

## Welcome to January's Safeguarding News!

What is regulated activity?



regulated activity'

is:- Unsupervised teaching, training, instruction, care for, treatment or supervision of young people, which is carried out once a week, or more than 4 times in a 30 day period, or overnight.

In light of recent historical safeguarding cases in sport, it is important to check your club's safeguarding practices are all in place and ensure all club Members and associates understand the safeguarding arrangements.

To help you, below is a reminder of five essential actions you should ensure are implemented and kept current:

- **All club Members to understand how to report a Concern**, click [here](#), and don't forget to put the [flow chart](#) up in your clubhouse. **New!** We now have guidance on reporting historical concerns on the '[How to Report a Concern](#)' page.
- **All Club Members to have a current contact list** of the names, role and contact numbers of key club personnel eg Chair, CSO, coach and team manager
- **Check & log the number of your Local Children's Safeguarding Board**, keep it with your club's contact list
- **DBS check:** anyone in your club in regulated activity needs to have a DBS check with our umbrella company, Online Disclosures; click [here](#) to get registered, the PIN is 100212 and the password is: **Hitchin**. Click [here](#) for a list of club personnel who will need an enhanced DBS check.
- **Safeguarding Training:** ensure you and your club coaches have the relevant training, click here: [CSO Training Flow Chart](#)

## New! Kids' Codes of Conduct ...



In addition to our Codes for adults, we now have available on our website, signable Codes of Conduct for two young persons' age groups: the under 18s and the under 14s.

Click the links to download: [Codes of Conduct for under 14s](#);  
[Codes of Conduct for under 18s](#)

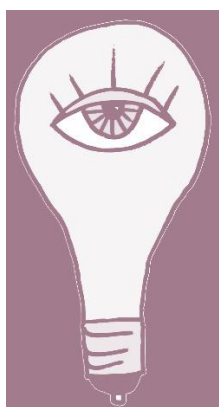
## Inclusive Clubs



Make everyone welcome at your club. As a starting point, check you have an Equality Policy, Adults at Risk Policy and Safeguarding Young People Policy.

**Transgender:** England Netball has seen a spike in enquiries regarding trans gender players, and is currently developing guidance for clubs. We will notify you when it's ready. In the meantime, this document may assist you: [Rainbow Laces Sports Toolkit](#)

## Free Training and Insight



**Time to Listen:** free to all CSOs with u18s (and only £30 for all others wishing to attend) – netball-specific safeguarding workshops. Contact your Regional Coordinator for details.

**Anti-Bullying:** For CSOs and all who work with children and young people, this free course from the Anti-Bullying Alliance will be relevant – click here. it is possible to do just some or all of the following units:

1. What is bullying?
2. Bullying and the Law
3. Bullying and SEN/disability
4. The 10 principles to reduce bullying of disabled children and those with SEN
5. Preventing bullying of disabled children and those with SEN
6. Responding to bullying of disabled children and those with SEN
7. Cyberbullying

**Cyberbullying:** Childnet's resources include three checklists for Understanding, Preventing and Responding to cyberbullying, and some useful videos to find out how easily young people can be drawn into sharing sexual images (we recommend watching Crossing the Line), check them out here: <http://www.childnet.com/resources>

**Grooming:** allow yourself 3 minutes to watch this poignant true story: <https://www.youtube.com/watch?v=WsbYHI-rZOE>

England Netball is an Associate Member of the Anti-Bullying Alliance.

## Competition Winners!



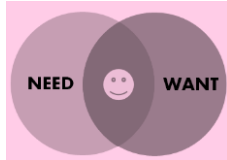
We had some fantastic entries again this year to complete our strapline: *'It's good to respect everyone in netball because ...'*

Top prize in the under 14 section went to Eliana, age 13, from the NW with *'we are one team, one family, united by passion'*.

Top prize in the under 18 section went to Ellen, age 14 from London with *'we're one family: R-Reach to those struggling; E- Encouragement; S – Support your team; P-Pivot with love; E – Enjoy; C – Congratulate and commiserate; T – Three cheers.*

Four runners up received an 'I heart netball' each.

## What young people want ... :



Here are the top 5 things that young people say they want from adults at their club:

- To have adults notice when things are troubling them
- To understand what is happening and to be listened to
- Stability – to develop trusting relationships with those helping them
- Respect – to be treated with the expectation that they are competent rather than not
- To be informed about procedures, decisions and plans

## Some further info ....



You may find these reports useful:

**Sexting:** Any issues with 'sexting' at your club? check out this briefing: <http://www.farrer.co.uk/Global/Briefings/Alert%20to%20Pupils%20-%20The%20legal%20dangers%20of%20sexting.pdf>

**Girls & Young Women:** [The Girlguiding Report](#) (for ages 7-18) is a positive resource for girls and young women's development of resilience and positive self-identity. It's great to note that the findings reveal sport as one of the key activities for promoting wellbeing ☺

## Your Feedback ..



We really value your feedback, so please do let us know if you have any queries, views, suggestions, comments or require further information.

Drop us an email at: [safeguarding@englandnetball.co.uk](mailto:safeguarding@englandnetball.co.uk)

## Your webpages

**For all CSOs:** Please visit the CSO webpages to find all safeguarding information, guidance, policies and processes to help support you in your role! [CSO Web Pages](#)

## Ensure all members of your club understand:

## Failing to report a concern may endanger a child emotionally, physically or psychologically

To report a concern, contact the Safeguarding Department at Head Office:

Email: [besafe@englandnetball.co.uk](mailto:besafe@englandnetball.co.uk)

Tel EN LSO: 01462 428319

Any concern about young person abuse:

☆ [www.nspcc.org.uk](http://www.nspcc.org.uk); ☎: 0808 800 5000

☆ [www.safenetwork.org.uk](http://www.safenetwork.org.uk); ☎: 0800 1111

☆ [www.police.uk/contact](http://www.police.uk/contact); ☎: 101

Internet/online safety:

☆ <http://www.internetmatters.org/>

☆ <http://www.net-aware.org.uk/>

☆ [Share aware: help your child stay safe on social networks](#)

Mental Health – eating disorder:

☆ [www.youngminds.org.uk/for-children-young-people/whats-worrying-you/anorexia/factsheets](http://www.youngminds.org.uk/for-children-young-people/whats-worrying-you/anorexia/factsheets)

☆ [www.nice.org.uk/guidance/cg9/resources/cg9-eating-disorders-information-for-the-public-2](http://www.nice.org.uk/guidance/cg9/resources/cg9-eating-disorders-information-for-the-public-2)

Self-Harm:

☆ [www.youngminds.org.uk](http://www.youngminds.org.uk) ☎: 0300 123 3393

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## Useful Helplines & Links

