



Is Rugby Fun for You?



Rugby should be fun. It helps you to make new friends, try out new activities & makes you feel good about yourself.



But, for a small number of children the fun is spoilt by people who do or say things during sporting activities that may hurt or frighten them.

If you are worried about anything, you should:



Talk to a trusted adult as soon as possible. This could be a parent, a coach, a teacher or someone else you feel safe with.



Talk to the Club Welfare Officer. They are there to help if you are worried about how someone is treating you or another person at your rugby club.



Try to stay with your friends & family so you are not alone with anyone who has tried to harm you.



Childline is a free service for children & young people. You can call them about any problem you are having & speak to one of their counsellors.

If you live in
Northern Ireland
call **0800 1111**

If you live in the
Republic of Ireland
call **1800 66 66 66**

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