



City of Oxford Hockey Club

Keeping Kids Safe- Child Safety

The following advice is taken directly from the England Hockey website. Please read it thoroughly with your child, and contact John Dykes with any questions. Child welfare is vitally important to us at City of Oxford Hockey Club, and you should contact John immediately if your child is ever unhappy about something, or someone, within the Club.

You have rights – Hockey should be fun. You should feel safe and enjoy hockey. You can't do this if you feel unhappy – if someone is bullying or abusing you. England Hockey has a policy on safeguarding the protection of all children and young people in hockey.

You know something is wrong if:

- Constantly teases you, shouts at you or calls you names.
- Threatens, hits, kicks or punches you.
- Touches you or does anything that makes you feel uncomfortable.
- Makes suggestive remarks or tries to pressurise you into sexual activity.
- Damages or steals your belongings.
- Does anything that makes you feel lonely, upset, worried, unsafe, hurt or embarrassed.

If any of the above happens to you, do not wait for it to happen again – ACT IMMEDIATELY.

If you are being bullied or abused, it is not your fault. If this is happening try to:

- Be firm and tell the person to stop – make a lot of noise to attract attention
- Get away from the situation quickly, go to a public place to find help or call the police (999).
- Tell you parents/carers or an adult you trust what has happened as soon as possible so that they can help you.
- Keep a note of the date, time and place, what happened, how you felt and the name of anyone who may have seen what happened.
- Use the 24hr free telephone helplines:

Childline 0800 1111
NSPCC 0800 800500

Keep trying if you can't get through straight away.

- Don't ignore what is happening – always tell someone you trust. Police stations' and social services' offices will have staff who are specially trained to support young people who have been bullied or abused.
- Don't give up until someone helps you and you feel safe.

To keep safe always:

- Tell someone you trust, so that they can help you.
- Trust your instincts about the people you meet.
- Avoid being alone or with just one other person.
- Travel with a friend, avoid travelling in someone else's car or by yourself.
- Avoid going to other people's homes by yourself.
- Carry a phone card or some spare change.
- Download your 'Keeping Kids Safe' card from the downloads section.

For further information regarding Child Welfare issues in hockey, please contact the England Hockey Child Welfare Officer by phoning 01908 544612 or e-mailing Mike Joyce (mike.joyce@englandhockey.org).