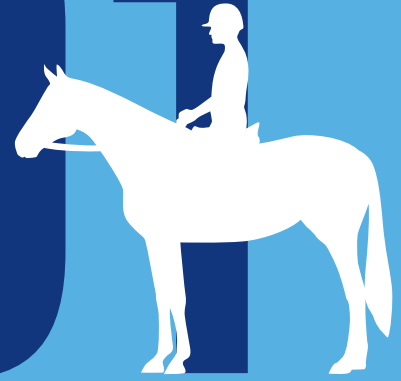


SAFE 101 SPORT 101



FOR JUNIOR COMPETITORS

WHAT IS ABUSE?

Abuse can take many different forms, from physical (intentional contact or non-contact behavior that causes, or reasonably threatens to cause, physical harm to another person) to emotional abuse. They are behaviors or actions that may cause mental or emotional harm to another person.

WHAT ARE SIGNS OF ABUSE YOU MAY NOTICE IN FRIENDS/TEAMMATES?

- ▶ ANXIETY ▶ POOR SELF-ESTEEM ▶ INAPPROPRIATE CONTACT
- ▶ LOSS OF INTEREST ▶ UNWANTED ATTENTION ▶ UNEXPLAINED BRUISING

WHAT ARE YOUR NEXT STEPS?

- ▶ TALK with a parent or trusted adult
- ▶ CALL: 24-HOUR HELPLINE (866) 200-0796 OR COURAGE FIRST (888) 279-1026
- ▶ BE INFORMED: Take the Safe Sport courses to learn more (*requires parental consent*)
- ▶ TEND to Mental Wellbeing: usef.org/safe-sport/additional-resources
- ▶ REPORT by text: TEXT 28733 (2USEF) to report anonymously
 - ▶ REPORT Abuse: usef.org/safe-sport/reporting

