

# 5 POINTS FOR PARENTS

## KEEPING KIDS SAFE IN YOUTH SPORTS



USA Wrestling's Safe Sport Program is the cornerstone of USA Wrestling's commitment to ensure a safe, healthy and positive wrestling environment for all of its members and volunteers. In order to be successful, we all have a role to play. Raising awareness and education are key to creating a culture that will takedown misconduct.

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### GET EDUCATED

Education is the most important tool for combatting misconduct. <http://uscenterforsafesport.org/training-and-education> provides various resources to help you understand how abuse occurs and what you can do about it. Recognizing signs of grooming behavior, boundary violations and what to do when you suspect a child's safety is at risk is paramount to curbing abuse. Please visit [themat.com](http://themat.com) to learn more about USA Wrestling's Safe Sport Program!

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### CREATE HEALTHY BOUNDARIES

It's important to establish healthy boundaries between athletes and coaches. A coach often serves as a teacher, mentor and role model for a young person. A coach is not an athlete's friend, peer, or romantic partner and should not act as such. Coaches are required to ensure strong and safe boundaries between themselves and athletes.



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### **IDENTIFY AND ADDRESS HIGH RISK AREAS**

For misconduct to take place, an offender needs privacy, access, and control. One way to reduce the risk for abuse is to design strategies for addressing these high-risk areas. USA Wrestling's Minor Abuse Athlete Prevention Policy (MAAPP) spells out the rules to limit one-on-one interactions between children and adults.

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### **SPEAK UP**

If you recognize questionable behaviors, say something! Your youth sports organization should designate someone—a coach, the team administration, or parent advocate—who is there to hear your concerns or take a report of inappropriate behavior. Make sure that everyone knows that person. Or you can report misconduct at: [www.usawmembership.com/misconduct](http://www.usawmembership.com/misconduct).

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### **TALK TO YOUR KIDS!**

Physical and sexual misconduct can be a difficult topic for parents to talk about with their children. Having these conversations is extremely important in helping prevent your child from becoming a victim of abuse. Having ongoing and open conversations with children about their bodies and appropriate boundaries will make it easier for them to talk to you if anyone is making them feel uncomfortable, or unsafe.