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Child Safeguarding in Sport

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Title of the practice	Sport with Boundaries for Youngsters
Country	Belgium
Organisation(s) responsible	Centre for Ethics in Sport (ICES)
Main topic addressed	Sexual harassment and abuse in sport
Type of resource/practice	Educational programmes and materials
Target group(s)	Young people aged between 12 and 18 years
Timing	2020 – ongoing
Language	Dutch
Brief description of the practice	<p>Children and young athletes are constantly discovering their own boundaries and those of others. They do this at home, at school, in youth movements but also in sport clubs, at sport camps or during sport training.</p> <p>Indicating where your boundaries lie and responding to the boundaries of another person is not always easy. Sport with Boundaries for Youngsters offers two games to help young athletes between the ages of 12 and 18 years reflect on sexual behaviour and what they think is OK, and not OK.</p>
Context and objectives	<p>The aim of the tool is:</p> <ul style="list-style-type: none">• To let young athletes consider about what they think is OK and what is not OK.• Making them reflect on how they could react to situations that they do or do not consider to be OK.• Helping them talk about individual differences and how they experience certain situations.• Find out where they can go to ask questions, report problems or complaints.
Steps/activities of the practice	<p>Boundaries for Youngsters has two games:</p> <p>1. Is it alright?</p> <p>Take the cards out of the box and put them in three piles per category (who, what, where). Have the athletes choose one card from each pile so they have a total situation in front of them. Then have them discuss in pairs whether they think this situation is OK or not OK, and why. Let them also think about how they would react to the situation.</p> <p>Get them to present the situations in pairs to the group. Each pair says why they think the situation is OK or not OK, and how they would react to it. Give the other athletes the space to express their opinions. Tell them it is often not easy to see if something is OK as it can depend on the context and previous experiences of the person. This means that everyone will think different things are OK or not OK.</p>

	<p>2. The Flag system</p> <p>Start by dividing the group into smaller groups and give each of them a number of situations.</p> <p>Have the groups divide the situations into 'OK' and 'Not OK'. Afterwards they should rank all situations from 'totally OK' to 'not OK at all'.</p> <p>Have the athletes go over their rankings and explain why they think something is (not) OK. Tell them that some of these situations are examples of sexually harmful behaviour. Ask them what they think makes a certain situation OK or not OK. Write their answers on the board and link their answers to the official criteria of the flagging system.</p> <p>Have them apply the six criteria of the flag system to some/all of these situations. This can be done in small groups or in one group by going through each situation together. As a facilitator you can use the flag system Sport with Borders.</p>
<p>Resources required</p>	<p>The facilitator must have knowledge about the flag system.</p>
<p>Achievements and outcomes</p>	<p>Sport with Boundaries for Youngsters is a game that is bought by many different sport federations and clubs. At the Centre of Ethics for Sport we organise sessions for stakeholders where we introduce the game to them.</p> <p>It is well received by many sport clubs.</p>
<p>Challenges and limitations</p>	<p>The game is best played in smaller group (e.g. 10 athletes max.) as well as in a group where the age differences do not exceed two years.</p>
<p>Follow-up ideas and future plans</p>	<p>In 2022, we will organise sessions for young elite athletes to increase their knowledge of harassment and abuse in sport.</p> <p>There are plans to develop an intervention that will not only teach them about sexual harassment but also about psychological and physical harassment and abuse.</p>
<p>Further information</p>	<p>sport_met_grenzen_op_jongerenmaat (ethischsporten.be)</p>