

My body my rules

Child safe physical touch for everyone

at:

Sometimes in sport a coach may need to guide movement or correct posture. Here are some tips to assist you in keeping children safe.

Alternative



Always consider the alternatives. Touch shouldn't be your first and only option

Permission



Before touching the child ask the child's permission and describe where and why

Know the rules



Your Child Safe Code of Conduct should be clear on the rules of what is appropriate touching

Respect



If a child says no, respect their decision and find an alternative. They may also ask you to stop at anytime

Working together to keep children safe

More child safe resources and support available at ocg.nsw.gov.au/our-resources

My body my rules

Child safe physical touch for Children

at:

Things to know

Sometimes a coach may want to correct the position of your body. Remember:

- your coach should always ask if it's OK to touch you, let you know where and why they want to touch you and listen to you if you say no
- even if you say ok, you still have the right to say stop at any time
- speak to someone you trust if you feel uncomfortable or if you aren't listened to when you say stop.



Scan the QR code to watch a fun animation

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Child safe physical touch for Families

at:

Things to know

Speak to your child about their thoughts and opinions of when and how personal touch is used at your club and let them know they're in charge.

Ask the club what alternative methods are used to guide children's movements, when children aren't comfortable with being touched.

Find out about the club's policies, procedures and practices around personal touch and when and how it is used.

Know who at the club you can speak to about any concerns you have about personal touch.



Learn more about how child safe organisations involve families by scanning the QR code

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Child safe physical touch **for Staff**

at:

Things to know

Some sports require physical touch between adults and children to correct stance or guide movement for child safety. Establishing clear boundaries and effective communication should be prioritised to ensure everyone's safety and comfort.

Clear boundaries, as set out in a Child Safe Code of Conduct, help reduce the risk of harm and create an environment that keeps children's safety and wellbeing a priority if and when physical touch is required.



Scan the QR to learn how to use the risk matrix effectively

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