



Young Persons Guide: Play Safe Stay Safe

What makes Lifting enjoyable?

- Having fun
- Spending time with friends
- Making new friends
- Learning new things
- Getting a sense of achievement
- Being encouraged

What **STOPS** Lifting from being enjoyable?

- When someone teases you or calls you names
- When someone threatens or punches you
- When someone touches you or makes you feel uncomfortable
- When someone damages or steals your belongings
- When someone does anything that makes you feel lonely, upset, worried, unsafe, hurt or embarrassed

All of these actions can be seen as **BULLYING**, they may not only occur through face to face contact. Increasingly, bullying may occur through other forms of communication i.e. internet, e-mail and text messaging.

If you are unhappy or uncomfortable at any time you should:

- Tell your parents
- Tell your club welfare officer
- Tell an adult you can trust

Staying Safe - To stay safe you could:

- Tell someone you trust straight away if anything worries you.
- If your parents can't take you to training, travel with a friend and make sure your parents know who you are travelling with.
- Carry a mobile phone or spare change so you can make a phone call in case of an emergency.

**Remember - Don't keep quiet when unhappy -
Tell someone and make sure that Lifting is FUN!**



**BRITISH
WEIGHT
LIFTING**