

SPRING 2020



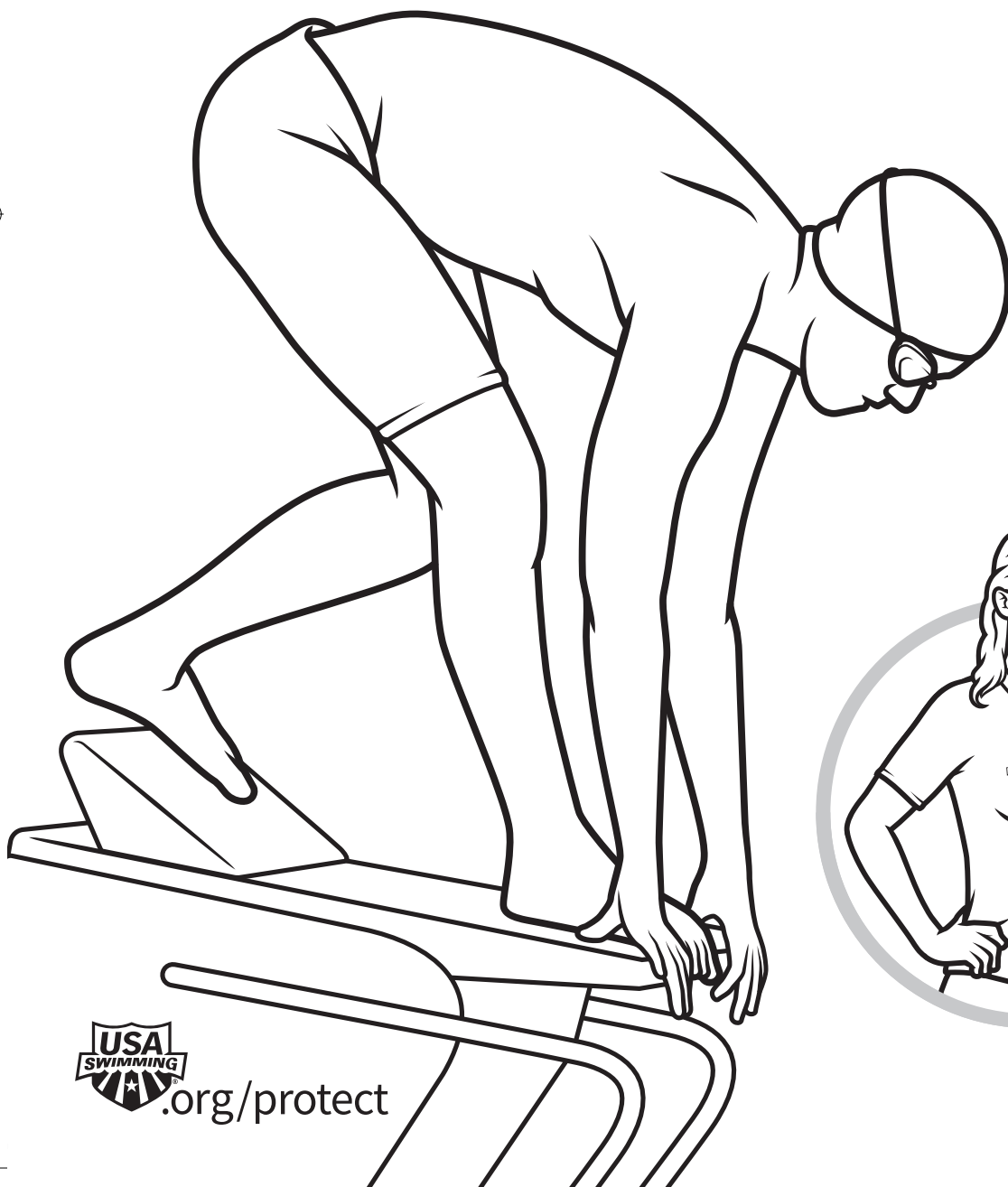
SAFE SPORT ACTIVITY BOOK

AGES
12-18

8 ACTIVITIES
INCLUDING:

- Connect The Dots
- Maze
- Discussions
- And More

TO
LEARN ABOUT
**SAFE
SPORT**



INTRODUCING
**LEAH
SMITH**

 [.org/protect](https://usa-swimming.org/protect)

PRAESIDIUM





TALK TO SOMEONE YOU TRUST

Circle all the different ways that you can tell someone what is going on.

1. Can you help me with some feelings that I have going on inside?
2. Everything is fine.
3. I need to share something with you.
4. There is something that makes me uncomfortable.
5. Stop asking me what is going on.
6. This is about my safety.
7. I don't need any help.
8. This is just an issue for me to take care of.

Sometimes telling someone that another person has made you uncomfortable, or crossed your boundaries, is hard. You shouldn't have to keep anything a secret. Tell an adult you trust!



SAFE SPORT

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WHAT IS SAFE SPORT?

Cross out every other letter in the swirl below to find out the meaning of Safe Sport. In order, write the remaining letters on the lines.



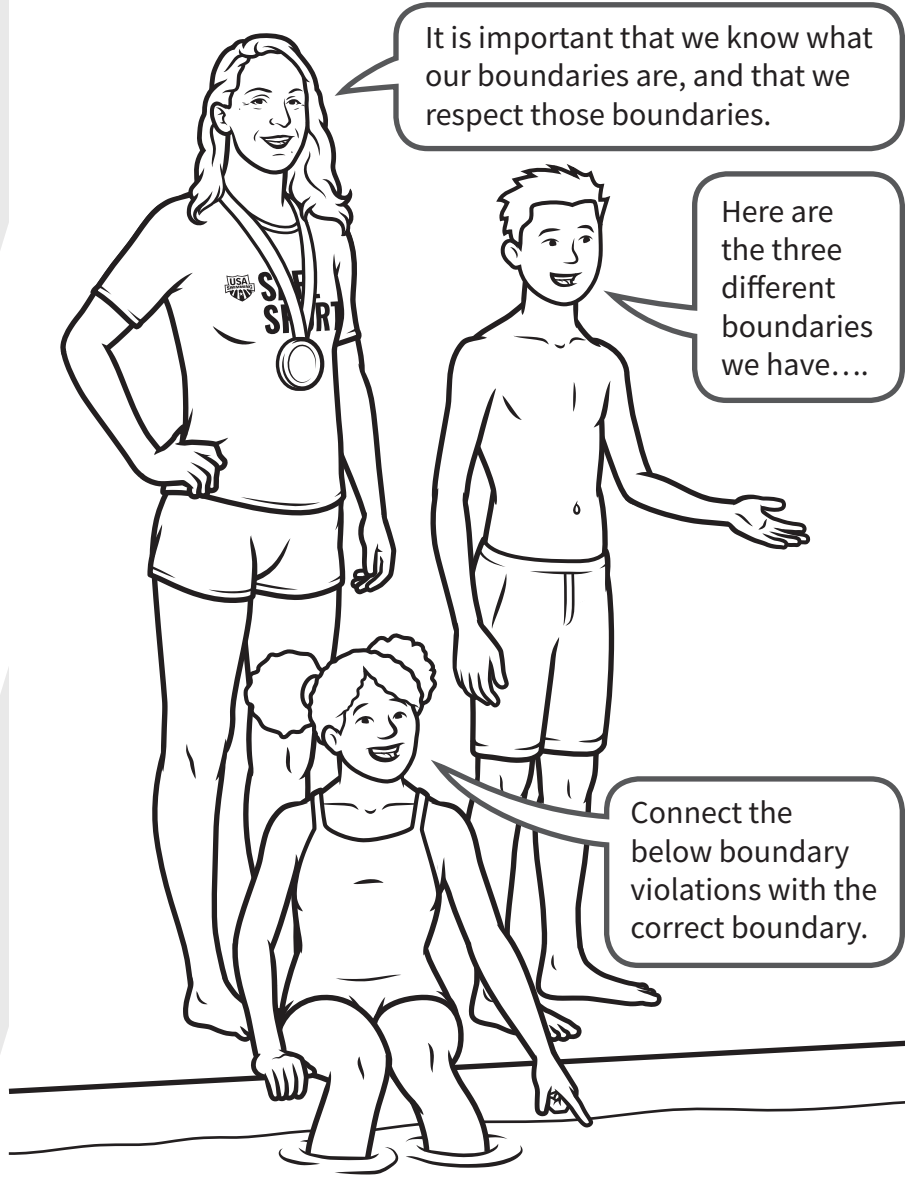
A P R O G R A M T H A T

_____ !



I wonder what it will say?





KNOW YOUR BOUNDARIES

Physical
This is your personal bubble. It's who can touch you, where they can touch you, and how often they can touch you.

Emotional
This is intimacy. It's how close you feel to someone, what information you feel comfortable sharing with them, and how much time you spend together.

Behavioral
This is the actions that you're comfortable doing. It's what you will or won't do, the actions and behaviors that define your character.

Physical

A teammate asks you to sneak out past curfew on your team trip.

As you sit in the locker room after practice, you overhear some of your teammates talking about the bodies of the girls at their schools. It crosses the line for you, and you tell them to stop.

Emotional

An official at a meet puts their hands on your waist to move you out of the way, and you don't like it.

You like your coach, but she recently started talking to you about how bad her marriage is.

In the locker room, your teammate tries to take a photo with you, but you know it breaks the rules.

Behavioral

While sitting in the stands waiting for your sibling to finish practice, your coach comes and joins you. While you all are talking your coach puts their hand on your leg, and it feels like too much.





To spell out an important Safe Sport message, write the underlined letters, in order, from each message, on the lines below.

SAFE SPORT MESSAGE

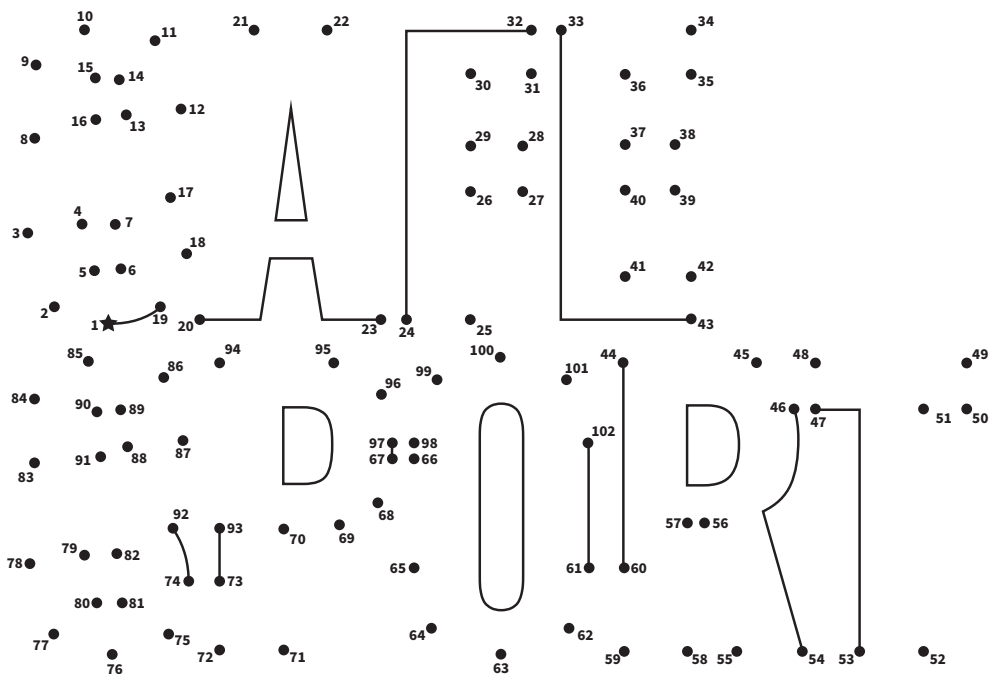
___ F ___ ___ I ___ ___ ___ ___ E ___ ___ !

1. Know what appropriate behaviorsu and group rules you want within your team.
2. Create a team “Rulesu and Values” poster to hang at your team’s pool.
3. Share your experiences at swimming with your parents.
4. Have you asked your coaches questions about the rules on your team? Be sure you do which sparks good conversation. You can ask questions about practices and the expectations for how you treat each other on the team.
5. When you notice or overhear anyone on your team doing something that makes you or someone else feel uncomfortable, tell an adult whom you trust.
6. Don’t be a bystander! Speak up and tell an adult you trust if you see a person who is acting out or breaking the rules.
7. Be a good role modell in everything you do!
8. Participate in various activities that promote a friendly culture and team bonding. You can cheer for your teammates during their race, hang out with teammates between swims, or even include them in fun activities outside of swimming.



CONNECT THE DOTS

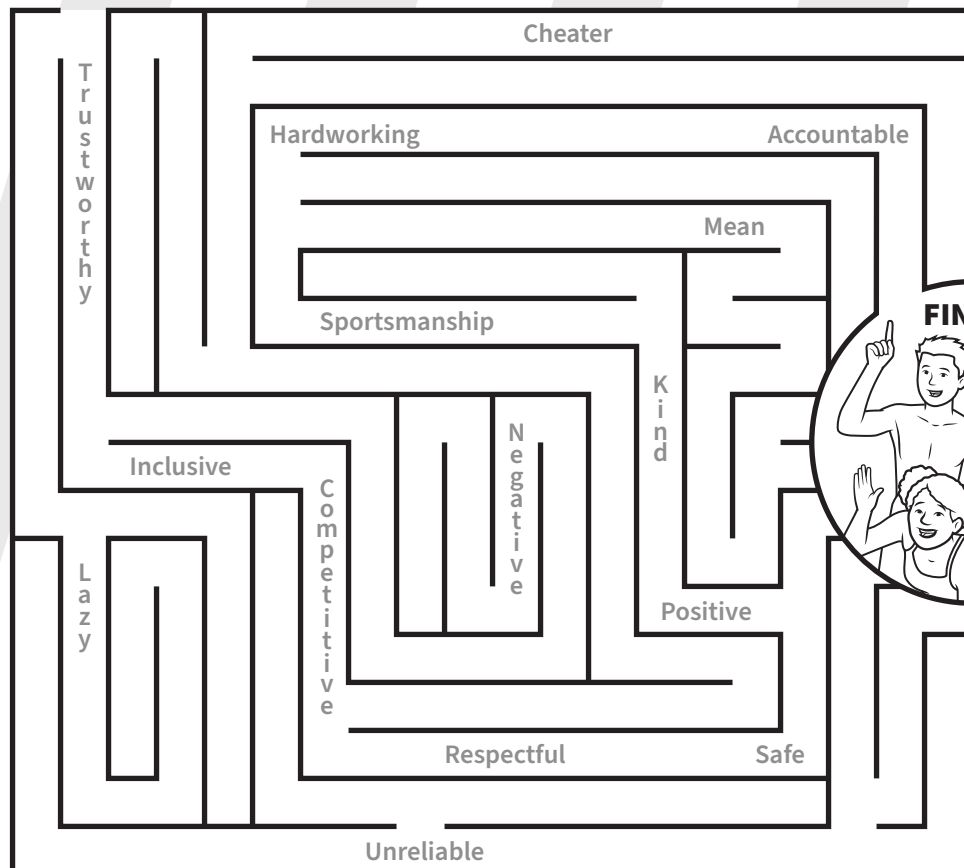
Connect the dots from 1-102. Color in the image when you are finished.



MAZE

Go through the maze and pick up all the qualities you show by being a great teammate and friend.

START



Having friends at swimming makes our time at the pool more fun. Our friends should build us up and support us. People who say they are our friends but make us feel sad or bad are not true friends.



SAFE SPORT

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This device is something that most of us use every day. It's a way to connect and engage. It helps us get where we need to go and share our thoughts and feelings.



The internet and social media can also be very deceiving. It's important to be safe through these forms of connections too.



Here are some safety rules that you can talk about with your grown ups.

ONLINE SAFETY RULES

- I will not give out personal information such as my name, address, or cell number to a stranger.
- I will not agree to meet in person with someone I have met on the Internet. If someone asks me to meet them, I will tell my grown ups.
- I will show my grown ups any message that says mean things about me or other people I know.
- I will treat others as I would want to be treated on the Internet and social media.
- If someone gives me a bad secret on the internet, I will tell a trusted adult.
- If someone I meet on the Internet sends me a gift, I will tell my grown ups immediately.
- I will not send any pictures on the Internet or through electronic communication without my grown up's permission.



RECOGNIZE, RESPOND, AND REPORT



Safe Sport is not just a program that exists, it is something that we all can do every single day.

It's simple! It's all about recognizing, responding, and reporting.



To find out why it is important to recognize, respond, and report, cross out the following words in the word box below:

• Five Animals

• Five Colors

• Five Fruits

• Five School Subjects

| | | | | | |
|---------|---------|-------|------------|----------|--------|
| Dog | Your | Brown | Music | Swimming | Banana |
| Gym | Grape | Cat | Pink | Art | Pear |
| Goat | Cherry | Math | Experience | Blue | Purple |
| Matters | Science | Horse | White | Apple | Turtle |

We want to recognize what the rules are for appropriate behaviors, respond by making sure that everyone is following the rules, and report to an adult you trust when someone is not following the rules.

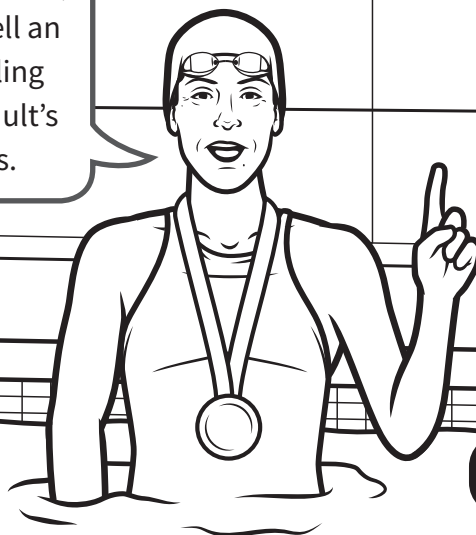
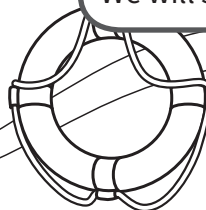
Then, reading across, write the remaining words on the lines below.



Thank you for having fun with us! Having a place to swim where all your boundaries are respected is the most important thing.

Remember, if you ever feel that someone is making you uncomfortable, even if it is an adult or another kid on the team, you should always go and tell an adult you trust and keep telling until you get help. It is an adult's responsibility to protect kids.

Keep it up Safe Sport Champions! We will see you next time.



SAFE SPORT

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ANSWER KEY

10 SAFE SPORT

1, 3, 4 and 6 should be circled

TALK TO SOMEONE YOU TRUST

Pg. 3

KNOW YOUR BOUNDARIES

Pg. 5

Physical
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Emotional
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WHAT IS SAFE SPORT?

Pg. 4

Activity 1- A program that works to make sure that every kid has a safe and fun place to swim!

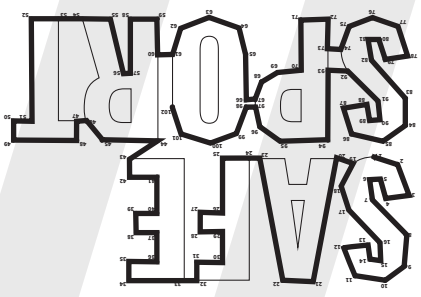
SAFE SPORT MESSAGE

Pg. 6

Safe Sport Helps me feel Safe!

CONNECT THE DOTS

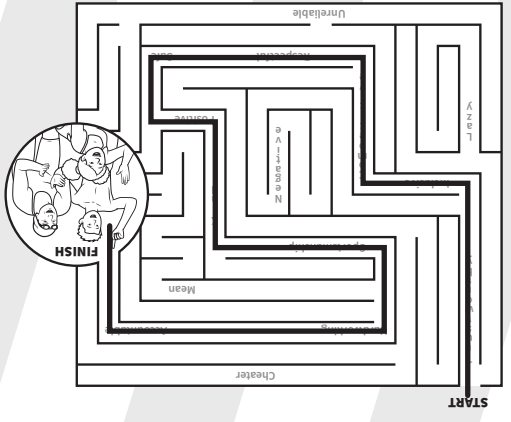
Pg. 7



Your Swimming Experience Matters!

RECOGNIZE, RESPOND, AND REPORT

Pg. 9



MAZE

Pg. 7

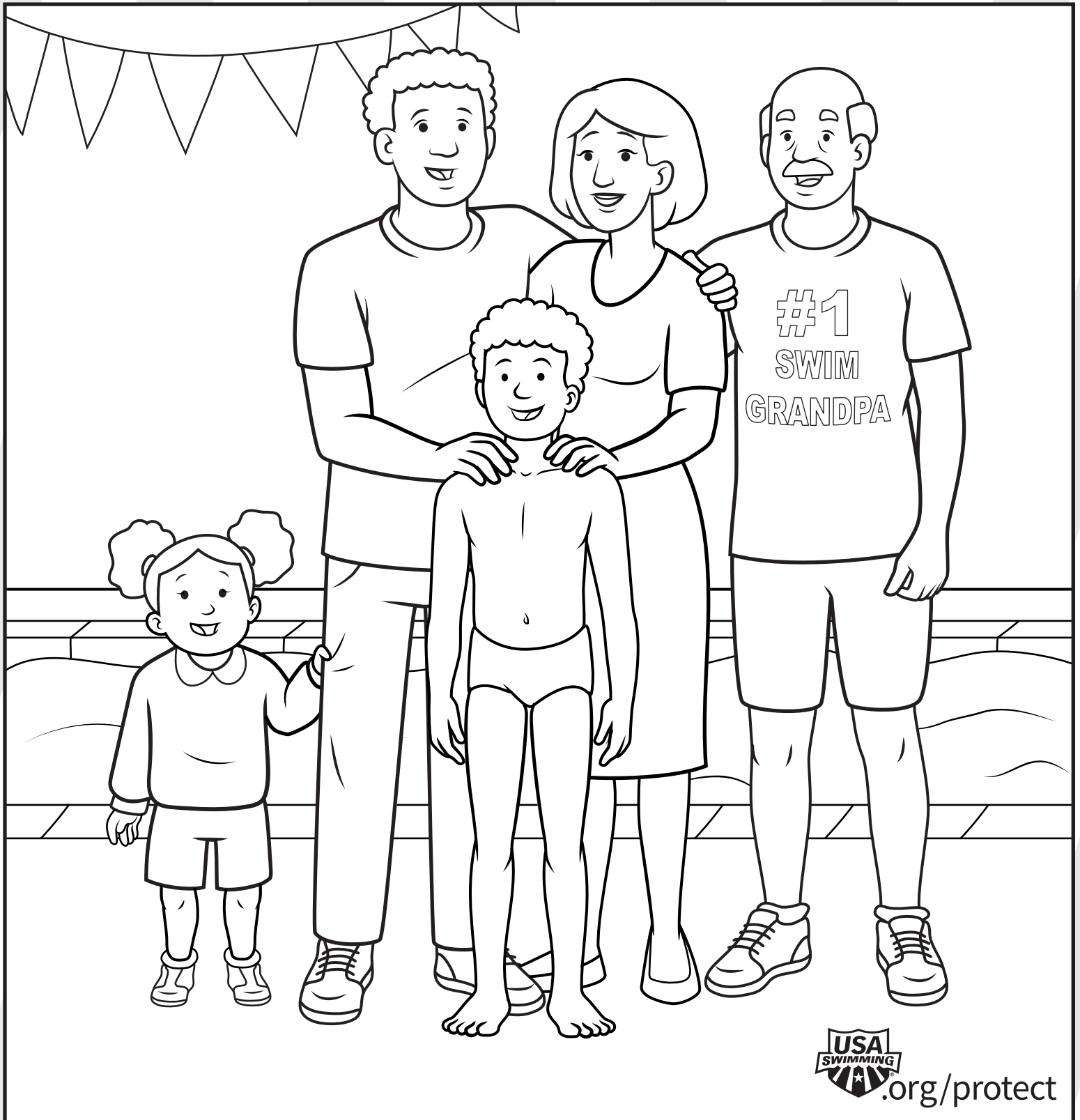
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SAFE SPORT



 [.org/protect](https://www.usaswimming.org/protect)