



RESEARCH FINDINGS

Supporting Safe Environments for Youth in Sports



SAFE SPORT What can parents do?

- ✓ Make informed decisions about your child's sports club and coach. For example, check for certifications, experience, and safety policies.
- ✓ Foster a supportive and encouraging sport environment by emphasizing enjoyment and personal development over winning. Avoid placing undue pressure on your child to excel in sports.
- ✓ Be mindful of your own attitudes and behaviors towards sports, as children often model their behavior after their parents.
- ✓ Communicate openly with your child about their experiences and address any concerns or issues they may have. Use the opportunity to explain constraints and potential risks associated with certain activities.



SAFE SPORT What can organizations do?

- ✓ Implement training programs for coaches and staff on Safe Sport practices.
- ✓ Establish clear boundaries and ethical guidelines within the organization to prevent the normalization of abusive practices.
- ✓ Implement educational programs for parents to reshape their understanding of acceptable coaching practices
- ✓ Foster an environment where parents feel empowered to voice concerns, ensuring coaches are accountable for their practices.
- ✓ Promote open communication and shared decision-making between parents and coaches, mitigating power imbalances.
- ✓ Collaborate with researchers and other stakeholders to continuously evaluate and improve Safe Sport initiatives within the organization.
- ✓ Develop clear policies and procedures for addressing parental concerns and complaints within the organization.



SAFE SPORT What can researchers do?

- ✓ Conduct longitudinal studies to better understand the long-term effects of parental attitudes and behaviors on children's sports participation and experiences.
- ✓ Explore the effectiveness of interventions aimed at promoting positive parental involvement in youth sports.
- ✓ Investigate the cultural and contextual factors that influence parental behaviors and attitudes towards youth sports participation.
- ✓ Examine the impact of parental stress and external pressures on children's mental health and well-being in sports settings.
- ✓ Explore the role of sport organizations and coaches in shaping parental behaviors and attitudes, and identify strategies for promoting positive interactions between parents, coaches, and athletes.