

# Keeping Taekwondo Safe

Taekwondo is for everyone and is a great way to make new friends, stay fit and healthy, learn new skills and to have **FUN!**

It doesn't matter where you take part in Taekwondo as long as you feel **SAFE** and have fun!

Taekwondo is exciting, rewarding, challenging, competitive and gives you a great sense of achievement when you take part.

**Remember you have a right to be looked after well by the people running Taekwondo activities and should always speak up if you're not happy about something.**

If you experience any of the following, or anything that makes **YOU** feel uncomfortable, then find a parent, friend, instructor, teacher, School/Academy Welfare Officer, or other responsible person and together you can sort things out.

- Bullying
- Racism
- Constant criticism
- Neglect
- Name calling
- Using inappropriate force
- Shouting
- Touching or other behaviour that makes you feel uncomfortable
- Encouragement to take drugs or alcohol
- Pushing you too hard in training sessions
- Generally being pushed too hard and making you upset or cry
- Adults asking you to keep secrets
- Instructors or leaders taking photographs or videos of you without permission



**Remember -  
asking for HELP is a  
sign of STRENGTH &  
maturity for  
BOYS & GIRLS**

Sharing your experience with the right person can help to make things better. Find someone you trust, this could be a parent, instructor, teacher or a sensible friend who will help you find the right adult. Be strong and trust that if you tell, things will get better.

**A GUIDE  
FOR  
CHILDREN**

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## Staying Safe!

Remember you have a responsibility to keep yourself safe too.

Here are some DO'S & DON'TS:

### DO:

- Tell parents/carers where you are going and what time you will be back
- Tell parents/carers who you are going out with
- Make sure family and friends have your mobile phone number. Keep your mobile with you and turned on
- Stay together with friends where possible
- Inform your instructor and friends of any medical conditions
- Tell a trusted adult about unacceptable behaviour of any other adult or young person

### DON'T:

- Leave a martial arts session without telling someone where you are going
- Make contact with strangers on the internet
- Accept lifts from strangers
- Accept lifts from known adults if they are on their own and your parents/carers are not aware
- Keep secrets for anyone

## Useful Contacts:



### Childline

(0800 1111)

Free 24 hour national helpline for children

# NSPCC

### NSPCC Helpline

(0808 800 5000)

For those with a hearing difficulty there is a text phone telephone number:

0800 056 0566

### British Taekwondo Council

Lead Safeguarding Officer

Mr Kevin Beddows

0151 4249466

### Local Contacts:

