



Child Safe Standards GUIDE FOR TEENS

Endorsed By: Avonde Executive Committee

Date of Review: 23 November 2024

Your Contact if you have concerns: childsafety@avondecalisthenics.com.au

Date created:	24 July 2023				
Audience:	Members of Avonde Calisthenics who are aged 13-17 years of age.				
Version:	2025 V1				
Next Review	November 2025				
Purpose of Document:	Help children and young people in sport to understand: • that sport should be safe; • that it's OK to tell an adult they trust if they have any concerns; and • their own responsibilities when participating in sport.				
Actions:	• Read and understand • Encourage others to read, understand and promote the Kids Guide to children and young people and their parents. • Make available to children and young people in your organisation/sport				
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Other relevant resources (see Avonde Calisthenics College website)	• Child Safety Policy • Code of Conduct for dealing with Children & Young People • Esafety Guide • Guide for Parents • Guidelines for Physical Contact • Image use • Guidelines for Communication with Children • Guidelines for Responding and Reporting				

Child Safe Standards GUIDE FOR TEENS

Three Important Messages

The three key messages to always keep in mind are:

1. Calisthenics should be fun, safe and enjoyable.
2. You should never feel uncomfortable around others in Calisthenics, particularly adults.
3. If you don't feel safe or comfortable, it's OK to speak up. We want you to tell an adult that you trust – whether that's your Mum or Dad, guardian, coach, team manager, Club Child Safety Officer or another member of your Calisthenics club or family.

Your rights

We believe that all kids involved in our sport should:

- Feel comfortable;
- Feel safe;
- Have a right to contact your parents/guardians or others if you feel unsafe, uncomfortable or distressed at any time when you are involved in Calisthenics;
- Be provided with clear directions and given the chance to positively change your behaviour if the Calisthenics coaches, volunteers or officials believe that you have broken any rules or policies or you have misbehaved;
- NOT be subject to disciplinary action involving verbal or physical punishment, or any form of treatment that could reasonably be considered cruel, frightening, humiliating or like you are being put down; and
- Contribute suggestions or feedback about Calisthenics.

Our Commitment to you in Calisthenics

Avonde Calisthenics now has a Child Safe Code of Conduct that aims to make sure you are protected from harm. When involved in Calisthenics we want it to be enjoyable for everyone. So, we'll try to make sure that activities are suitable for your age and development and are led by qualified people.

Avonde Calisthenics commits to:

- Doing our best to make sure that you are protected from harm;
- Supervising your involvement in Calisthenics in Victoria;
- Obtaining parent/guardian permission in writing before we can:
 - take you on an excursion;

- arrange overnight stays or camps; and/or
- provide transport to another location.
- Ensuring that coach/volunteer/official-to-teens ratios are maintained.
- Trying to make sure that you are not alone with staff, coaches, volunteers or officials where they can't be seen by other adults.
- Trying to make sure that Calisthenics coaches, volunteers and/or officials stay within their role. This means that they cannot be employed for looking after you or visiting you at your home unless with the permission of your Parent/Guardian. They are not allowed to friend you on Facebook, take photos or footage of you for Instagram, YouTube, Snap Chat or other forms of social media unless they are doing this through official club communication channels with the consent of your parent/guardian.
- Communication between you and coaches, officials and volunteers in our sport must be regarding your involvement in Calisthenics unless your Parent/Guardian has given their permission for you to have contact with them at a particular time.
- Guiding teens fairly, respectfully and appropriate to their age and background.
- Reporting and responding to any incidents of abuse or neglect towards teens involved in Calisthenics.
- Where and when possible, our Avonde Calisthenics coaches, volunteers and officials wearing a uniform and/or having an appropriate name badge visible on when on duty or at training.

What to do if you have concerns:

- If at any stage you feel uncomfortable, unsafe or worried, you should let your parent/guardian or a trusted adult in Calisthenics know what has happened – they will want to support you.
- All you need to do is tell someone about what happened and they will do their best to make sure that you feel safe and protected from harm.

Responsibilities of Teens in Calisthenics

When you are involved in Calisthenics, you also have some responsibilities. These include:

- Letting a member/parent/guardian know if you are unhappy or you don't feel safe;
- Treating other participants and adults with respect;
- Following the rules when involved in Calisthenics;
- Remembering that there are others involved in Calisthenics. You are certainly free to choose your own friends. However, don't stop other teens or younger kids from enjoying and participating in Calisthenics; and
- Listening to others and respecting their opinions.