

Worried, concerned or upset?...

CHILD POWER YOUR VOICE

This form is just for children. It is to help you tell a trusted grown up or adult at your club if you are worried, concerned or upset.

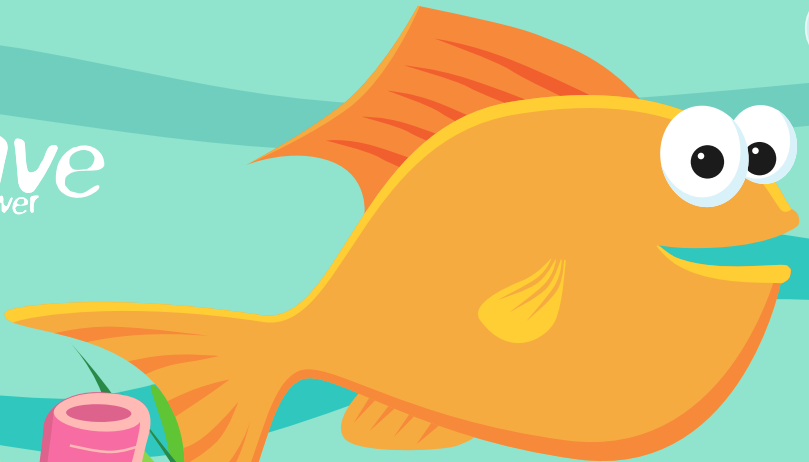
Come and visit your aquatic friends at their home on the ASA website, by going to [www.swimming.org/childpower](http://www.swimming.org/childpower).

You'll be transported to your own underwater world where you will have access to further information and advice on issues that affect you. Or perhaps you'd prefer to dive straight into the fun and games and have a little splash around.

There's a whole ocean waiting for you to explore!

CHILD POWER

YOUR VOICE





# CHILD POWER

## We Want You

- To feel welcome and safe in our sport with a friendly and happy atmosphere within your club.
- To be cared for by experienced people who understand your needs.
- To receive support, praise and encouragement when you achieve.
- To receive help with areas you find a little more difficult or challenging.
- To tell somebody if you feel unhappy or afraid in anyway in your club.
- To say "STOP" if you do not like something that is happening to you.

## We Will

- Always listen to you and your needs, as you are important to the ASA.
- Always try to help you if you are afraid and unhappy.
- Treat you as a person, respect you and value your thoughts.
- Provide you with opportunities to learn new skills and build your confidence.

Sometimes grown ups and adults find it difficult to recognise that you are worried or unhappy about something. They need your help to tell them.

**IF YOU ARE WORRIED OR UNHAPPY ABOUT SOMETHING PLEASE "TELL" YOUR CLUB WELFARE OFFICER OR AN ADULT YOU TRUST AT YOUR CLUB - THEY WILL HELP YOU!**

If you find it difficult to tell somebody at your club you can tell: -  
**Your Parents/Carers**  
**Your Teacher**  
**An adult you trust**

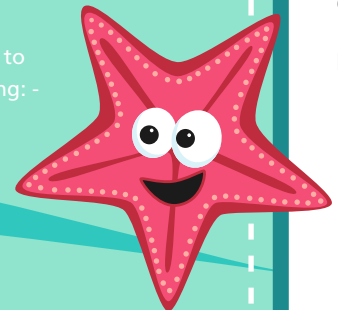
If it is just not possible to tell anyone close to you there are others who can help by calling: -  
**Swimline 0808 100 4001**  
**Child Line 0800 1111**  
**NSPCC Helpline 0808 800 5000**

You can also visit the following websites: -  
[www.kidscape.org.uk](http://www.kidscape.org.uk)  
[www.worriedneed2talk.org.uk](http://www.worriedneed2talk.org.uk)  
[www.childline.org.uk](http://www.childline.org.uk)  
[www.there4me.com](http://www.there4me.com)  
[www.bullying.co.uk](http://www.bullying.co.uk)

Once someone is told why you are unhappy they can tell your club who will help you and something will be done about it.

If you don't want to give your name you don't have to, just leave your name blank on the attached slip and ask somebody you trust to hand this in for you to your club.

Your club will share your concern only with people that need to know so they can help you.



Teat here

# YOUR VOICE

If you don't want to tell someone yourself you can complete this slip and hand it to a grown up or adult you trust at your club or your Club Welfare Officer who will help you.

If you don't want to write your name you don't have to, just leave your name blank and ask someone you trust to hand it in for you to your club.

**Name:** .....

**Club:** .....

**I am unhappy because**.....

.....  
.....  
.....

**What can we do to make you feel happy again?**

.....  
.....  
.....  
.....

**Please can you make me feel happy again?**

**If you receive this form from a child (under 18) please take it to the Club Welfare Officer for action.**

