

## **DON'T KEEP IT TO YOURSELF!**

If you think you are being bullied, picked on or made fun of, or have been in the past, it's really important to tell an adult you trust. This isn't easy. You may feel worried about what will happen if you do. Here are some other reasons why you may not want to tell anyone:

- *The bully may have told you to keep quiet and not to talk to anybody.*
- *They may have threatened you about what might happen to you or your place in the team if you tell.*
- *They may have made threats about your friends or family.*
- *They may have said "No one will believe you" or "No one will do anything if you tell".*
- *You may feel guilty that you didn't stop the abuse happening.*
- *The person may be someone who everyone in your sport looks up to – perhaps including your parents.*
- *You may not want to let your parents down.*
- *You may even think the problem will go away if you ignore it.*

Don't let any of these things stop you getting help. **By telling someone, you can stop the abuse.** You'll also be helping to protect other children from bullies.

## **GETTING HELP**

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.

Contact one of the child protection helplines below. They will know who can help you in your area.

Your club will have a child protection officer. Find out who they are and tell them about your worries.

Make sure you are not alone again with the person who has tried to harm you.

**Remember your rights!** The NSPCC believes that children have the right to enjoy sporting activities in safety. The work of our Child Protection in Sport Unit is based on the United Nations Convention on the Rights of the Child. This Convention spells out how people should treat you. If you would like to know more, go to the CPSU website: [www.thecpsu.org.uk](http://www.thecpsu.org.uk) and look under the "Don't Keep It To Yourself" section.

## **OTHER WAYS OF GETTING HELP**

### ***Helplines:***

You can contact the **NSPCC Child Protection Helpline on 0808 800 5000**. Calls are free unless you call from a mobile phone. The lines are open 24 hours, 7 days a week. There's also a textphone service for anyone with hearing difficulties on 0800 056 0566.

**Websites:**

[www.there4me.com](http://www.there4me.com)

This is the NSPCC's advice site specially for teenagers aged 11-16. There's onscreen advice about all sorts of things, including bullying, abuse, relationships, exams, drugs, difficulties at home. Or if you'd prefer a confidential private session, you can talk 1-2-1 online in real time with an NSPCC adviser.

[www.childline.org.uk](http://www.childline.org.uk)

ChildLine is the free, 24-hour helpline for children and young people in the UK. Children and young people can call on 0800 1111 about any problem, at any time – day or night.

[www.bullying.co.uk](http://www.bullying.co.uk)

This site has lots of advice for children about dealing with bullying. There are also useful links to other advice.