



## Support Through Sport

You're brave for telling me about it

What happened is not your fault

You're not alone

I'm here for you and will support you

You've done the right thing telling me

I want to help you be safe

What happened is not okay

# I BELIEVE YOU.

It's often difficult for a teen to disclose experiences of violence or abuse. A victim (or survivor) of violence may hesitate to disclose information for several reasons including fear of being judged, believed, or not taken seriously.

Recognizing the signs that a participant may be experiencing violence, understanding your responsibilities and taking the appropriate action to support them are critical skills for helping participants in unhealthy situations.

**Coaches can learn how to prevent and address gender-based violence and teen dating violence in and through sport. Take the training at [coach.ca/SupportThroughSport](https://coach.ca/SupportThroughSport).**

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