

# SUPPORTING CHILDREN IN THE SPORTS ENVIRONMENT

## 1. INTRODUCTION

### Sport Parent EU

It's an international project that aims **to minimise the physical and psychological risks that young athletes** encounter by improving the support that is provided to, and available for parents, guardians and carers.

### Objective

The aim with this project was to produce a range of **easily accessible resources that provide parents with accurate**, up-to-date information across a range of topics that we believe are critical to enabling parents to optimise their involvement in youth sport.

## 2. CREATING SAFE ENVIRONMENTS IN SPORT

### What is child safeguarding and why is it so important?



- The promotion of children's well-being in **the exercise of positive and safe experiences**.
- It must be able **to ensure that all children have access to** such experiences.

### What should families look out for?



- Minimising the risk of exposing** children and young people **to danger in sport:**
- **Ensuring the capacity and commitment** of coaches and sports institutions.
  - Avoiding harming **their children** with comments and actions that may put them under added pressure.

### What should be required of sports entities?



- A **policy and procedures** to protect children.
- **Information** about the **measures the sports club has taken**.
- **Talk to your child regularly to teach key messages about safe behaviours**.

### Who should be involved in child protection



- All the agents involved in the practise of sport** to guarantee the enjoyment and good treatment of children:
- Coaches
  - Managers
  - Family memb

### How to recognise risks?



- **Look out for changes** in your **child's daily behaviours** at home.
- **Ask openly about their wellbeing** beyond sporting matters.

### How to use education as a protection tool?



- It's important to take time to **talk with children** about issues related to:
- Body
  - Consent
  - Communication

## STOP VIOLENCE AGAINST CHILDREN IS EVERYONE'S TASK

Report any behaviour that exceeds the limits of your consent in: [aterpe@athletic-club.eus](mailto:aterpe@athletic-club.eus)



### 3. THE IMPORTANCE OF PHYSICAL AND MENTAL HEALTH IN SPORT

#### What are the keys to physical and mental health?



In order to achieve their well-being and potential in sport, **support and guidance** from the family is essential.

#### What is the role of parents?



Children and teenagers will have to manage obstacles and challenges throughout their lives. It's important that they not do it alone, as family support is very important in **pshychological development**:

- Nurturing the relationship in order **to create an environment of trust** in which to support them.
- **Help them deal with the adversities** they will encounter in sport.
- **Learn coping mechanisms** and how to use them.

#### How can you help your children in this process?



- Help them **to build their confidence and security**.
- **Praise their effort**.
- Teach that **mistakes are part of learning**.

#### What is the role of parents in child development?



- They are **role models**.
- **Communication, support and understanding** in sport are essential for the development of their children.
- Management of **possible obstacles, problems and challenges** that may arise through sports should be carried out.
- It's important to raise awareness of the **benefits (physical, social) of sport**.

### 4. PHYSICAL ACTIVITY AND TALENT MANAGEMENT

#### What is the importance of physical activity?



Young people can make **considerable gains** by following an appropriate and adapted training programme.

#### What are the benefits for people?



- **Improved fitness and reduced risk of injury**.
- **Development of motor skills** and basic levels of strength.

**Good sports practice has a positive impact on health.** It has an impact not only on the physical but also **on the pshychological** as well.

#### What do we mean by talent in sport?



These are **the qualities that can predict future excellence**. However, children develop their skills in different ways and at different times. In this way, **talent does not mean** always having **to be the best**.

#### What can I do if my child is called talented?



- Teach them **to manage setback and pressure** appropriately.
- **Encourage other** extra-sporting **activities and aspects** of life.
- **Support them** regardless of their results.
- **Have a growth mindset** that allows them to **focus on goals and improvement** rather than on the result.

### CHILDREN ARE MORE THAN SPORT PLAYERS

If any situation of lack of protection, violence or personal situation becomes evident, you can count on our help: [aterpe@athletic-club.eus](mailto:aterpe@athletic-club.eus)

