

## ALTERNATIVE SOURCES OF HELP, ADVICE & SUPPORT

### CHILDLINE

Free helpline for young people  
0800 1111

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

### BULLYINGUK

Advice for all types of bullying  
080 800 2222

[www.anti-bullyingalliance.org.uk](http://www.anti-bullyingalliance.org.uk)

### THINKUKNOW

Guide on internet safety and safe surfing  
[www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)

## ALTERNATIVE SOURCES OF HELP, ADVICE & SUPPORT

### CHILDLINE

Free helpline for young people  
0800 1111

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

### BULLYINGUK

Advice for all types of bullying  
080 800 2222

[www.anti-bullyingalliance.org.uk](http://www.anti-bullyingalliance.org.uk)

### THINKUKNOW

Guide on internet safety and safe surfing  
[www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)

## ALTERNATIVE SOURCES OF HELP, ADVICE & SUPPORT

### CHILDLINE

Free helpline for young people  
0800 1111

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

### BULLYINGUK

Advice for all types of bullying  
080 800 2222

[www.anti-bullyingalliance.org.uk](http://www.anti-bullyingalliance.org.uk)

### THINKUKNOW

Guide on internet safety and safe surfing  
[www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)

## HOW DO I CONTACT SOMEONE?

### MY WELFARE OFFICER DETAILS

NAME: Sue Merry

CONTACT NUMBER:

EMAIL: [Welfare@southamptonhc.org](mailto:Welfare@southamptonhc.org)

## HOW DO I CONTACT SOMEONE?

### MY WELFARE OFFICER DETAILS

NAME: Howard Foster

CONTACT NUMBER:

EMAIL: [Welfare2@southamptonhc.org](mailto:Welfare2@southamptonhc.org)

## HOW DO I CONTACT SOMEONE?

### MY WELFARE OFFICER DETAILS

NAME:

CONTACT NUMBER:

EMAIL:



**SAFEGUARD**

**YOUNG PERSON GUIDE**



**SAFEGUARD**

**YOUNG PERSON GUIDE**



**SAFEGUARD**

**YOUNG PERSON GUIDE**

## WHAT CAN I EXPECT FROM MY HOCKEY CLUB?

**Membership** - you will receive information on costs, kit, rules and training/ match information.

**Coaches** - all of our coaches are appropriately skilled and have had the necessary checks to help you play the best hockey you can.

**Volunteers** - all adults working at the club have been trained to ensure your safety and wellbeing.

**Respect** - as a club, we want to engage with you as much as possible and want to hear about what you like/don't like about the club and what you think needs changing. We respect everyone's views and want your experience to be fun and feel enjoyable whilst being safe.

**Training/Competitions** - there are many training sessions and competitions throughout the season for you to get involved with and play.

**Safety** - we adopt England Hockey's Safeguarding and Protecting Young People in Hockey Policy, Reporting Procedure and Best Practice Guidance, because we believe you have the right to play in a safe and fun environment.

## WHAT DO MY CLUB EXPECT OF ME?

**Behaviour** - we will give clear messages on how we expect everyone to behave, this may be in the form of a Code of Conduct.

**Rules**- hockey has rules and so does our club. **These are in place to keep you safe.**

## WHAT CAN I EXPECT FROM MY HOCKEY CLUB?

**Membership** - you will receive information on costs, kit, rules and training/ match information.

**Coaches** - all of our coaches are appropriately skilled and have had the necessary checks to help you play the best hockey you can.

**Volunteers** - all adults working at the club have been trained to ensure your safety and wellbeing.

**Respect** - as a club, we want to engage with you as much as possible and want to hear about what you like/don't like about the club and what you think needs changing. We respect everyone's views and want your experience to be fun and feel enjoyable whilst being safe.

**Training/Competitions** - there are many training sessions and competitions throughout the season for you to get involved with and play.

**Safety** - we adopt England Hockey's Safeguarding and Protecting Young People in Hockey Policy, Reporting Procedure and Best Practice Guidance, because we believe you have the right to play in a safe and fun environment.

## WHAT DO MY CLUB EXPECT OF ME?

**Behaviour** - we will give clear messages on how we expect everyone to behave, this may be in the form of a Code of Conduct.

**Rules**- hockey has rules and so does our club. **These are in place to keep you safe.**

## WHAT CAN I EXPECT FROM MY HOCKEY CLUB?

**Membership** - you will receive information on costs, kit, rules and training/ match information.

**Coaches** - all of our coaches are appropriately skilled and have had the necessary checks to help you play the best hockey you can.

**Volunteers** - all adults working at the club have been trained to ensure your safety and wellbeing.

**Respect** - as a club, we want to engage with you as much as possible and want to hear about what you like/don't like about the club and what you think needs changing. We respect everyone's views and want your experience to be fun and feel enjoyable whilst being safe.

**Training/Competitions** - there are many training sessions and competitions throughout the season for you to get involved with and play.

**Safety** - we adopt England Hockey's Safeguarding and Protecting Young People in Hockey Policy, Reporting Procedure and Best Practice Guidance, because we believe you have the right to play in a safe and fun environment.

## WHAT DO MY CLUB EXPECT OF ME?

**Behaviour** - we will give clear messages on how we expect everyone to behave, this may be in the form of a Code of Conduct.

**Rules**- hockey has rules and so does our club. **These are in place to keep you safe.**

## WHAT TO DO IF I'M WORRIED OR CONCERED?

### DON'T KEEP IT TO YOURSELF!

There are a number of people you can speak to if you are worried about or experience bullying or any uncomfortable situation.

Your **WELFARE OFFICER** (or someone else you feel comfortable telling) will believe you and know what to do and how to help. They may have to share the information you tell them, but it will be kept **CONFIDENTIAL**.

## WHAT TO DO IF I'M WORRIED OR CONCERED?

### DON'T KEEP IT TO YOURSELF!

There are a number of people you can speak to if you are worried about or experience bullying or any uncomfortable situation.

Your **WELFARE OFFICER** (or someone else you feel comfortable telling) will believe you and know what to do and how to help. They may have to share the information you tell them, but it will be kept **CONFIDENTIAL**.

## WHAT TO DO IF I'M WORRIED OR CONCERED?

### DON'T KEEP IT TO YOURSELF!

There are a number of people you can speak to if you are worried about or experience bullying or any uncomfortable situation.

Your **WELFARE OFFICER** (or someone else you feel comfortable telling) will believe you and know what to do and how to help. They may have to share the information you tell them, but it will be kept **CONFIDENTIAL**.