



Keeping You **Safe** At Swimming



What is *Safeguarding*?

Safeguarding is making sure you feel safe and cared for. It includes protecting you from being hurt and, listening to you if you don't feel safe, or are worried about something.

Your Wellbeing

The United Nations, a group of people from lots of countries in the world, came together and decided what was important for children to live a healthy and good life. They wrote 54 articles called the 'Convention on the Rights of the Child' that explain these rules called human rights, that are just about kids!



Rights of the Child

See below these special set of rights that help guide how children are taken care of, all around the world, so that they become the best version of themselves.



A Right to Feel Safe

It is everyone's job to treat other people with respect and kindness. That includes our team, people in your community, your friends and family, and even you!

*Your **Rights** at Swimming*

01 Safety

- No one can do or say things that make you feel unsafe.

02 Privacy

- No one is allowed to touch you or take photos of your body in a way that makes you embarrassed, upset or frightened.
- No one can share information about you without permission from a person who cares for you (like your parents).

03 Respect

- Your needs and feelings are acknowledged and respected.
- No matter who you are, your ability, or where you are from you, you are treated with same level of care.

04 A Voice

- You are asked about things that matter to you and have a say in what you do.
- Adults listen to you and take what you say seriously.
- You know who to talk to if you feel unsafe, upset, worried or are hurt by another person.

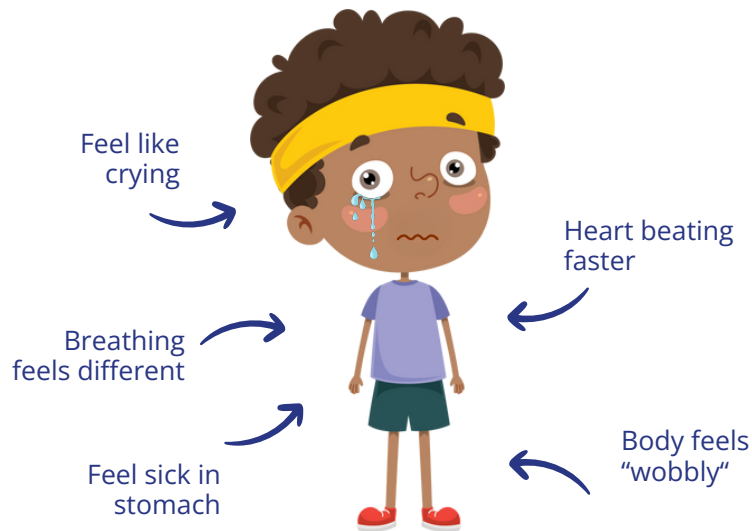
How *Our Team* Keeps You Safe

1. Make sure the spaces around you are safe.
2. Support how you choose to express your culture or beliefs.
3. Talk to your family and those around you about your safety.
4. Act in a way that keeps you safe & feeling happy.
5. Help you to learn about your rights & respecting others.
6. Make changes when something isn't working.
7. Let you know how and why we do certain things.
8. Listen to you & what you care about.
9. Teach our team how to help you when you don't feel safe.
10. Treat you fairly & learn about you as a unique person.
11. Make sure we have the right people on our team to look after you.



When to Speak Up

Your body tells you when something doesn't feel right or safe.



Why Speak Up?

- We listen to you and take what you say seriously.
- We help keep you (or others) safe and supported. This can involve telling other trusted grown-ups or people whose job it is to help.

Who Do You Speak To?

If you are worried because of how someone is acting, please tell a trusted grown-up.

Some examples...

