



YOUR RIGHTS:

- You have the right to feel safe on and offline;
- You have the right to healthy relationships and appropriate boundaries;
- You have the right not to be bullied, harassed or intimidated;
- You have the right not to feel uncomfortable or unsafe;
- You have the right not to be discriminated against because of your age, gender, gender reassignment, ethnicity, sexual orientation, marital status or civil partnership, faith, ability or disability, pregnancy and maternity.

WHAT YOU CAN DO:

- Tell an adult you trust at home, school or college or at football;
- E-mail safeguarding@TheFA.com, or speak to your Designated Safeguarding Officer;
- Contact the NSPCC for free **0800 800 5000** or Childline **0800 1111** or visit their website for more information;
- If someone is in immediate danger dial 999 to speak to the Police;
- Set up privacy settings for your online profiles;
- Report inappropriate online behaviour to CEOP.

UNDERSTANDING YOUR RIGHTS IN FOOTBALL

HELPFUL ORGS:

NSPCC: [nspcc.org.uk/what-you-can-do/report-abuse](https://www.nspcc.org.uk/what-you-can-do/report-abuse)

Childline: [childline.org.uk](https://www.childline.org.uk) Helpline: **0800 800 5000**

CEOP: [ceop.police.uk/ceop-reporting](https://www.ceop.police.uk/ceop-reporting)

ThinkUKnow: [thinkuknow.co.uk/14_plus](https://www.thinkuknow.co.uk/14_plus)

ChildNet: [childnet.com/young-people/secondary](https://www.childnet.com/young-people/secondary)

Samaritans: [samaritans.org/how-we-can-help-you](https://www.samaritans.org/how-we-can-help-you)

Helpline is open 24 hrs a day: **0116 123**

Stonewall: [stonewall.org.uk/help-advice](https://www.stonewall.org.uk/help-advice)

Stonewall Youth: [youngstonewall.org.uk](https://www.youngstonewall.org.uk)

YoungMinds: [youngminds.org.uk](https://www.youngminds.org.uk)

DisrespectNoBody: [disrespectnobody.co.uk](https://www.disrespectnobody.co.uk)