



British Water Ski: The Tower,
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➤ Use the 24 hour free telephone helplines
Childline 0800 1111 NSPCC 0800 800 500

If anyone is making you unhappy, tell an adult you know and trust as soon as possible, so they can help you.

Don't ignore what is happening. Don't give up until someone helps you and you feel safe.

➤ Keeping Safe:

Follow these points at all times to help you keep safe:

- Avoid being alone or with just one other person
- Always make sure an adult you know and trust knows where you are at all times
- If something is wrong or you are worried, tell someone you trust so they can help
- Travel with a friend, avoid travelling in someone else's car by yourself
- Avoid going to other people's homes by yourself
- Carry a mobile phone, phone card or some change

Ski Safe
A young persons guide

Ski safe have fun



NSPCC
Cruelty to children must stop FULL STOP

Ski Safe

A young persons guide

Sport should be fun, friendly, and enjoyable and you should always feel safe. You cannot do this if you feel unhappy; for example if someone is bullying or abusing you.

British Water Ski has a policy to protect and safeguard all children and young people in Waterskiing and Wakeboarding.



→ When do you know if something is wrong?

You know something is wrong when someone:

- Constantly teases you, shouts at you or calls you names
- Threatens, hits or hurts you
- Touches you or does anything that makes you feel uncomfortable
- Makes suggestive remarks or pressures you to do something you don't want to
- Damages or steals your belongings
- Does anything that makes you feel lonely, upset, worried, unsafe, or embarrassed

If any of the above or similar happens to you -
ACT IMMEDIATELY - don't wait for it to happen again.



→ What to do:

If you are being bullied, abused or if someone tries to make you do things you don't like, it is not your fault. If this is happening try to:

- Tell an adult you know and trust as soon as possible; they can help you. Be firm and tell the person to stop
- Say "No" in a very loud voice
- Make a lot of noise to attract attention
- Get away from the situation quickly
- 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

