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## Child Safeguarding in Sport

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<b>Title of the practice</b>	<b>You Are Not Alone – Helpline (Et ole yksin)</b>
<b>Country</b>	Finland
<b>Organisation(s) responsible</b>	Väestöliitto, The Family Federation of Finland
<b>Main topic addressed</b>	The aim is to prevent and reduce bullying and experiences of sexual harassment and all kinds of violence in sports.
<b>Type of resource/practice</b>	Support systems, case management and educating the sports field.
<b>Target group(s)</b>	Children and young athletes, victims/survivors, parents / athletes' entourage, coaches, sport leaders, sport federations
<b>Timing</b>	Since October 2017
<b>Language</b>	Finnish, English
<b>Brief description of the practice</b>	You Are Not Alone - is a chat service and phone helpline for the people who have experienced or witnessed harassment, bullying or any kind of inappropriate behaviour in sports. The You Are Not Alone service also educates Finnish sport federations, sport clubs and sport club leaders about bullying and experiences of sexual harassment and all kinds of violence in sports. The service also has a wide range of materials for sport clubs and sport federations for their use (policy models, rule books for the leagues etc.).
<b>Context and objectives</b>	<p>The service was created to address the need for more knowledge about harassment, bullying and violence in the sporting community. There have been cases of harassment and violence that became public and sporting community felt they did not have enough resources and knowledge to deal with cases that arose. Also the victims of inappropriate behaviour had not received support and help.</p> <p>The service was created and developed together with seven sport federations and the Finnish Olympic Committee.</p> <p>The objectives of the service are:</p> <ol style="list-style-type: none"><li>1. Victims and survivors gain help and their wellbeing increases.</li><li>2. Young people know their rights and recognise inappropriate behaviour in their sport activity. Their parents, guardians and the people involved in sports clubs know and recognise children's and youth rights. Together they build a safe sports environment.</li><li>3. Inappropriate behaviour is recognised widely in the sporting community.</li></ol>

<b>Steps/activities of the practice</b>	<p>You Are Not Alone chat and phone helpline is open four days a week. Service educates Finnish sport federations, sports clubs and sports club leaders about bullying and experiences of sexual harassment and all kinds of violence in sport. The service also has a wide range of materials for sports clubs and sports federations for their use (policy models, rule books for the leagues etc.)</p> <p>The need for material have arisen from sport clubs and sport federations. In the first three years of the service, a group of pilot sport clubs and federations were selected. Pilot clubs and federations used the materials created. They received lectures and education about harassment and violence. Based on the feedback received from the pilot the materials and the service were further developed so they responded their needs. After completing the pilot project the service has widened among the Finnish sports community.</p>
<b>Resources required</b>	<p>The service needs at least one full time employee.</p> <p>Because the subject of the service is mentally difficult and complex it would need more human resources to ease the burden of the employees.</p> <p>For the helpline you need an online platform and phone. Materials have been created together with the Finnish sport. Co-operation is key for the materials to reach the grassroot level of the sport field.</p> <p>The annual budget is around 100 000e (minimum required budget).</p>
<b>Achievements and outcomes</b>	<p>Helpline receives 100-150 contacts per year and these people have received guidance and help. Some of the contacts are difficult and complex and every case takes a lot of time (ranging from days to weeks). Victims of harassment, violence and bullying have felt relieved to be heard and believed. Sport clubs and sport federations have increased their knowledge and education about harassment, bullying and violence in sport. They have received and created more tools and protocols for observing and intervening in inappropriate behaviour. There has been more visibility of the subject in the media and more public conversations.</p>
<b>Challenges and limitations</b>	<p>It is challenging to reach the whole sporting community especially the grassroot levels and non-competitive sport clubs due to their lack of communication resources.</p> <p>The commitment to anti-harassment and anti-bullying work varies among the different sports.</p> <p>Due to financial and human resources the number of training programmes and lectures held is limited.</p>
<b>Follow-up ideas and future plans</b>	<p>Studies indicate that members of minorities are more likely to be victims of harassment, bullying and violence. In the future years it is very important to focus on reaching minorities and educate the sporting community further.</p> <p>We hope to receive more funding so it would be possible to focus on these issues and also employ one more employee.</p>
<b>Further information</b>	<p><a href="http://vaestoliitto.fi">You are not alone -project - Väestöliitto.fi (vaestoliitto.fi)</a></p> <p><a href="http://etusivu-etoleyksin.fi">Etusivu - Et ole yksin</a></p> <p><a href="http://www.etoleyksin.fi">www.etoleyksin.fi</a></p>