

Module 1—Introduction and Welcome

Section 1: Program Overview	
What Are Kids Saying?	Video Compilation
Why We're Here	<p>Welcome to the Respect in Sport Parent Program. We know that training for sport parents is a new approach, and we understand that taking this program may be something you question.</p> <p>You might feel it's a waste of time, that you're being told how to parent or that it's a money grab.</p> <p>That's not it at all. We simply believe this program will provide you with useful tools to support your child and be a great sport parent.</p> <p>Your organization has made a commitment to keep sport fun and safe for your child. Our hope is that you're going to approach this program with an open mind, so let's get started.</p>
Being a Sport Parent	<p>From the time they're born, children fulfil their needs for safety, belonging, and self-esteem by pleasing their parents. They judge themselves, their place in the world, their self-worth, and their value through our eyes.</p> <p>Understanding the impact we have on our kids makes the role of a sport parent much more important than just getting them to practice on time!</p>
Basic Program Information	<p>Over the next hour, we're going to look at the importance of the role of a sport parent and the impact we can have on our children.</p> <p>At the end of each section, you can click Close or Continue. If you decide to close the program and take a break, we'll remember where you stopped so you can pick up where you left off, and there's no requirement to complete the program in one sitting.</p>
Handouts	<p>We've compiled some great handouts and resources available through the Handouts button, and your child's sport organization may have provided some as well. You'll see many opportunities throughout the program to access Handouts.</p> <p>Now, if you're ready, let's begin.</p>

Module 2—Keeping Sport Fun

Section 1: Setting Reasonable Expectations	
Impact Statement: Loving Sport Again	<p>So here I am, 32-years of age and I hate sports. My dad had these big dreams of me being a jock and an athlete. He pushed me so hard that by the time I was 12 I quit. Completely. It's hard for me to believe, let alone say out loud, but he's treated me like a failure ever since!</p>
Our Role As Sport Parents	<p>Most of us approach our children's sports with the best intentions. We love seeing them play!</p> <p>Sometimes though, our enthusiasm and expectations can create an environment where kids struggle to succeed or even feel successful.</p> <p>We have to remember it's the kids participating in the activity and ask them what they consider success. Then we can ask ourselves, "How do I support their goals in sport?"</p> <p>But we also have to be careful our support and encouragement doesn't put pressure on our parent/child relationship or hinder their development.</p> <p>The truth is that when we let our support negatively impact our kids we may cross the line into emotional abuse.</p>
What is Emotional Abuse?	<p>The unfortunate reality is that emotional abuse happens fairly regularly in kid's sport, and the effects can be lasting and turn children off sport altogether.</p> <p>What does emotional abuse look like?</p> <ul style="list-style-type: none"> • Ignoring your child's feelings and needs, or rejecting them for who they are • Using anger or demoralizing statements to get them to behave as you would like, or punishing them for not winning, and • Using them or their accomplishments to fulfil your needs.
5 Parent Behaviours that Negatively Affect Kids	<p>We know how we behave is important, but it's easy to get wrapped up in our kids and their activities. Cal Botterill and Tom Patrick, from the University of Winnipeg and authors of A Guide for Sport Parents, identified five common behaviours sport parents use that negatively impact a child's feeling of success.</p> <p>They are</p> <ul style="list-style-type: none"> • Using guilt • Misplaced enthusiasm • Living through your child • Making the bigs, and • Losing perspective

<p>Change to Kids Under Pressure</p>	<p>Let's look at these behaviours and the effect they have. Drag a block over and set it on the young athlete's shoulders. Keep adding blocks to uncover more details and information, and see the pressure our behaviours have on our kids.</p> <p>Using Guilt: I spend my time and my hard earned money so you can compete, and that's the best you can do?!</p> <p>Misplaced Enthusiasm: Get out there and don't let me down! Remember winning isn't everything, it's the only thing!!</p> <p>Living Through Your Child: I would have made it big if I hadn't been injured, so now you need to get the job done!</p> <p>Making the Bigs: The next Olympics are yours for the taking, but you're going to have to work for it and I'm here to keep you focused</p> <p>Losing Perspective: If you hang out with your loser friends, you're never gonna make it!</p> <p>You can read more about maintaining perspective, by clicking on the handouts button and reading "Perspective Can make a Difference."</p>
<p>Expert Clip: Peter Jensen</p>	<p>Hi. My name's Peter Jensen. I'm a sports psychologist and I run a company called performance coaching.</p> <p>Competition can bring out the worst in some of us. We temporarily lose perspective and dramatically heighten the importance of the need or the game we are at. Good coaches really understand this.</p> <p>My wife Sandra helped me get perspective in relationship to my son in hockey. After one of our games when I was particularly disturbed at how he played, she said to me, "How did you deal with Erica when she didn't do so well at the piano recital?" And I thought about that. I dealt with her very differently than I dealt with my son. We went out, we walked around the block. We talked about how she'd done her very best and that was okay. I certainly didn't deal with my son as effectively.</p> <p>Sport can bring out the worst in us because it's a competitive environment, and we really have to self-manage. And part of self-managing is keeping an even keel and a proper perspective.</p>

Module 3—Don't Let Bad Behaviour Spread

Section 1: Expectations	
<p>How Negative Behaviour Affects Everyone</p>	<p>When we have and set unrealistic expectations of our kids they can struggle to succeed and when they are struggling we often turn our negative feelings and behaviour on others in the sport community, including coaches, referees, judges and officials, other parents, and even our child's teammates.</p> <p>While we may think we're trying to help or encourage our kids, the truth is this behaviour is always unacceptable, and can make it much harder for our kids to have a positive sport experience.</p>
<p>Vignette: The Car Ride Home</p>	<p>After picking up her 15-year old son from basketball practice, Jamila's excited:</p> <p>"Ali! You'll never guess what! I have the biggest surprise! I enrolled you in the Basketball Academy!</p> <p>I know you think you don't want to go, but you could be a really good player if you stopped being a mama's boy and learned how to kick ass! You might even get a scholarship out of it!</p> <p>Don't look so miserable! You'll make new friends and this is a great opportunity!"</p>
<p>Question</p>	<p>Many times during the car ride, the things we say to our kids aren't what they hear. Jamila's excited about this opportunity for Ali. But what's really shaping her decision to enroll him when he doesn't want to attend?</p> <ul style="list-style-type: none"> • Misplaced enthusiasm, losing perspective, and guilt? • Losing perspective and living through her child? • Misplaced enthusiasm, losing perspective, and making the bigs? • Guilt and making the bigs?

<p>Responses to Question</p>	<p>Choice of Misplaced enthusiasm, losing perspective, and guilt: Good try, but not quite. Jamila is definitely acting out of misplaced enthusiasm and seems to have lost perspective, but she isn't using guilt. Try again.</p> <p>Choice of Losing perspective and living though her child: No, not quite. It looks as though Jamila has lost perspective about what's good for Ali, but she doesn't appear to be trying to live through him. Try again.</p> <p>Choice of Misplaced enthusiasm, losing perspective, and making the bigs: Exactly! Jamila is acting out of misplaced enthusiasm and her excitement over the thought that Ali might make the bigs, and she's lost perspective! Good answer We heard what Jamila said, but what did Ali hear? "I don't care whether you want to go or not! You have no choice! Basketball isn't about fun, it's about being good enough to get a scholarship or go pro, so stop being a baby and toughen up! Once you do this, I'll be proud of you!"</p> <p>Choice of Guilt and making the bigs: No, not quite. It seems like Jamila is excited and making her decision based on the idea that Ali might make the bigs, but she's not using guilt. Try again.</p>
<p>Being a Positive Sport Parent</p>	<p>Being a sport parent can be challenging: the early mornings, the cost of equipment, the heartbreak when they lose, but it's also enormously rewarding. For tips and ideas on how to be a positive sport parent, check out "Be a Positive Participant in your Child's Athletics" in the Handouts section of the program.</p>

Module 3—Don't Let Bad Behaviour Spread

Section 2: The Car Ride	
Vignette: Ping and Chen	<p>It's her final rotation and her best event, but Ping crashes on her vault getting her worst score ever. On the drive home her dad Chen says,</p> <p>“What’s the matter Ping, you were brutal out there today. What’s going on? You looked like you weren’t even trying!”</p> <p>Turning to look out the window, Ping answers,</p> <p>“I dunno Dad...I guess I was tired.”</p> <p>Chen yells,</p> <p>“Tired!!! Losing isn’t an option! Do you have any idea how much money we’ve spent on you?! Fees, private coaching, physio, travelling to meets?! Not to mention the hundreds of hours I’ve spent driving all over the country and hanging around musty gym clubs, and all you can say is I’m tired?!”</p> <p>Ping bows her head.</p> <p>“I’m sorry.”</p>
Question	<p>So time for another question. How does Chen respond to Ping’s vault score and what he sees as her lack of effort?</p> <ul style="list-style-type: none"> • Misplaced enthusiasm and making the bigs? • Guilt and misplaced enthusiasm? • Living through his daughter and misplaced enthusiasm? • Or, is Chen living through his daughter?
Responses to Question	<p>Choice of Misplaced Enthusiasm and Making the Bigs: Good try, but not quite. Chen is acting out of misplaced enthusiasm by saying losing isn’t an option, but he isn’t focused on her making the bigs, so try again.</p> <p>Choice of Guilt and Misplaced Enthusiasm: Exactly! Chen is using guilt about everything he does for Ping as well as applying misplaced enthusiasm by insisting on extra training sessions and by telling her losing isn’t an option. Now let’s see how Chen should have handled this situation.</p> <p>Choice of Living through his daughter and Misplaced Enthusiasm: No, not quite. Chen isn’t trying to live through Ping’s success in the gym but he’s certainly applying misplaced enthusiasm by keeping her training long hours and telling her losing isn’t an option</p> <p>Choice of Living through his daughter: No. Chen doesn’t seem to be trying to realize his own dreams through Ping. Try again.</p>

<p>Ping and Chen Continued</p>	<p>On the drive home Chen said, “Hey kiddo, you OK? That wasn’t your best vault today.”</p> <p>Ping replies, “It was brutal...I think I’m tired.”</p> <p>“Well,”</p> <p>Chen says, “Let’s try to figure out why you’re tired. But no matter what, I always love watching you compete. Now what’dya say to an ice cream?”</p>
<p>Expert Clip: Katherine Tamminen</p>	<p>My name is Katherine Tamminen and I am a researcher in the Faculty of Kinesiology and Physical Education at the University of Toronto. I study young athletes’ experiences in sport and the influence of parents and coaches. One study we recently conducted was about the ‘car ride home’ from games and practices. One of the first things we heard was that the car ride home was a good opportunity for parents and kids to talk about sport, but that it could also be a stressful experience for some athletes.</p> <p>Young people generally liked talking about their games and performances with their parents, yet they reported that there were times they felt pressure to explain why they didn’t perform well or why their team lost. These conversations made them feel sad, angry, or ashamed of their performance.</p> <p>Parents said they tried to provide feedback that they thought was helpful to their children, but it turns out that sometimes this feedback made kids feel even worse about their performances. In other words, parents’ good intentions and desire to provide feedback about their child’s performance, can sometimes end up hurting, not helping.</p> <p>So, take a step back and reflect on whether the ‘car ride’ conversations are contributing to a positive sport experience, or if they’re creating stress.</p> <p>Have a conversation with your child and ask, “What are the parts of our conversation that you like on the car ride home?” and “What kind of conversation would you like to have?”</p> <p>Every family is different and parents are the best judge of what’s appropriate for their own situation, but I encourage you to have open conversations about the car ride home and promote an open dialogue that reduces pressure between yourself and your child.</p> <p>The car ride home can be a valuable opportunity for parents and athletes to talk about their sport experiences. Just remember, the way you frame the conversation and deliver feedback to your child has a strong impact on how they feel about their performance, their motivation, and their enjoyment of the sport.</p>

<p>Why Kids Quit Sport</p>	<p>Kids just want to play, be with their friends, and have fun. In their publication Straight Talk about Children and Sport, the Coaching Association of Canada says that fun is the pivotal reason kids 10- to 18-years of age participate in sport!</p> <p>The troubling thing is that by the time they reach 13 years old, 70%, 7 out of ten kids will quit the sport they love.</p> <p>And according to research on girls in sport, for every one of the boys that quit, 6 girls will leave sport behind.</p> <p>And the number one reason kids leave sport? It's because they say it's not fun anymore.</p>
<p>Why Aren't Kids Having Fun?</p>	<p>But why aren't kids having fun? Why do they quit? Because they fear being yelled at and criticized, because they're afraid of making mistakes, and because of an emphasis on winning.</p> <p>We think we're encouraging and supporting them by correcting them, coaching from the sidelines, and pushing them to do more or try harder, but in fact we're doing the opposite.</p>
<p>The 3 Statements We Should Make Before and After Games</p>	<p>In his Ted Talk entitled "Changing the Game in Youth Sports," former professional soccer player and coach John O'Sullivan outlines three supportive statements based in psychological research that parents should make before each game, competition, or practice:</p> <ul style="list-style-type: none"> • Have fun. • Play hard, and • I love you. <p>And the three statements we should make after a competition, game, or practice?</p> <ul style="list-style-type: none"> • Did you have fun? • I'm proud of you. • I love you.
<p>Simple, Supportive Statements</p>	<p>Those simple statements are what our kids need from us. Not coaching, or correction, or criticism. They simply need to know that we support and love them regardless of the outcome.</p>
<p>I Love Watching You Play</p>	<p>There's one more thing we can and should say to our children, and it's a phrase from award winning coach, speaker, and leader of Proactive Coaching, Coach Bruce Brown:</p> <p>I love watching you play.</p> <p>Though it may seem simple, it's a powerful statement.</p> <p>While our first instinct may be to provide feedback or "coach" our children, stop yourself and simply say: I love watching you play. The results for you and for them will be immeasurable.</p>

Module 3—Don't Let Bad Behaviour Spread

Section 3: Coaches	
Appreciating Coaches	<p>There are others who are critical to our children's success in sport and we need to recognize them.</p> <p>Coaches are often committed volunteers who invest huge amounts of time, energy, and passion to coach our kids. Much more time and energy than we ever see, like completing sport-specific training programs and undergoing police checks.</p>
A Coach's Goal	<p>Coaches and parents share similar goals: we want our kids to develop skills, have fun, and learn to be good sports. But our priorities are different.</p> <p>The coach has a responsibility to the entire team and to the team outcomes. Our role is to be a positive support for our kids.</p>
The 24 Hour Rule	<p>It's normal to disagree with a coach's decision from time to time. But when we want to confront a coach we need to press pause and think before we let our emotions take over.</p> <p>The basic rule of thumb for talking to the coach when we're feeling angry or emotional:</p> <p>Employ the 24-hour rule.</p> <p>If something is bothering you, wait 24 hours. It gives you time to reflect and put your thoughts and feelings into perspective.</p>

<p>Vignette: Gaetan and Brigitte with Coach Adam</p>	<p>Gaetan loves soccer. He played at an elite level through high school. His daughter, Brigitte, is following in his footsteps and is the leading scorer for the Girls Under 12 “Selects.”</p> <p>After she scored her second goal her coach, Adam, pulled Brigitte off the field to give another player their chance to play. During the last 10 minutes of the game the Selects give up two goals and lose 4-3.</p> <p>Gaetan, runs over to Adam and screams, “Are you for real? You pull the best player on the team, and we get crushed in the last 10 minutes?! What’s the deal?! Are you trying to lose?!”</p> <p>A little taken aback and shaken, Adam replies, “Um...It’s okay to lose, ya know. We had a good game and everybody got a chance to play.”</p> <p>“You’re an idiot! You shouldn’t be coaching! You don’t know what you’re doing!” screams Gaetan. Brigitte, who is quietly crying, interrupts. “Dad! Can we just go? Please?!”</p>
<p>Question</p>	<p>Okay, time for another question.</p> <p>Which behaviours are shaping how Gaetan deals with Brigitte’s coach Adam?</p> <p>Misplaced enthusiasm and living through his daughter? Misplaced enthusiasm, making the bigs, and guilt? Making the bigs and losing perspective? Guilt and making the bigs?</p>
<p>Responses to Question</p>	<p>Choice of Misplaced Enthusiasm and living through his daughter: Exactly! Gaetan reacts angrily towards Adam out of misplaced enthusiasm. His passion for the game has him acting out abusively towards Adam. He embarrasses Brigitte which could make her anxious about him attending her games. Gaetan’s anger also seems to be compounded by trying to fulfill his dream of playing high level soccer through Brigitte. Let’s see how he should have handled this situation.</p> <p>Choice of Misplaced Enthusiasm, Making the bigs, and guilt: Good try, but not quite. Gaetan is definitely acting out of misplaced enthusiasm, but he isn’t using guilt. Though it seems like he might be motivated by Brigitte making the bigs, he’s more focused on his own soccer experience than hers. Try again.</p> <p>Choice of Making the bigs and losing perspective: No, not quite. Though it seems like he might be motivated by Brigitte making the bigs, Gaetan is more focused on his own soccer experience than hers, and while he is angry, he is not angry at Brigitte for the loss, so it’s not losing perspective. Try again.</p> <p>Choice of Guilt and making the bigs: No. Gaetan isn’t making Brigitte feel guilty about the loss or her contribution to the team, and he seems more focused on his own soccer experience than hers. Try again.</p>

<p>Vignette: Gaetan and Brigitte with Coach Adam Continued</p>	<p>By the time the last whistle blows Gaetan is furious! How could Adam pull out their best player in the last 10 minutes of a game! But as Brigitte approaches looking defeated, Gaetan checks his anger. “Great game Brigitte. I’m really proud of you! Ready to go?”</p> <p>The next day Gaetan is still frustrated so he calls Adam. “Hi Adam, its Gaetan. I was confused about why you pulled Brigitte yesterday. She’s your best player and we got beat without her on the field.” “Well Gaetan,” replies Adam, “there’s no doubt that Brigitte is one of our more talented players but my philosophy is that equal playing time for all players is more important than winning.</p> <p>I shared my philosophy in the parent meeting at the start of the season, but I think you were away. I should have made a point of talking to you about it.</p> <p>At this stage...the girls are still young...they can’t improve unless they get a chance to play. There’s lots of time for competitive leagues soon enough.”</p> <p>Gaetan is quiet for a second. He’s still not happy, but this isn’t about him and he did miss the team meeting. “Okay Adam. I’m not sure I’m behind this approach 100%, but Brigitte is thriving and having fun. Thanks for taking the time to explain it. See you at practice.”</p>
<p>A Little Positive Feedback</p>	<p>Coaching is a challenging job, often because coaches hear so much criticism. So it’s motivating to hear positive feedback from parents once in a while, and positive communication builds and solidifies trust! Take the time to tell your coach how much you appreciate everything they’re doing for your child.</p>

Module 3—Don't Let Bad Behaviour Spread

Section 4: Parents and Teammates	
Expert Clip: Barbra Millar	<p>Hi! My name is Barbra Millar, and I'm a sport parent. Our son played hockey for years and when your child plays sports it isn't just them out there on the ice or field. Minor sports become an important part of life for everyone in the family.</p> <p>Like most parents, I've spent countless hours in arenas, driving to practices and games at all hours, and we loved it! Challenges and all, we wouldn't change much. I want to tell you about one incident in my life as a sport parent. I was at a game, in the stands, with some friends and other parents cheering on our team. One dad, sitting in front of me, was getting very frustrated and angry. He started to yell and scream at the kids, the ref, and the coaches. As the game went on he got more and more aggressive and angry. I began to feel uncomfortable, and so did the parents I was sitting with. I knew this wasn't acceptable behaviour, and I knew I did have to do something.</p> <p>Though my heart was racing and I was scared, even shaking a little, I tapped him on the shoulder and said, "Excuse me, how you're behaving is making us uncomfortable."</p> <p>His reaction was a relief: he just got up and walked away. He didn't say anything, or acknowledge that he was getting out of control. I don't think he even realized what he was doing or how he was making people feel, but after that one short sentence, he didn't act out or get out of control at any other game for the rest of the season.</p> <p>Confronting that dad was hard, and I was nervous, but I knew I couldn't be a bystander anymore. Standing up for something you believe in is a worthy thing. If I can do it, so can you!</p>
Respectful Communication	<p>How we communicate with other parents sets the tone for overall team communication and allows us to demonstrate open and positive communications to our kids. If we expect our children to be respectful, they have to see us behaving that way first.</p>
Step Up and Step In	<p>Being a role model requires something more though. It requires that, like Barb Miller, we stop being bystanders, and step up and step in when we see unacceptable behaviour happening. As difficult as it is, it's our collective responsibility to intervene. Too many times, good parents stand by and watch as other parents threaten, abuse, or bully others.</p> <p>Yet, confronting someone, especially someone who seems out of control, is intimidating. It's hard to know what to do, particularly when it feels like we're putting ourselves at risk.</p>

<p>Tips for Stepping Up and Stepping In</p>	<p>So let's look at some things we can do to find the courage to step up and step in, for our kids and for ourselves:</p> <p>People who bully often believe they're speaking for the group. They don't know they've crossed the line unless someone says otherwise. Many times when you point out how others are feeling, the person doing the bullying will see the impact of their actions and stop.</p> <p>There's power in numbers. If you're witnessing out of control behaviour, chances are other parents are too. Don't approach someone alone. Take at least one other person to help diffuse the situation.</p> <p>Research shows that the best way to stop bullying behaviour is to say something calmly and respectfully. If you go in swinging and try to intimidate someone, you can worsen the situation. Remember, be cool, calm, and respectful.</p> <p>When you step up and step in to approach a bullying parent and they're unwilling to control themselves, walk away. Then bring the situation to the attention of the coach and the sport organization.</p> <p>Most of all, never put yourself in danger. If you feel at risk, get to a safe place or with other people. Leave, then call police.</p>
<p>Impact Statement: Giving Up Volleyball</p>	<p>I used to take Olivia to volleyball, every practice and every game. She loved it and I must admit, I did too. As they started playing at a higher level, they started to add optional clinics and practices. As a single parent I just couldn't do it all. Then one day, a father of one of Olivia's teammates started asking, "Where were you guys?" Then he had the nerve to say, "If she doesn't come to every practice she shouldn't be allowed to play." So, we packed it in. I think we both regret that now, knowing we let one disrespectful parent ruin her entire sport experience. I wish he could understand the impact of his actions!</p>
<p>Code of Conduct</p>	<p>Many sport organizations have a Code of Conduct for athletes, coaches, and parents that fosters respectful communication, encourages respect for the opposition and the officials, and establishes zero tolerance for bullying or harassment. Find out if your team or organization has a Code of Conduct, and spend some time going through it with your kids. Then commit to it!</p>

<p>Vignette: Hockey Moms</p>	<p>Georgia and Freya are moms whose kids play on the same hockey team. Georgia’s son, Weston, has been playing for a number of years and Freya’s son, Dane, just joined the team. In the last period of the game, the coach calls Weston off and puts Dane out to replace him.</p> <p>“Come on, Dane!” cheers Freya. “Show ‘em what you’ve got!”</p> <p>Dane takes a pass and fires a weak shot that goes way wide of the net.</p> <p>“Seriously?!” shouts Georgia.</p> <p>Coach looks back in to the stands and says, “Georgia, now’s not the time to…”</p> <p>“To what?” yells Georgia, “Tell you how much you suck?!”</p> <p>A few people shift uncomfortably in their seats, but no one says anything.</p> <p>Shaking his head, Coach looks down the bench and sees Weston bent over with his head in his hands. “Ok you guys!” Coach calls, “You’re playing great. Let’s get our heads back in the game!”</p>
<p>Question</p>	<p>So, time for another question.</p> <p>Who is responsible for confronting Georgia about her behaviour?</p> <ul style="list-style-type: none"> • The Coach. • The Ref. • Dane’s mom, Freya • Every Adult.
<p>Responses to Question</p>	<p>Choice of the Ref: No. Though the Ref has the right to eject spectators who are behaving abusively, there are others who could and should step up and step in. Try again.</p> <p>Choice of the Coach: No. Though Georgia is directing many of her bullying comments towards the coach, the responsibility is not his alone. There are others who should step up and step in. Try again.</p> <p>Choice of Freya: Good try, but not quite. Even though Georgia targets Dane, Freya’s not the only one responsible to step up and step in. Try again.</p> <p>Choice of Every adult: Right! The responsibility to step up and step in and stop the bullying behaviour falls to every adult and every parent. Now let’s see what should have happened.</p>

<p>Vignette: Hockey Moms Continued</p>	<p>“Seriously?!” shouts Georgia.</p> <p>Just then Marco’s mom stands up, “Whoa, take it easy, Georgia. He missed one shot. Big deal! Which of our kids hasn’t missed a shot? Give them a break. Coach is volunteering his time, plus he’s trying to give everyone equal time on the ice. Let’s get back to the game.”</p> <p>Georgia looks around at all the other parents, then notices Weston hiding his face. She sits down without saying a word.</p>
<p>Interacting with Teammates</p>	<p>And for our final note in this section, let’s discuss teammates. There’s only one way we should ever be interacting with our children’s teammates, and that’s with positive support and congratulations.</p> <p>There’s never a time when it’s okay to coach from the stands, shout at, or humiliate any young athlete, even if we think they’re making mistakes or risking the game.</p> <p>Let the Coach coach and let the kids play!</p>

Module 3—Don't Let Bad Behaviour Spread

Section 5: Referees, Officials, and Judges	
<p>Expert Clip: Terry Gregson</p>	<p>Hello, I'm Terry Gregson. I've been involved in officiating for 48 years, 37 of those years with the National Hockey League. I got into officiating because I loved the game, wanted to stay connected, and make a positive contribution to our young people and the community at large.</p> <p>Those of us involved in officiating, be it referees, judges, linesmen, or umpires just want to make their sport better and keep it safe and fair for all participants. This is easier said than done, think about it, we upset 50% of those watching every time we make a call. So, just a few calls into an event and it's likely that our decision-making will be challenged and, as competition escalates, so too can emotions.</p> <p>We see those outbursts all too often, sometimes on TV watching a professional event or on YouTube, captured from the stands at the local high school basketball game. Some of these situations even result in serious physical violence. Frankly, I don't get it!</p> <p>Young officials, of all sports, often leave the job in their very first year due to abusive parent behaviour directed at them. It's a fact and one that you, as a parent can help prevent. Only a handful of parents ever get to this level so, by you and other parents intervening, we have the collective chance of stopping the behaviour before it becomes chronic or totally out of control.</p> <p>Be supportive! We are there to protect your child and the integrity of the sport. Better yet, try officiating yourself, it will give you a whole new perspective!</p> <p>Without officials no wins or losses would be recorded, the games would just be scrimmages. Officials ensure fair and safe play, as mandated by each sport organization, and by supporting us, you're demonstrating those same values in the eyes of other parents and your children. That makes a powerful statement.</p>
<p>The Challenges of Sport Officials</p>	<p>Many sports have a hard time keeping officials. Often young people who love their sport want to give back by becoming refs, officials, or judges, but quit because of the bullying and abuse they encounter.</p> <p>In a study published in the Clinical Journal of Sport Medicine, 92% of minor hockey referees say they've been victims of verbal abuse and bullying, very often by parents and spectators. Refs, officials, and judges in other minor sport often face the same kind of abuse.</p>
<p>Young Refs and Judges</p>	<p>Young refs and judges are learning and gaining experience with each game. Their role is not to favour one side over the other, but to do their best to ensure a fun and fair contest.</p> <p>We need to remember that no one's perfect, and we need to ask ourselves why we're abusing the people who are there for our kids and the sport.</p>

<p>Impact Statement: Soccer Ref</p>	<p>I started to ref soccer last year. I liked playing so I thought reffing would be a fun and I could make a few bucks. Well, I made some money, but it wasn't fun. I've never been treated like that before. Angry and downright mean parents, thinking their kids are playing on the National Team or something!</p> <p>I didn't see this side of the game when I was playing...or maybe I just didn't notice. I finished the season and quit. Life's too short to be abused every week by a bunch of out of control parents. I don't know why anyone would want to ref.</p>
---	--

Module 4—Keeping Kids Safe

Section 1: Safe Environments	
<p>Creating Safe Environments</p>	<p>Sport is much more than learning skills. It's about learning to work with others, develop physical and mental strength, and learn the lessons of good sportsmanship.</p> <p>Creating a safe environment is everyone's responsibility. From the philosophy and approach of our organization, to the leadership of coaches, and the role modeling we do as parents: all of these things help shape the culture of sport and that culture ultimately shapes our kid's experiences.</p>
<p>Being Inclusive</p>	<p>One of the key features of a safe emotional environment is a place that is inclusive of all kids regardless of their shape, size, ability, or needs.</p> <p>Our children are going to play on teams or compete against all kinds of different kids. Some will be shy, some tough, some funny, some with disabilities, and all from diverse backgrounds. As sport parents we have to demonstrate that being inclusive is important.</p>
<p>Tips for Creating Safe – Inclusive Environments</p>	<p>So let's look at some more ways we can help create a safe emotional environment:</p> <ul style="list-style-type: none"> • Support your kids in thinking critically and teach them to question adults respectfully. When we say, "Do what your coach says," we undermine our children's ability to trust their instincts about what's safe and appropriate for them. • Encourage your children to say no to any situation that makes them feel uncomfortable and encourage them to talk to an adult they trust, even if that person isn't you. • Take some time and review your organization's safety guidelines for road trips and billeting situations. • Talk to your kids about understanding their boundaries: physically, sexually, and socially, and help them recognize appropriate and inappropriate behaviours from adults. • Encourage your children to talk about bullying incidents that they experience or witness. Let them know that talking about bullying is not tattling! • Create an "Emergency Plan" with your children. Talk about what kinds of situations are an emergency, who they should call, and where they can find help in or near the sports facility. • Never allow yourself to be manipulated, bullied or threatened by people you believe have power over your child and their advancement in sport. Remember you are your child's first line of defense!

<p>Expert Clip: Sheldon Kennedy</p>	<p>Hi, My name is Sheldon Kennedy. I played 8 years in the NHL but you may know me for the work I've been doing, for the last 20 years, to prevent child abuse. I can tell you, when I came forward in 1996 with my story of years of abuse by my junior hockey coach it shocked the sport world and society in general.</p> <p>Today, it's not a shock. We're dealing with abuse in a much more proactive and efficient way. Our best defense is prevention through programs like this. And, like, at the Sheldon Kennedy Child Advocacy Centre which provides a central place for agencies like police, social workers and doctors to work together to minimize the trauma of abuse. I have also learned how important our role is as parents. They call us guardians for a reason. My advice to parents is critical yet simple:</p> <p>Coaches, sometimes just by the virtue of their title alone, have enormous power over our kids. Don't let them use that power to convince you that they are better positioned to manage or control your child's life.</p> <p>You may think that your child has a better chance of "making it" if you succumb to a dominant coach. This is not the case. Talent rises to the top and you need to be there to ensure your child's safety is first and foremost. If the coach spends excessive one-on-one time with your child, gives them gifts, take them on trips without you, or shows them special treatment it's a red flag that something inappropriate may be happening!</p> <p>Talk openly with your kids about "safe zones:" physical, sexual, and psychological. If you talk about it, you've taken away the fear and opened the opportunity for them to feel comfortable and safe to talk to you.</p> <p>My mission in life is to make sure that other kids don't go through what I did. If I had known what to say and felt comfortable saying it, and if my parents had been trained on what to look for, things would have been different for me too!</p>
<p>Participant Information Sheet</p>	<p>There's one more way we can help coaches create a safe, inclusive environment for our kids.</p> <p>A participant information sheet allows us to give the coach details about our child, like any special needs or requirements they have in order to fully participate. This enables the coach to support our children appropriately. The more details we provide, the better.</p> <p>We've provided a form you can print if your organization has not provided one. Just fill it out and give it to the coach. You'll find it in the Handouts section.</p>

Module 4—Keeping Kids Safe

Section 2: Physical Wellness	
<p>Impact Statement: Injured Playing Ringette</p>	<p>I was 9 when I started playing ringette and I was hooked after my first game. I got my first real injury when I was 17. It happened during an intense practice right before playoffs. I don't even know how it happened. Apparently I collided with Camilla and I went down hard. The next thing I remember my dad and coach were crouched over me.</p> <p>I tried to get up and get back to practice but my dad said, "No! I was done for the day." Coach agreed. It turned out I had a concussion that took me weeks to recover from.</p> <p>Looking back now, I'm glad my dad took control that day. I would have gotten up and kept practicing! With a head injury!</p>
<p>Physical and Psychological Growth</p>	<p>Part of what makes sport so engaging and fun is that kids get to test and push themselves and feel proud of the skills they've learned and mastered.</p> <p>As parents, we want them to succeed and flourish, but often in the sport environment we compare them to their teammates or their opponents.</p> <p>We need to remember that every young person develops differently and at different times. No two young people, even siblings, will mature physically or psychologically in the same way. Most kids will experience plateaus in their growth and abilities and have growth spurts which affect their coordination, strength, and skill.</p>
<p>Early and Late Bloomers</p>	<p>There are some parents who feel like they have to find a way to give their child an advantage, regardless of their stage of development. But we should never try to compensate for early or late development by insisting our kids over-eat or over-train to "bulk up" and we must never allow anyone to push supplements, steroids, or protein mixtures on our kids.</p> <p>It's true that the kids who are biggest and most coordinated often get more playing time and more attention from coaches, but this is misguided.</p> <p>Many late bloomers have athletic talent that becomes apparent as they get older. The trouble is that late bloomers can feel overlooked and believe they lack abilities. The result is they quit, and can go through their lives feeling like sport just isn't for them, and that's a shame.</p>
<p>Long Term Athlete/Player Development</p>	<p>Recognizing your children's growth is important. When kids learn how to move and use their bodies they are developing what's known as physical literacy. These are the foundational skills that build the confidence kids need to enjoy a wide range of sports and physical activities throughout their lives.</p> <p>To keep kids engaged and excited about advancing their physical literacy, many sport organizations and coaches use the Long Term Athlete Development model, or LTAD, which in some sports is called Long Term Player Development. LTAD focuses on seven stages of growth in kids from early childhood to late adulthood.</p>

LTAD/LTPD	LTAD is based on sport science but it really has one simple purpose: to get kids doing the right things at the right times under the right conditions during their development. It provides the guidelines and structure leaders and coaches need to create activities for every child based on their abilities and development rather than their age. It's important for parents to understand these concepts, so you'll find more information on LTAD and LTPD in the Handouts section.
Impact Statement: Quit Football	<p>I remember my first and only year of football, I was the smallest guy on the team and it was intimidating. It seemed like everyone else my age was huge and wanting to crush me.</p> <p>My dad just kept saying, be a man, don't back down. It wasn't fun and I started to be ashamed of my size. My parents split up that year and I went to live with my mom.</p> <p>It seemed like the perfect time to quit when I moved away from my dad, so I did. I just got back into playing again with the other guys my age and it's been great. It reminded me how much I like the game without feeling like I have to sacrifice my life!</p>

Module 4—Keeping Kids Safe

Section 3: Injury and Concussion	
<p>The Risk of Injury</p>	<p>Most of the time, sport, activities, and games are just plain fun.</p> <p>But like with everything involving kids and activity, there’s always the risk of injury which can be as simple as a bruise or in some cases much more severe.</p> <p>How we respond to injuries including when its okay for kids to return to sport, makes an enormous difference in the overall recovery of our kids.</p> <p>Keep in mind that with injuries you must leave the assessment, treatment, and return to play decision up to a medical professional.</p>
<p>Err on the Side of Caution</p>	<p>Seeing your child injured can be terrifying, but there are times when we’re so caught up in the excitement that we don’t recognize the seriousness of the injury.</p> <p>The basic rule of thumb for all injuries? Err on the side of caution. If your child is limping assume it’s a sprain. The worst that can happen if it’s not serious is they sit for a while which is far better than risking a greater injury!</p>
<p>Health and Safety is a Team Effort</p>	<p>Putting our children’s health and safety first is a team effort. During practices and games, the coach is ultimately responsible for every athlete’s safety. If the coach pulls your child because they suspect an injury, be supportive. And if you suspect your child should not be playing, take them out of the game.</p> <p>We have to put the best interest of our kids first, even when it’s difficult or uncomfortable for us and them.</p>
<p>Sudden Cardiac Death</p>	<p>There are two specific injuries we need to talk about that may affect active kids: sudden cardiac death and concussions.</p> <p>Sudden cardiac death is an unexpected death caused by loss of heart function.</p> <p>Symptoms can include:</p> <ul style="list-style-type: none"> • Fainting or seizures for any reason, especially if it happens repeatedly • Near fainting, brownouts, dizziness, or light-headedness • Extreme shortness of breath, palpitations or a racing heart, and • Extreme fatigue <p>Sudden cardiac death is serious, even for young people. You’ll find detailed information on it as well as links to the Canadian SADS Foundation and the Heart and Stroke Foundation in the Handouts section of this program.</p> <p>Now what about concussions? We’ll let an expert tell you what you need to know.</p>

<p>Expert Clip: Mark Aubry</p>	<p>Concussions are a brain injury and it is only recently that medical science has come to learn just how damaging they can be. Hi, I'm Dr. Mark Aubry and I've served as the Chief Medical Officer for both Hockey Canada and the International Ice Hockey Federation.</p> <p>A concussion is an injury where the brain impacts the inside of the skull. It may be caused by player contact, a fall, running in to the boards, or any other traumatic impact to the head, jaw, face, or even parts of the body below the neck. Medically speaking, a concussion is classified as "mild traumatic head injury."</p> <p>Trained physicians know what to look for when diagnosing a concussion, but for parents, coaches, officials, and trainers, identifying a concussion means observing participants, even after the game or practice is over. What you need to look for if a concussion is suspected is what we call an "Altered State of Consciousness" which may include symptoms and signs like headaches, dizziness, feeling dazed, or abnormal behaviour. A Concussion Information Handout is available through this program that provides greater detail on symptoms and signs, but they all indicate one thing: participants must be seen by a physician.</p> <p>Recovery from concussion is relatively simple: rest and plenty of it. Not just the body, but the brain itself. Reading, video games, and even watching TV can place cognitive stress on the brain and those activities should be limited. The brain needs a chance to heal and to do that, the mind needs to relax.</p> <p>Research also indicates that the effects of concussion may be cumulative, so while recovery from a single injury may be complete, the likelihood of full recovery from subsequent injuries may be reduced.</p> <p>In most cases, the individual recovers without further complication and when approved by a physician, the Return to Play process can begin. But a concussion is an injury to the brain; how fast the recovery, and whether or not there are long term lasting effects, may be determined by not only the severity of the injury, but also whether responsible attention was paid to the Return to Play steps.</p> <p>As for prevention, the proper equipment and respect for the rules are critical. In hockey, a No Head Contact Rule has made a difference. It is important you know the rules and regulations of your activity and ensure your organization has provided the necessary information to keep participants safe.</p> <p>When it comes to creating an injury free environment, safety awareness, playing by the rules, strong skill development, and respect are the keys so let's continue to work together to keep Canadian kids safe!</p>
<p>Helmets and Respect for the Game</p>	<p>All injuries can be unsettling, but as Dr. Aubry said, head trauma is one of the most serious.</p> <p>Today's helmets are designed to prevent skull fractures, but they won't prevent the brain from moving around inside the skull—which is what leads to concussion injuries. We can't rely on equipment to protect kids, we need to help them develop skills, as well as respect for the rules and respect for each other.</p> <p>You'll find more information on concussions, as well as a checklist of signs and symptoms in the Handouts section of the program.</p>

Module 4—Keeping Kids Safe

Section 4: Psychological Wellness	
<p>Mental and Emotional Health</p>	<p>So, now we’re going to talk about psychological wellness, which is a child’s mental and emotional health and well-being.</p> <p>And when we talk about psychological wellness we have to talk about bullying and abuse.</p> <p>Though many people still believe that bullying is part of growing up, the fact is the opposite is true. All forms of bullying can have serious, and sometimes life-long effects on a young persons’ mental and physical health.</p> <p>Kids who are bullied suffer more depression, anxiety, headaches, and stomach aches. They’re more likely to use drugs and alcohol, and perhaps most worrisome, young people who are bullied are at a greater risk of suicide.</p>
<p>Bullying</p>	<p>We recognize that there’s probably not much we can tell you about bullying that you don’t already know. But here is a short refresher: bullying is repeated behaviour intended to intimidate, humiliate, harm, offend, or degrade another person, and anyone of any age can use bullying behaviours.</p> <p>Our responsibility as parents is to step up and step in when we know it’s happening, and help our kids do the same.</p>
<p>Expert Clip: Glen Canning</p>	<p>My name is Glenn Canning. My daughter Rheteah Parsons, was 17 years old when she ended her life in April of 2013. Rheteah was a very popular girl in her high school, but she became a target of cyber abuse and cyberbullying that was relentless.</p> <p>Cyberbullying has exposed a deadly weakness of the lives we live online. Anyone, boy or girl, man or women, anyone, can become a target of abuse and hate. There is no safe way to ensure you won’t become a target, but there are ways we can work together to confront cyber abuse and educate ourselves about the damages it can cause.</p> <p>The world we grew up in has changed. There is no safe space not even in our homes. Once a young person becomes a target by few people the number can turn into hundreds, or even thousands, with frightening speed. For many youth, the damage is irreversible and for many young people the damage can be life ending.</p> <p>It doesn’t have to be this way. Encouraging and engaging young people is the key. They are the ones who can speak up. They’re the ones who can stop it, and refuse to remain bystanders when it counts.</p> <p>To know my daughter died alone and hurting is hard to live with. To know this happened at the hands of others hiding behind computer screens is heartbreaking.</p> <p>It helps so much when I see the work others are doing to effect change when it comes to cyber abuse. The answer is within each of us to call it out and talk about it. If it’s not okay offline it’s not okay online. Kindness saves, and so does your voice.</p> <p>Speak up!</p>

<p>The Internet has no Delete Button</p>	<p>As Glen says, as parents we have to talk to our kids and be open to them talking to us, and we have to be aware of what they're doing with technology.</p> <p>What our kids post can never be erased. Remember, "The Internet has no Delete button."</p>
<p>Sexual Bullying</p>	<p>Next is sexual bullying.</p> <p>Sexual bullying focuses on things like a person's body parts, their appearance, or their sexual orientation and includes:</p> <p>Sexualised name calling</p> <ul style="list-style-type: none"> • Unwelcome looks and comments about a person's appearance • Spreading rumours of a sexual nature • Sexual suggestions or propositions and • Displaying or sharing sexual materials
<p>Sexual Assault</p>	<p>While all forms of sexual bullying are threatening, the situation becomes much worse and much more serious when sexual bullying becomes sexual assault.</p> <p>Any unwanted sexual touching or threats of a sexual nature are sexual assault.</p> <p>The single most important thing we need to know is that any act of sexual assault must be reported to child protection authorities and police. After that the focus has to be on supporting the child.</p>
<p>Speak Up and Speak Out</p>	<p>Of course, we'll do anything to protect our children. So we need to speak up and speak out for them if we know or suspect they're being bullied or abused.</p> <p>Tell the coach, tell the organization, tell the authorities if it's warranted, and protect and advocate for your child in any bullying or abuse situation.</p> <p>Even if we believe there will be repercussions.</p>
<p>Speaking Out Even If There Are Repercussions</p>	<p>The unfortunate truth is that there are coaches, organizations, or even other parents that will punish kids whose parents make waves.</p> <p>As intimidating or difficult as that idea is, we have to put the safety of our kids first. Nothing is worth sacrificing a child's physical or mental health.</p>

<p>Impact Statement: The Synchro Team</p>	<p>My 16-year old daughter Abigail is a national synchro team member. Last year, about two weeks before their biggest meet, Abigail just stopped eating. She wouldn't give me any reason and said she just wasn't hungry. I pushed and pushed and finally after she almost fainted, she admitted that her coach told her she needed to lose 5 pounds before the competition or her spot on the team would go to a thinner alternate.</p> <p>I was furious. I went to the club president and said I wanted to file a complaint. She told me it was the coach's call to swim who she wanted at the competition.</p> <p>I had a choice to make. Let Abigail continue to starve herself and risk developing chronic eating problems, or file the complaint and know my daughter's synchro career would probably be over.</p> <p>I struggled with the decision, but ultimately I knew what was best for my daughter's health, so I made the tough choice. I filed the complaint.</p>
---	---

Module 4—Keeping Kids Safe

Section 5: The Joy and Struggles of Sport	
The Balance Kids Need	<p>To be healthy both emotionally and physically, children need balance: a balanced diet, a balance between school and play, and a balance in what they do in sport.</p> <p>Kids need more than a single sport in their lives. They need time for unstructured play, they need downtime, and time for friends, family, and school. Research and statistics show that most elite athletes participated in multiple sports and activities over the course of their lives.</p>
Check In	<p>So, we need to check in with our kids to see how they're feeling. Are they doing too much? Are they tired? Are school or friendships suffering?</p> <p>If they tell you, or you suspect that they're doing too much, talk to them and listen to their interests. Though there are times we need to push them, we also need to give our kids the space to be kids and choose their own path.</p>
The Stress of Tryouts	<p>Stress happens, and one of the most stressful times for parents and kids is tryouts.</p> <p>Not making the cut can be tough on a kid. Most kids put their heart and soul into making the team, so it's a blow when they don't, maybe even more for us sometimes.</p> <p>It's important we remind our children and ourselves that, regardless of age or level, not making the team isn't a reflection on them or us. It's simply a reflection of the team's needs at the time.</p>
Why Didn't My Child Make It?	<p>Our instinct is to wonder why one child made it and our child didn't, but that approach is destructive. Comparing our child with others often ends in our kids feeling unworthy. When you're feeling angry or disappointed or hurt for your child, employ the 24-hour rule.</p> <p>Give yourself that time to step away from the heightened emotions before you react. And remember to tell them, whether they make the team or they don't: I love watching you play.</p>
Hazing	<p>Now let's take a minute and talk about rituals used to initiate a person into a group: we're talking about hazing.</p> <p>Sometimes hazing is looked upon as harmless fun, a rite of passage, or a tradition of team bonding, but in truth, it's a form of bullying and abuse where older, more senior members of a team or group exert power over new members.</p>
Put a Stop to Hazing	<p>There are some people who still consider hazing a part of the game. However, there's never a situation where hazing is acceptable, and it cannot be condoned by anyone, especially a parent.</p> <p>As parents we're obligated to speak up if we know or suspect hazing is happening. We need to report it the same way we'd report any form of bullying or abuse: put a stop to it, inform the coach and the organization and, if necessary, contact child protection authorities or police.</p>

Module 5—Summary and Wrap-Up

Section 1: Wrap Up	
Keeping It Fun	<p>As parents we're more than just our kid's biggest cheerleaders, we're their first line of defense, their role models, and the people that love and admire them whether they win or lose.</p> <p>By taking this program you're supporting your organization's commitment to your child's safety. Maintaining balance, keeping sport safe and fun, and remembering that play is the first four letters in "playing a game" will foster a healthy child, healthy sport, and a life-long love of activity.</p>
Resources and Handouts	<p>There are many resources and links available for you to refer to or print off in the Handouts section of this program.</p> <p>Take some time and check out what's available.</p>
Top Three Take Aways	<p>We know and appreciate how much you've heard over the course of the program, so we want you to have something to take away and help keep the information that means the most to you at the forefront.</p> <p>Simply put a checkmark beside the three things that have resonated or that have had the biggest impact on you. We'll print them with your certificate at the end of the program.</p> <ul style="list-style-type: none"> • I love watching you play. • Step up and step in when you see out of control behaviour. • What our kids post can never be erased. The internet has no Delete button. • The things we say to our kids are not always the things they hear. • Helmets don't protect against concussion, respect for the rules and game do. • When you're angry or frustrated, always employ the 24-hour rule. • 7 out of 10 kids leave sport because it's no longer fun. • For every boy that quits sport, 6 girls will leave. • Let the coaches coach, and let the ref and judges do their jobs. A parent's job is to support their child, win or lose.
Congratulations	<p>You've nearly completed the Respect in Sport Parent program and we're grateful to have been able to share some important information with you.</p> <p>In just a few minutes, you'll complete a short survey and when you're finished your certificate will be available.</p> <p>Congratulations.</p>
Word From the Kids	Child Video Compilation