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!