



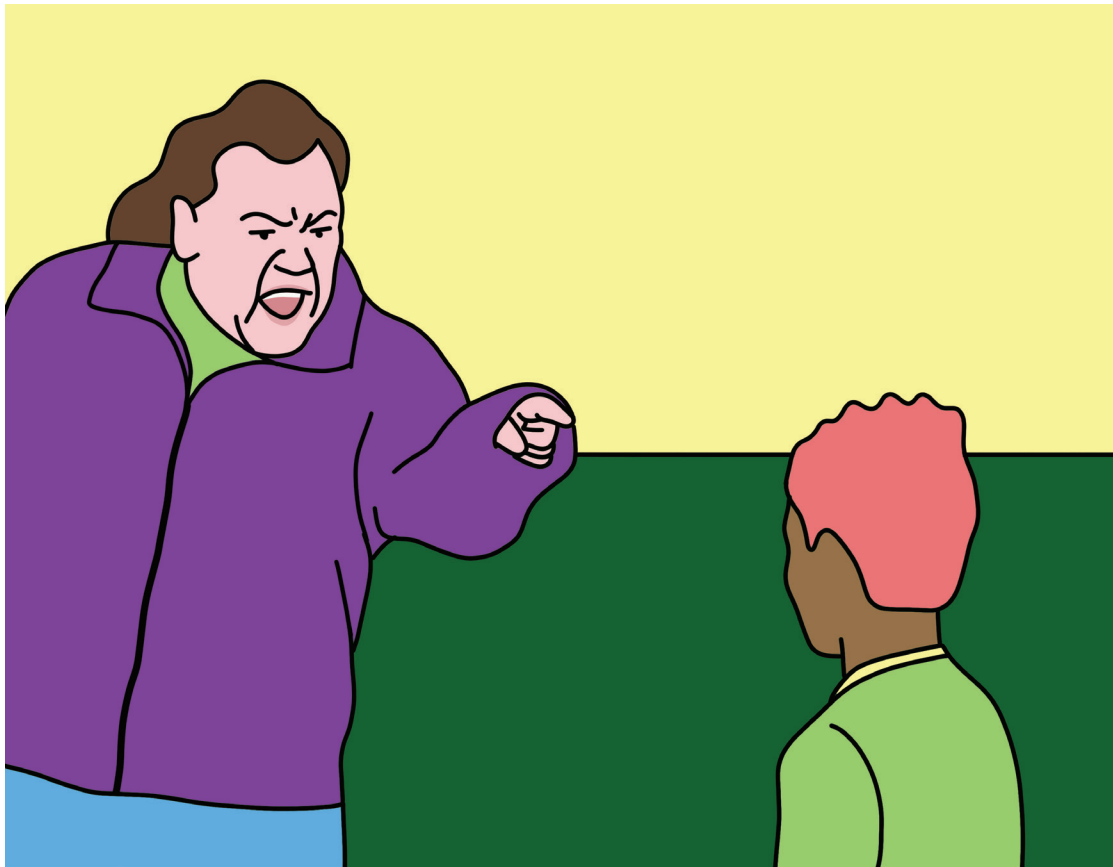
**We know which adult to go to when  
we have a problem**



**We receive support and encouragement  
from our families to play sport**



**We feel emotionally safe with our coaches  
(e.g we have open and honest communication  
channels, we feel respected)**



**Mistakes are treated as learning opportunities rather than reasons for punishment (e.g. coaches do not yell at us for disciplinary reasons)**





**We feel comfortable to point out  
behaviour that's not okay**



**Teammates support each other  
during both wins and losses**



**We have a space to play without fear of emotional harassment (bullying, emotional abuse, shaming, insults, threats, hurtful jokes)**



**We are all involved in deciding our team  
values or community ground rules**



**We feel comfortable being our full selves  
at our sports sessions**



**Our mental health is prioritised and supported by our coaches and teammates**



**Transportation to our playgrounds/  
courts/fields is easy and safe**



**Playgrounds/courts/fields and facilities are safe and accessible for people of all abilities**

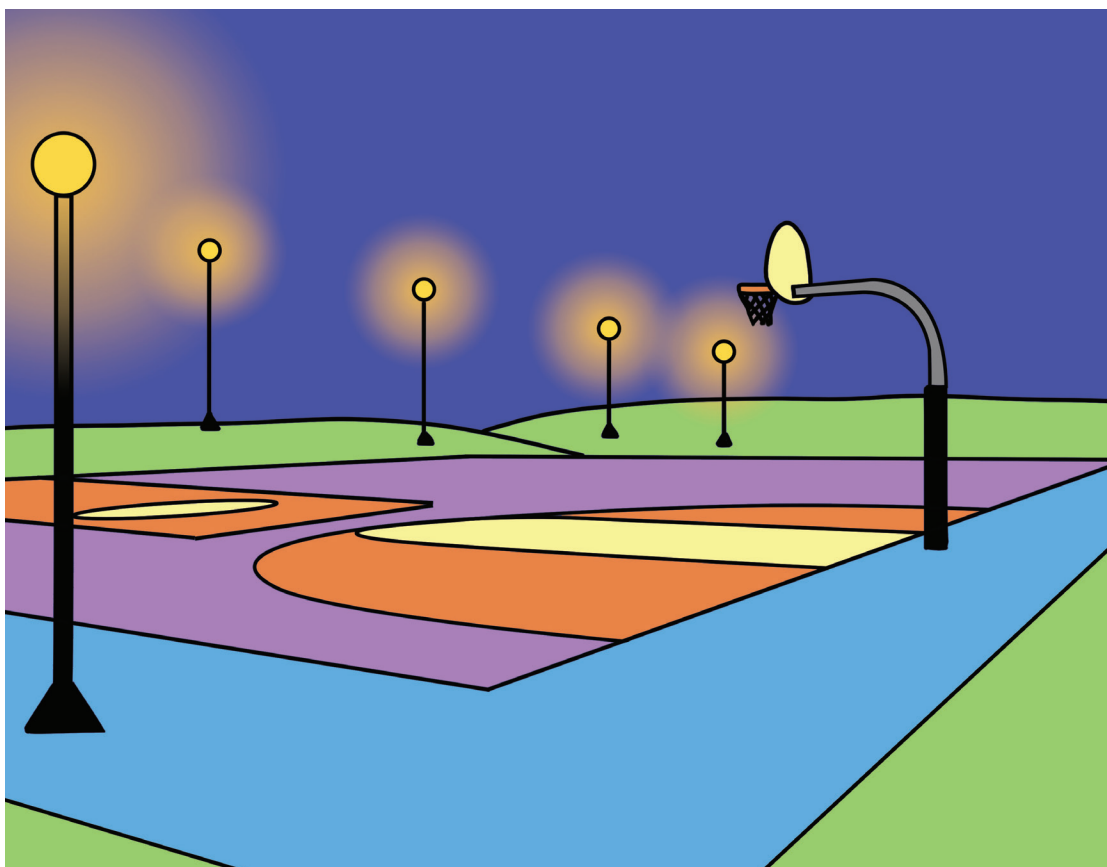




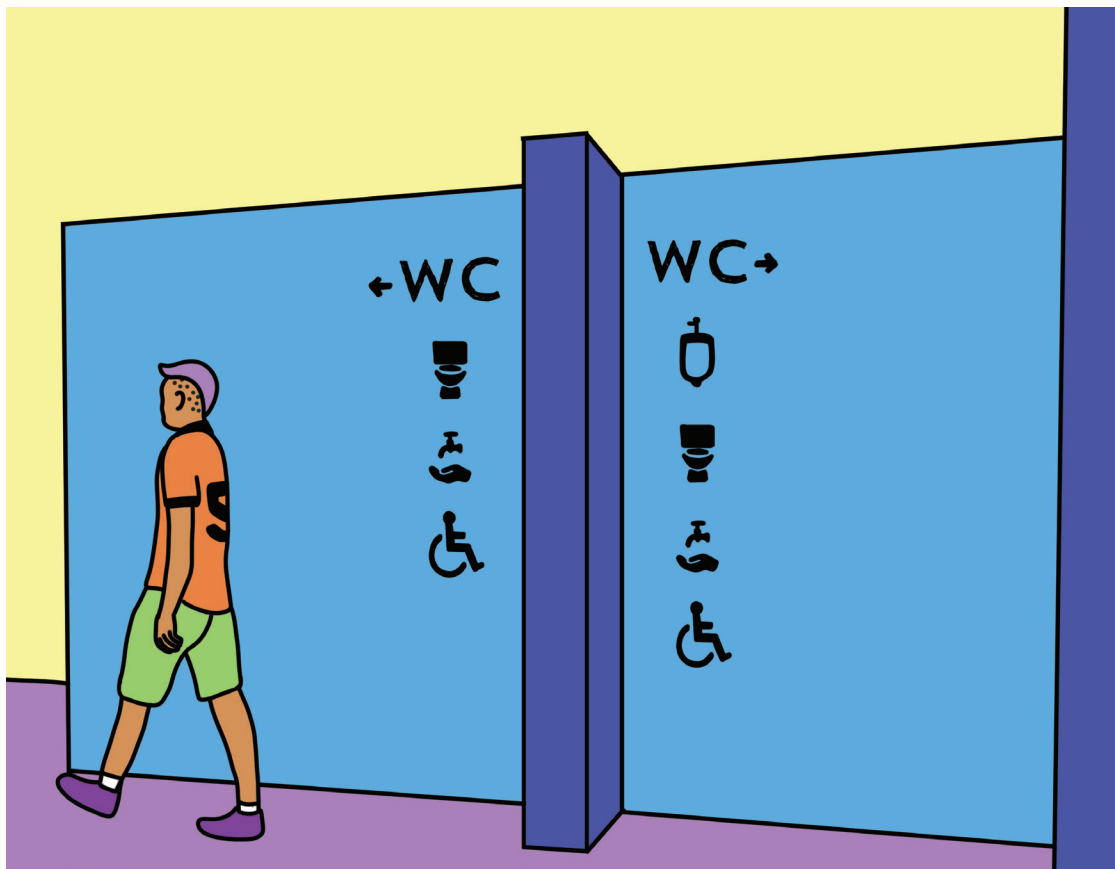
**We have a space to play without fear of physical harassment (pushing, hitting, shoving)**



**We have a private and safe space  
to change clothes**



**Our play areas are well-lit so we  
can also play after dark**



**There are toilets for all participants  
to use safely and comfortably**





**Coaches do not resort to physical abuse  
for disciplinary reasons (hitting, slapping,  
punishment with excessive exercise)**

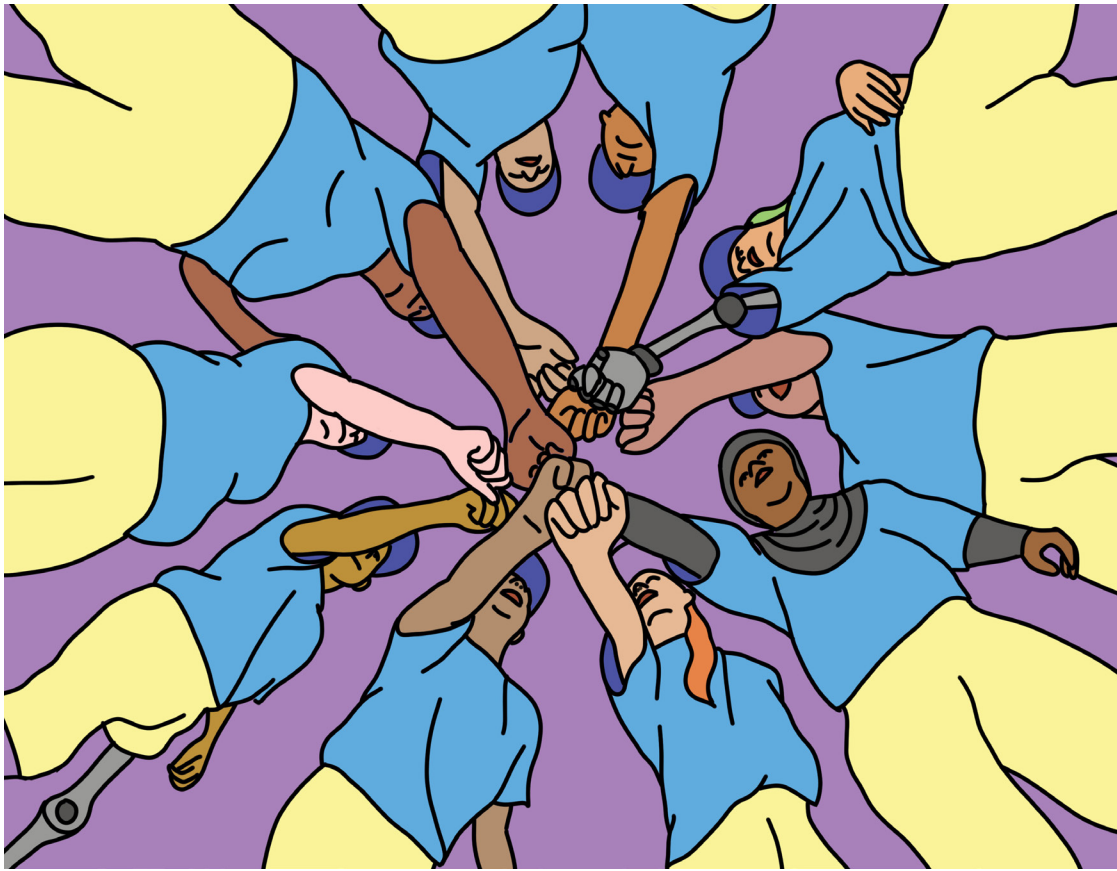


**We are free from physical contact  
that makes us uncomfortable**



**Our injuries are taken seriously and our recovery is supported by our team and coach**





**No one is left out of sports because of their gender, race or ethnicity, religion, financial status, disability, sexual orientation, or mental health issue.**



**No one is left out of sports  
because of a lack of skill**



**We are allowed to play in  
culturally acceptable attire**



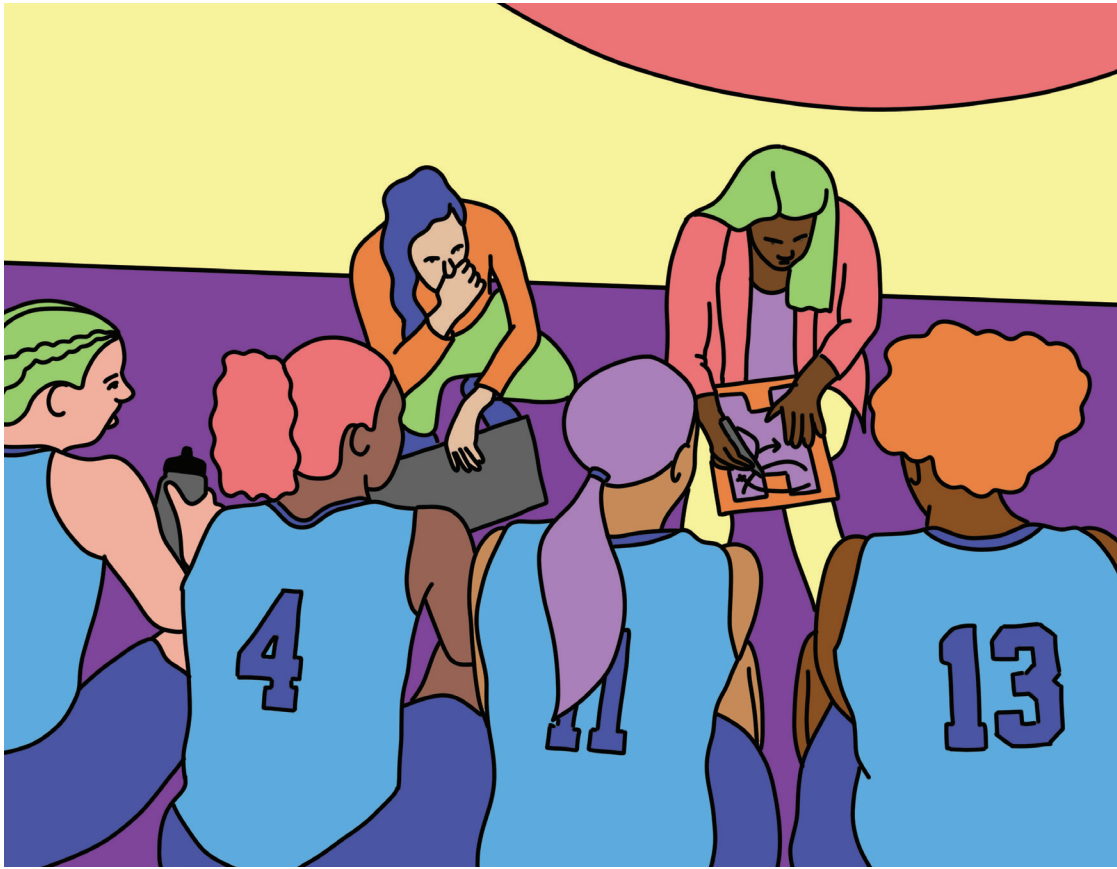
**Everyone has a uniform/gear  
that fits their body size**



**We are allowed to communicate about sensitive topics in our native language**



**Our personal pronouns are respected  
and used correctly**



**We have women coaches**



**We have access to sanitary napkins or other menstrual products, and a private place to dispose of them.**





**Our right to play sport is clearly valued,  
respected, and prioritised by the organisation**



**Boys and men embrace and support our right to play sports (e.g. cheer us on, believe in our abilities, encourage us to play)**