleonChildAbuse free to 20,000 hopeful sports stars in CA!*



LEARN IT! LIVE IT! LOVE YOUR SPORT!

CHILDHELP BLOW THE WHISTLE ON CHILD ABUSE

Mission Statement

The Childhelp "Blow the Whistle on Child Abuse" prevention education initiative exists to promote the safe physical, emotional, educational and spiritual development of youth athletes. The program is also designed to aid coaches, educators and parents in providing secure environments where children can reach their ultimate potential.





DEFINING CHILD ABUSE

- Neglect
- Physical Abuse
- Sexual Abuse
- Emotional Abuse
- Spiritual Abuse





NEGLECT



The most common type of child abuse (about 60%) involves neglect: the failure to give due care or attention to a child's needs. Neglect results in about 35% of all fatalities.

- **Physical neglect** – The failure to provide for a child's physical needs, abandonment or inadequate supervision. Includes failure to thrive, malnutrition, unsanitary conditions or injuries from lack of supervision.
- **Educational neglect** – Includes not enrolling a child in school or allowing a child to engage in chronic truancy.
- **Emotional neglect** – Withholding affection or attention, failure to provide psychological care or ignoring the child's emotional needs.
- **Medical neglect** – Delay or denial of dental or healthcare. Some states will not prosecute withholding of health care due to religious beliefs, but court orders are occasionally obtained to save a child's life





PHYSICAL ABUSE



Any non-accidental injury resulting in physical harm to a child such as punching, beating, kicking, biting, burning, breaking bones, hair pulling and shaking a baby. Approximately 11% of all child abuse cases are the result of physical abuse.





SEXUAL ABUSE



Any misuse of a child for sexual pleasure or gratification. It is the involvement of children in sexual activities that they do not fully comprehend and that violate societal taboos and laws. Nearly 8% of all child abuse cases are the result of sexual abuse.



FOOTBALL



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BOXING



EMOTIONAL ABUSE



A pattern of behavior that interferes with a child's positive development, psyche and self concept. About 4% of all child abuse cases are the result of emotional abuse. Emotional abuse is hard to identify due to lack of physical evidence.





SPIRITUAL ABUSE



Typically thought of as a form of emotional abuse, spiritual abuse has its own indicators and therefore is identified separately. It is significant because it affects a child's core beliefs, which can interfere with healthy psychological development.





WHO ABUSES CHILDREN?

The perpetrator is usually someone the child knows. He or she may be a family member, friend, neighbor, or even an older child or sibling in a blended family (this type of abuse is rarely reported and may be dismissed as sibling rivalry). 80% of victims are abused by a parent. The perpetrator also can be a person in whose care the child is placed such as a daycare worker, babysitter, teacher, school counselor, coach or camp counselor.





WHO ABUSES CHILDREN?



Perpetrators are experts at knowing how to choose victims. They often slowly groom the victim prior to the abuse by giving gifts, spending “special time” together, playing games, going to movies, etc. This can be confusing to the child.





WHO ABUSES CHILDREN?



Child abuse honors no boundaries. It occurs at every socioeconomic level, across ethnic and cultural lines, within all religions and at all levels of education.





WHY DON'T SOME CHILDREN REVEAL THEIR PERPETRATORS?

Victims may be confused by the actions of those who abuse them. Perpetrators may say of the abuse, "It is our little secret."



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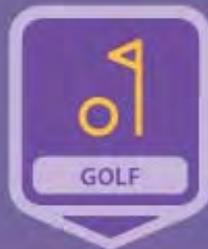
BOXING



WHY DON'T SOME CHILDREN REVEAL THEIR PERPETRATORS?



Victims are likely to be told no one will believe their stories or that it is the victim's fault. At times, victims, their pets, or their families are threatened with injury or death if they tell. Victims may be scared into silent.





WHY DON'T SOME CHILDREN REVEAL THEIR PERPETRATORS?



It is extremely rare that a perpetrator has only one victim and children often suffer more than just one type of abuse.



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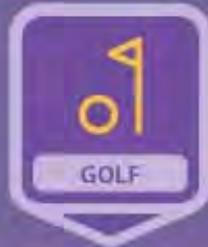


BOXING



CHILD ABUSE IN SPORTS: THE FACTS

- Coaches are second only to teachers in their frequency of sexual misconduct.
- Coaches who perpetrate are often highly qualified and well respected in their sport, allowing them to offend under the radar.
- There has been no correlation made between manual handling (such as gymnastic spotting or physical redirection) and increased likelihood of sexual abuse.
- Athletes are responsible for more sexual harassment of their peers than coaches.
- 8% of coaches acknowledged encouraging their athletes to hurt opponents, 33% yelled at players for making mistakes and 20% made fun of a team member with limited skills.
- 4% of young athletes reported that a coach had hit, kicked or slapped them.





SEEKING SOLUTIONS FOR SAFE SPORTSMANSHIP



The nature of youth sport, with close ties athletes have with coaches, peers, and even bus drivers increases the opportunities for child abuse to occur if the right conditions are in place.

~ Lois Baron & Margery Holman



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BOXING



R.E.F. : REPORT. EDUCATE. FIGHT.

- » What do I do if I suspect a child is being abused?
- » What are the signs of abuse?
- » How can I keep children safe in my community?





REPORT



Who Must Report: Arizona Mandatory Reporting Requirements Regarding Children

- Physicians, physician's assistants, optometrists, dentists, osteopaths, chiropractors, podiatrists, behavioral health professionals, nurses, psychologists, counselors and social workers who develop the reasonable belief in the course of treating a patient.
- Peace officers.
- Members of the clergy, priests and Christian Science Practitioners (unless they gained this information by a confidential communication or confession).
- Parents, stepparents and guardians of a minor.
- School personnel or domestic violence victim advocates who develop the reasonable belief in the course of their employment.
- Any other person who has responsibility for the care or treatment of a minor.
- Anyone who fails to make a required report is guilty of a Class 1 misdemeanor, except if the failure to report involves certain specific offenses listed in the statute, the person is guilty of a Class 6 felony.

Source/Applicable Statute(s) Ariz. Rev. Stat. Ann. §§ 13-3620, 13-3623, 36-2281 (2009) *Mandatory reporting laws differ by state. *Information compiled by RAINN, 2009





REPORT



- If you hear of or suspect abuse call the Childhelp National Child Abuse Hotline: 1-800-4-A-CHILD (1-800-422-4453). **Blow the Whistle!**
- Should a child describe scenarios that strike you as odd or leave you feeling uncomfortable, REPORT (This could range from excessive or prolonged touching to a coach/assistant showering with students to provocative language).
- If a coach/assistant targets a child for secret extracurricular visits, practices, phone calls, sleepovers or other one-on-one activities, REPORT (this may be part of the grooming process and there is no reason contact should be private or secretive).
- When you think something might be wrong but you are worried to “cause a scene” or think “what if I’m mistaken,” REPORT (too many children are injured while well-meaning bystanders deliberate over making a phone call).
- To report with maximum efficiency, thoroughly document the event, time and place it occurred and any other relevant details.





REPORT



Blow the Whistle

- If a child discloses abuse to you, carefully listen and do not push him/her to say more than is comfortable. Remain calm!
- Assure the child that you believe him/her and that what has happened is not his/her fault. The child is not bad.



FOOTBALL



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BASEBALL



CYCLING



BOXING



REPORT



Blow the Whistle

- Reassure the child. Let him/her know that telling was the right thing to do and you appreciate that you were trusted.
- Do what you can to make him/her feel safe. Let the child know you will report the abuse and get help.





REPORT



Blow the Whistle

- Although the child's disclosure may make you angry or disgusted, do not attempt to take matters into your own hands. The situation requires professionals. Your interference can make matters worse.
- If you suspect the child has been sexually assaulted, do not change his/her clothes or wash the child. Go immediately to the emergency room.





REPORT



Blow the Whistle

- Make a report by calling your local child protective services hotline, police or sheriff's department. Remain calm.
- If you are unsure who to call, contact the 24-hour Childhelp National Child Abuse Hotline at 1-800-4-A-CHILD for that information. All calls are anonymous and confidential.





REPORT



Blow the Whistle

Disclosure and Reporting Role-playing:

One person will play a child disclosing abuse and the other will be the responsible adult.





REPORT



- If a child discloses abuse to you, carefully listen and do not push him/her to say more than is comfortable. Remain calm! [Blow the Whistle](#)
- Assure the child that you believe him/her and that what has happened is not his/her fault. The child is not bad.
- Reassure the child. Let him/her know that telling was the right thing to do and you appreciate that you were trusted.
- Do what you can to make him/her feel safe. Let the child know you will report the abuse and get help.
- Although the child's disclosure may make you angry or disgusted, do not attempt to take matters into your own hands. The situation requires professionals. Your interference can make matters worse.
- If you suspect the child has been sexually assaulted, do not change his/her clothes or wash the child. Go immediately to the emergency room.
- Make a report by calling your local child protective services hotline, local police or sheriff's department. Remain calm.
- If you are unsure who to call, contact the 24-hour Childhelp National Child Abuse Hotline at 1-800-4-A-CHILD for that information. All calls are anonymous and confidential.





EDUCATE



Physical Indicators of Physical Abuse

- Unexplained bruises and welts
 - On torso, back, buttocks, thighs or face
 - Identifiable shape of object used to inflict injury (belt, electrical cord, etc.)
- Unexplained burns
 - On soles of feet, palms, back, buttocks, or head
 - Hot water/immersion burns (glove-like, sock-like, or doughnut-shaped burn on buttocks or genitals)
- Unexplained fractures or dislocations
- Bald patches on scalp



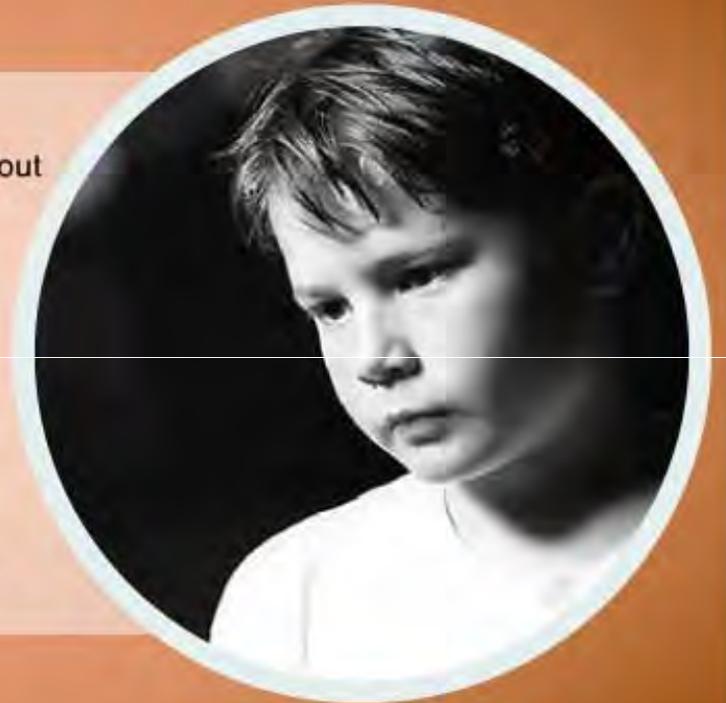


EDUCATE



Behavioral Indicators of Physical Abuse

- Child states he/she deserves punishment
- Inappropriate/immature acting out
- Fearful when others cry
- Needy for affection
- Behavioral extremes
 - Aggressive
 - Withdrawn
- Wary of adult contact
- Frightened of parents or caretakers
- Tendency toward superficial relationships
- Afraid to go home
- Unable to focus-daydreaming
- Child reports injury by parents or caretaker
- Self-abuse behavior or lack of concern for personal safety
- Manipulative behaviors to get attention





EDUCATE



Physical Indicators of Physical Neglect

- Not meeting basic needs
 - Food, shelter, clothing
- Failure to thrive
 - Underweight, small for age
- Persistent hunger
- Poor hygiene
- Inappropriate dress for season or weather
- Consistent lack of supervision
- Unattended physical problems or medical needs
- Abandonment





EDUCATE



Behavioral Indicators of Physical Neglect

- Begging or stealing food
- Often tired or falling asleep in class
- Early arrival or late departure from school
- Takes on adult roles and responsibilities
- Frequent visits to the school nurse
- Child verbalizes a lack of care-taking
- Difficulty with vision or hearing
- Substance abuse
- Poor coordination
- Acting out behavior





EDUCATE



Physical Indicators of Sexual Abuse

- Difficulty walking or sitting
- Excessive masturbation
- Torn, stained or bloody undergarments
- Pain, swelling, or itching in genital area
- Vaginal or penile discharge
- Sexually transmitted diseases
 - Herpes, crabs, vaginal warts
 - Gonorrhea, syphilis
 - HIV, AIDS





EDUCATE



Behavioral Indicators of Sexual Abuse

- Unwilling to change for gym or participate in physical education activities
- Sexual behavior or knowledge inappropriate for the child's age
- Sexual acting out on younger children
- Poor peer relations
- Delinquent or runaway behavior
- Report of sexual assault
- Drastic change in school performance
- Sleep disorders/nightmares
- Eating disorders
- Aggression
- Withdrawal, fantasy, infantile behavior
- Self-abusive behavior or lack of concern for personal safety
- Substance abuse
- Repetitive behaviors
- Hand-washing, pacing, rocking





EDUCATE



Physical Indicators of Emotional Abuse and Neglect

- Speech disorders
- Stuttering
- Baby talk
- Unresponsiveness
- Failure to thrive
- Hyperactivity
- Underweight, small for age





EDUCATE



Behavioral Indicators of Emotional Abuse and Neglect

- Learning disabilities
- Habitual sucking, biting, rocking
- Sleep disorders
- Poor social skills
- Extreme reactions to common events
- Unusually fearful
- Overly compliant behaviors
- Unable to set limits
- Suicidal thoughts or actions; self-abusive
- Difficulty following rules or directions
- Child expects to fail so doesn't try





FIGHT



Blow The Whistle

- Demand prevention education. Childhelp “Speak Up, Be Safe!” is an example of a curriculum available in schools across the country and it offers lifesaving tools to keep children free from harm.
- Call or write to your elected officials and ask what they are doing to prevent child abuse in your community.
- USA.gov has a simple site that provides all the contact information for representatives in your area:
<http://www.usa.gov/Contact/Elected.shtml>
- Childhelp’s legislative website: www.childhelp.org/ContactCongress lists child-centered laws and initiatives you can support today!





FIGHT



Learn to recognize:

- The warning signs of child abuse.
- The signs of an abusive person, whether a child, teen or adult.
- Your own negative feelings and behaviors. Acquire positive parenting skills and get help when you need it.





FIGHT



Teach the child:

- What is appropriate behavior from another person and what is not.
- The difference between good and bad secrets.
- The difference between good and bad touches; unless a health issue is being checked by a nurse, doctor or appropriately concerned adult, touching parts of the body a bathing suit covers is not appropriate.





FIGHT



Blow The Whistle

Be sure the child knows that you are always there to support and listen; then make sure you are consistent. Unfortunately, many children tell a parent or someone they trust about being abused and are not believed. Be aware that young children are likely to speak the truth in these matters.





FIGHT



Blow The Whistle

- Never discipline children when your anger is out of control.
- Listen when a child tells you he/she does not want to be with someone; find out why.
- Be aware of changes in a child's behavior or attitude; ask questions.
- Be alert for any talk that reveals premature sexual understanding or knowledge.
- Pay attention when someone shows greater than normal interest in the child.



FOOTBALL



SOCCER



BASEBALL



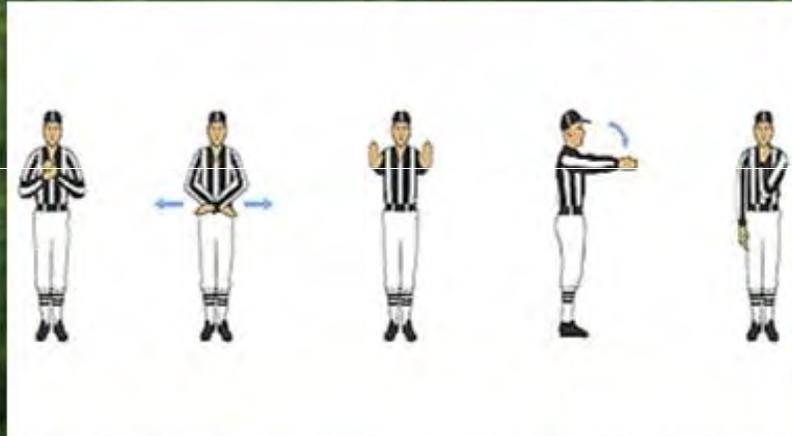
CYCLING



BOXING



SAFETY SIGNALS





HOLDING:



Touch Boundaries

Appropriate touch: Instructive (demonstrating a sports skill set or spotting), public, respectful of boundaries and encouraging (a quick hug/high five/pat on the back)

Inappropriate touch: Seductive (fondling or sexual in nature), private, disrespectful of boundaries and uncomfortable (kissing/stroking/manipulative)



FOOTBALL



SOCCER



BASEBALL



CYCLING



BOXING



UNNECESSARY ROUGHNESS:



Physical Boundaries

Appropriate intervention: Breaking up a fight, hands-on safety redirection (grabbing players before they fall/pushing players out of the way of a swinging bat), sport-specific direction (such as huddling)

Inappropriate intervention: Deliberate actions causing physical injury (punching/slapping/kicking/hair pulling), deliberate physical intimidation (pushing/poking/pinching/shaking), encouraging action that could result in injury (forcing a child to play while injured or in pain)





OFFENSIVE FOUL:



Bullying

Appropriate Competitive Conduct: Bonding humor (good natured “hey batter batter” chatter), firm verbal safety instructions, voices raised in crisis or concern (“Watch out!”), team-building pep talks that inspire rather than insult

Bullying: Isolating players, hazing, not intervening when teammates bully, threatening actions (stomping a foot in a child’s direction/using power to intimidate), imparting damaging messages (“You are a worthless catcher!”) and verbal insults degrading race, religion (spiritual abuse), gender, disability or any other aspect of an individual’s identity





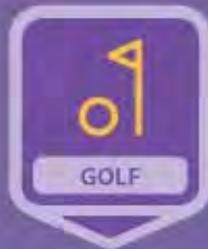
EXCESSIVE CONTACT:



Emotional Boundaries

Appropriate interaction: Consistent and balanced exchanges with all team members, including parents/proper authorities in decision-making, encouraging mentorship, supporting a nurturing environment

Inappropriate interaction: Actions/statements that interfere with a child's positive development and self-esteem, withholding attention/instruction, excessive contact/preferential treatment, creating a peer relationship rather than coach and player understanding, secretive interactions via phone/email/in person





TECHNICAL FOUL:



Neglect

Appropriate supervision: Attending to medical/health needs, engaging ideas/input from all team members, maintaining safety equipment, establishing clear safety rules/regulations, being mindful of team members' psychological wellbeing.

Neglect: Not treating/reporting injuries, lack of supervision, inadequate safety equipment, disregard for player security, ignoring psychological warning signs (drug abuse/suicidal talk/despondency/aggression/mental health disclosures).





SAFE:



Creating Secure Environments

Appropriate Security: Implementing a child abuse prevention education plan (such as Childhelp Blow the Whistle on Child Abuse), identifying vetted “safe adults” in the community (police officers/teachers/doctors), reviewing strategies/choices to fight abuse, making a hotline number available for parents/children to get help (1-800-4-A-CHILD).

High Risk Zone: A failure to implement abuse education, lack of a clear abuse reporting protocol, no resources available for help.





RULE OF THE GAME #1:



It's My Body!

A-OK: High-fives, safety spotting, teaching touch (how to hold the bat or shoot the ball), a quick hug in front of other people to say "great job!"

NO WAY: Touch in any places a bathing suit covers, secret or private touching that is not in front of people, any touch that makes you uncomfortable.





RULE OF THE GAME #1:



It's My Body

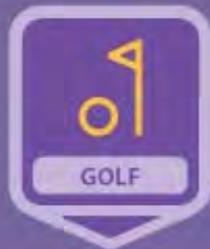
CHEER:

A high-five is A-OK (High five your neighbor)

But bad touch makes me run away (Run in place super fast!)

A high-five means I'm doing well (High five your neighbor)

But bad touch makes me run and tell (Run in place super fast!)





RULE OF THE GAME #2:



No Bullying!

A-OK: Being kind, helping others, setting a good example, making everyone feel like a special part of the team.

NO WAY: Being mean, hitting, yelling, pinching, pushing, ignoring, stealing, kicking, hurting someone's feelings, talking about people behind their backs, calling people bad names, making fun of someone because of their race, religion, gender, disability or any other reason.





RULE OF THE GAME #2:



No Bullying

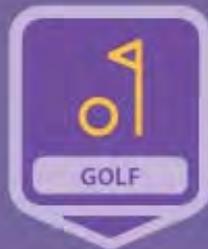
CHEER:

Playing sports is our dream (Stretch and reach for the clouds!)

Bullies can't be on our team (Shake your head no! Touch your toes)

They yell and hurt and fight and hit (Stomp your feet in place)

Coach calls time-out and makes them sit (Everyone sit down)





RULE OF THE GAME #3:



Tell a Safe Adult

A-OK: There are many people to talk to when you are hurt: a parent, doctor, police officer, teacher, counselor, religious leader, family friend or anyone in your life who will listen and believe you. Call 1-800-4-A-CHILD to get help.

NO WAY: It is always bad when an adult or child hurts you and says "don't tell." Never keep secrets!





RULE OF THE GAME #3:



Tell a Safe Adult

CHEER:

Safe adults are in the bleachers (Open arms wide)

Police, family, friends and teachers (Give yourself a big hug)

When I can't tell anyone at all (Hand over head, stretch to the right)

1-800-4-A-CHILD is who I call (hand over head, stretch to the left)





RULE OF THE GAME #4:



I Have Choices

A-OK: Ignore and stay away from people that make you uncomfortable. When someone tries to hurt you, you have choices: run, escape, yell and tell. Use the buddy system and stay with friends and teammates.

NO WAY: Do not talk to strangers, never leave practice with a stranger, never get into a car with a stranger, and if someone you know is hurting you, tell a safe adult.





RULE OF THE GAME #4:



I Have Choices

CHEER:

You can't hurt me because I have a choice (5 jumping jacks)

I can run (Run in place) **escape** (Run one lap) **and use my voice** (Scream NO!)

I can ignore (5 steps forward) **stay away** (5 steps back) **or tell** (yell HELP!)

When all else fails, I can run and yell (Run a lap and scream No!)





RULE OF THE GAME #5:



It's Never My Fault

A-OK: You deserve to be safe, happy and secure. When someone hurts you it is not your fault.

NO WAY: Don't take the blame for abuse and never feel ashamed!





RULE OF THE GAME #5:



It's Never My Fault

CHEER:

It is not my fault when adults are bad (Shake your head no from side to side)

Knowing I'm strong makes me glad (Drop down for 5 push ups)

Blowing the whistle when I'm unsure (Crouch all the way down)

Keeps me safe, happy and secure! (Jump as high as you can)





CHILDHELP CHEER:



RULE OF THE GAME:

A high-five is A-OK (high five your neighbor)
But bad touch makes me run away (run in place super fast!)
A high-five means I'm doing well (high five your neighbor)
But bad touch makes me run and tell (run in place super fast!)

Playing sports is our dream (stretch and reach for the clouds!)
Bullies can't be on our team (shake your head no! Touch your toes)
They yell and hurt and fight and hit (stomp your feet in place)
Coach calls time-out and makes them sit (everyone sit down)

Safe adults are in the bleachers (open arms wide)
Police, family, friends and teachers (give yourself a big hug)
When I can't tell anyone at all (hand over head, stretch to the right)
1-800-4-A-CHILD is who I call (hand over head, stretch to the left)

You can't hurt me because I have a choice (5 jumping jacks)
I can run (run in place) **escape** (run one lap) **and use my voice** (scream NO!)
I can ignore (5 steps forward) **stay away** (5 steps back) **or tell** (yell HELP!)
When all else fails, I can run and yell (run a lap and scream No!)

It is not my fault when adults are bad (shake your head no from side to side)
Knowing I'm strong makes me glad (drop down for 5 push ups)
Blowing the whistle when I'm unsure (crouch all the way down)
Keeps me safe, happy and secure! (jump as high as you can)

