

Supporting an athlete who is sexually abused

11

For emotional signs of abuse:

- ✓ Ask what someone is feeling
- ✓ Ask their parent/caregivers for any problems at home
- ✓ In case of signs, let them get checked by a doctor

For physical signs of abuse:

- ✓ Athlete to be checked by a professional dealing with sexual abuse e.g., a doctor



Emotional effects of sexual abuse

12

- ✓ Blame oneself
- ✓ Feel dirty or guilty
- ✓ Feel hopeless
- ✓ Feel afraid of being “found out”
- ✓ Feel shame
- ✓ Feel powerless
- ✓ Live in secrecy



Health effects of sexual abuse

13

- ✓ Stress, anxiety and depression
- ✓ Drug and substance abuse
- ✓ Can start misbehaving
- ✓ Can harm themselves



What is grooming?

14

- ✓ Someone does things to attract you
- ✓ Someone can be planning to abuse you
- ✓ Can pretend to be your good friend
- ✓ Can pretend to like your family
- ✓ Can trick you to sex
- ✓ Makes it a secret



How to notice grooming behaviors

15

- ✓ Separating an athlete from others
- ✓ Providing for athlete's needs
- ✓ Behaving like a family member
- ✓ Crossing the boundaries
- ✓ Giving the athlete drugs or alcohol
- ✓ Showing pornography
- ✓ Threatening and blaming the athlete



Avoiding inappropriate physical contact

16

- ✓ Read the situation
- ✓ If you realize bad intentions raise an alarm
- ✓ Maintain physical boundaries
- ✓ Use elbow and fist bumps to encourage others



Five steps to protecting athletes

17



Read more



Stay in a safe place



Speak about it



Know the signs



Report

Create open communication among coaches

18

- ✓ Be trusted
- ✓ Talk in a simple way
- ✓ Say many times
- ✓ Be a good example
- ✓ Listen well



Create open communication among athletes

19

- ✔ Be free to speak
- ✔ Be confident
- ✔ Say what you don't like



Avoiding risks of sexual abuse

20

- ✓ Stay with others
- ✓ Stay with many coaches
- ✓ Stay in open
- ✗ Avoid hidden places



What is bystander intervention ?

- ✓ You can see a bad thing happening to someone
- ✓ You can see sexual abuse
- ✓ You can suspect a bad thing



What to do upon suspecting abuse?

22

- ✓ Report what was happening
- ✓ Interrupt upon suspecting something
- ✓ Intervene any time, even in front of others
- ✗ Do not allow people to hide what they are doing

3 steps of bystander intervention



Speak



Stop



Stay together

Rules and code of conduct - 1

23



Respect everyone



Be polite



No harassment



Allow for reporting



Support safe reporting



Work in groups

Rules and code of conduct - 2

24



Help police investigate



Don't allow a coach to be alone with athlete



Avoid bad touching



Correct someone in a friendly manner



Report abuse cases immediately



Do not hide your actions

What is disclosure?

25

- ✓ Somebody reports to you
- ✓ You see a bad behavior
- ✓ You see abuse signs
- ✓ You see someone very close to another one



Bad behaviors to report

26

- ✓ You see bad thing happening
- ✓ You hear people speaking bad things
- ✓ Seeing a bad text message
- ✓ Being shown people having sex



Supporting someone to report

27

- ✓ Listen calmly
- ✓ Ask what happened
- ✓ Praise them for reporting
- ✓ Thank them
- ✓ Help to report



- ✓ Zoek ondersteuning van een andere coach of Special Olympics-personeel
- ✓ Hou je leiderschapsteam van het Special Olympics Program op de hoogte
- ✓ Meld bij de politie of andere externe organisaties



Share the following details:

- ✓ Naam
- ✓ Adres
- ✓ Wat de atleet vermeld
- ✓ Tekenen van misbruik
- ✓ Hoe de misbruiker zich gedroeg
- ✓ Wie de misbruiker is





“

We zorgen
allemaal voor en
beschermen de
atleten.

”