



Stay safe, have fun – enjoy football

**If you take part in football you have the right to have fun and stay safe.
Your coach/team manager is there to help you learn safely and enjoy football
Your referee mentor is there to help you to learn safely and enjoy refereeing**

This means respecting you as a person as a player/referee and;

- Being a good role model – leading by example
- Not speaking to you in a way that makes you feel uncomfortable
- Not bullying you to make you do things
- Treating you as an individual
- Thinking about you and your team mates and not just about winning or scoring goals
- Making sure the pitch/playing area and equipment are safe for you to use
- Having the right qualifications to coach or referee
- Making football/refereeing fun!

If your coach/team manager or referee mentor needs to have physical contact to correct a technique or your positioning, they need to explain this to you and check you are ok with this.

If you are not comfortable with physical contact you have the right to say no.

Remember enjoy your football – don't let anyone else spoil it.

Getting help and advice

If you are worried about the way a coach, team manager, referee or anyone else involved in football is behaving towards you there are people you can talk to.

Are you comfortable talking to your parents, coach/team manager, referee mentor or welfare officer or someone else? Talk to someone that you trust.

Perhaps you would prefer to use one of the websites that offer advice. Some you can email your concern to and they will email you back with advice specifically for you.

It's easy to get information simply click on the web address and find out more.

Bullying Online www.bullying.co.uk

ChildLine www.childline.org.uk or telephone – 08001111

CEOP www.thinkuknow.co.uk

Kidscape www.kidscape.org.uk

NSPCC www.There4me.com and www.worriedneed2talk.org.uk

Stop-It-Now www.stopitnow.org.uk or telephone – 0808 1000 900

You can also call The FA/NSPCC 24 hour Helpline on 0808 800 5000