

# Keep Sport

**HEALTHY, SAFE & FUN!**

As a general rule, harassment can be considered a comment, conduct, or gesture directed toward an individual or group which is insulting, intimidating, humiliating, malicious, degrading or offensive.

If you're a **PARTICIPANT**, you can help prevent harassment.



✓ **Trust your instincts.** If someone's behaviour is making you feel uncomfortable or threatened, don't ignore it. You have the right to be treated respectfully. There is something that can be done.

✓ **Get support by talking to someone you trust** - a parent, friend, coach, manager or another athlete.

✓ **Know what your options are in terms of dealing with harassment** - who to talk to, what you can expect from the process.

✓ **Understand what harassment is** and the impact it can have on yourself as well as others around you.



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