



Discussion Guide: Ages 5-10

It's never too early to start the conversation about personal safety with your child.

What to Talk About

TRUSTED ADULTS

Trusted adults are people a child can count on to make them feel safe, listen, and help.

TELL THEM

*"If anything ever makes you feel sad, scared, confused, or uncomfortable, you can always talk to a trusted adult and ask for help! If **any** adult says or does something to make you sad, scared, confused, or uncomfortable, you should tell another trusted adult about what happened."*

CHECKING FIRST

Kids are often trusting of offers from adults, but it's important that they check first with parents or guardians before accepting anything from or going anywhere with someone – even coaches or teammates' parents.

TELL THEM

"It's important that I know where you are and who you are with. Check first with me before going anywhere, helping anyone, or accepting anything."

IT'S OK TO SAY "NO!"

Children may not feel comfortable objecting to an adult who makes them feel sad, scared, confused, or uncomfortable, especially if they are made to feel that way by someone they know and may have trusted, like a coach or teammate.

TELL THEM

"It's OK to say 'No!' to anyone, even an adult, who makes you feel sad, scared, confused, or uncomfortable. If someone touches you in a way that makes you feel uncomfortable you can say 'no' and 'stop'. If that ever happens tell me or another trusted adult about what happened."

How to Talk About it

TACKLE THE TOUGH STUFF

The idea of discussing personal safety with younger children can be hard, especially safety issues involving sexuality. Children in various sports often find themselves being positioned, caught, assisted, "spotted", or otherwise in appropriate physical contact with coaches. By having open conversations with children about their bodies and the types of appropriate touch, you empower children with the knowledge they need in order to recognize any inappropriate physicality from adults.

TELL THEM

"There are parts of your body that your bathing suit covers that are private. If anyone touches you there or anywhere else that makes you feel uncomfortable, tell them to stop and tell me or another trusted adult."

IT'S ALL IN THE APPROACH

Kids are more likely to be open and honest with adults when they know they can count on them to listen attentively and react calmly. When discussing personal safety, it's important not to overwhelm or scare younger children. Try to keep the tone of discussion calm and conversational. If a child ever discloses an incident of abuse, do your best to respond in a measured and calm manner.

TELL THEM

"Telling me was the right thing to do. My job is to help keep you safe."

TAKE ACTION

Contact local law enforcement immediately. You should also contact the supervisors of the sporting program or the dedicated reporting tool for abuse – this may be a phone number or online platform. Call the National Center for Missing & Exploited Children® at 1-800-THE-LOST for additional assistance.



Learn Red Flag Behaviors

While these warning signs do not always indicate abuse, they do cross appropriate athlete-coach boundaries.

- ▶ Singling youth out for special attention or gift giving.
- ▶ Spending isolated one-on-one time with children such as in private practice sessions where others are not present.
- ▶ Touching children in ways not related to training for the sport.
- ▶ Telling youth sexual or inappropriate jokes and stories.
- ▶ Inappropriate comments on appearances.



The **US Center for SafeSport** accepts all reports of sexual abuse within the U.S. Olympic and Paralympic Movement. If you have reasonable suspicion of sexual misconduct or harassment, child abuse (including child sexual abuse), or intimate relationships involving an imbalance of power, report **online** or call **833-5US-SAFE**.



[SafetoCompete.org](https://www.SafetoCompete.org)

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