

Kids' Guide to being Safe in Cricket

YOUR CLUB'S CONTACT FOR KIDS

Name:

Phone Number:

Three Important Messages for Kids

The three key messages to always keep in mind are:

1. Cricket should be fun, safe and enjoyable.
2. You should never feel uncomfortable around others in cricket, 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 or another member of your cricket club or family.

Your rights

We believe that all kids involved in our sport should:

- Feel comfortable;
- Feel safe;
- Be able to contact your parents, guardians or others at any time if you feel unsafe;
- Be provided with clear directions and feedback so you can change your behaviour if you have broken any rules or misbehaved.
- NOT be hurt in any way; and
- Have a say and be listened to about cricket activities.

Our Commitment to Kids in Cricket

Cricket in Victoria now has a Child Protection Commitment Statement that aims to make sure that kids are protected from harm and abuse. When involved in cricket, 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 appropriately qualified people.

Cricket in Victoria commits to:

- Doing our best to make sure that you are protected from harm;
- Looking after you when you take part in cricket in Victoria;
- Obtaining permission in writing from your parent/guardian before we can:
 - take you on an excursion;
 - arrange overnight stays or camps; and/or
 - provide transport to another location.
- Making sure there are enough appropriate adults around to look after kids at cricket.
- Trying to make sure that kids are not left alone with staff, coaches, volunteers or officials where they can't be seen by other adults – in person and online (see the Guide for Kids – eSafety Tips);

- Trying to make sure that adults in cricket only do what their role allows. 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, Tik-Tok, Snap Chat or other forms of social media. Communication between you adults in cricket must be regarding your involvement in cricket, unless your Parent/Guardian has given their permission for you to have contact with them at a particular time;
- Guiding kids fairly, respectfully and appropriate to their age and background;
- Reporting and responding to any incidents of abuse or neglect towards kids who are involved in cricket; and
- Where and when possible, our Cricket staff, volunteers and officials wearing a uniform and/or having an appropriate name badge visible only when on duty.
- Being fair and making sure everyone gets to have a turn, no matter what their background or ability.

What to do if you have concerns:

- If at any stage you feel uncomfortable, unsafe or worried, you must let someone know. This could be your parent/guardian or a trusted adult in cricket 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.
- You will not get in trouble for speaking up about something that worries you or makes you feel unsafe.

Responsibilities of Kids in Cricket

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

- Letting a trusted adult know if you are unhappy with how you are being treated or you don't feel safe;
- Treating all others with respect;
- Following the rules when involved in cricket;
- Remembering that there are others involved in cricket. You are certainly free to choose your own friends. However, don't stop other kids from enjoying and participating in cricket; and
- Listening to others and respecting their opinions.

Youth Central Online eSafety Tips for Children and Young People

Victoria Police Extract

PROTECT YOUR PRIVATE INFORMATION

Only give your mobile phone number and email address to people you can trust. Think about the information you have in your online profiles - if it includes your home address, your mobile number and a photo of you, it makes you very easy to find.

And when it comes to things like bank details or credit card numbers, you should make double-sure that you don't give that information out without thinking about the possible negative consequences first.

KEEP YOUR PASSWORDS TO YOURSELF

Never share your password - ever. Make sure your password is at least eight characters long, a mix of letters and numbers and not the name of your favourite band, pet or football team.

PHOTOS

Think twice before sending or posting a photo. A private joke can become a public embarrassment in one click. Once it's out there you can't take it back and it can travel a long way very quickly.

STRANGERS

Be aware that strangers online might not be who they say they are. Don't engage and don't share private information.

MODERATE COMMENTS

If you've got a blog or webpage on any online platform, make sure you closely watch and moderate comments. You might consider publishing a blog comment policy, so people know what's okay to discuss and why you have deleted their comments. Please note that you may be held responsible for someone else's comments if you allow them to post something that is abusive, harmful or untrue.

ARGUMENTS

If an online argument is turning into a flame war, let it go. Step away, take a few deep breaths. Think about if you would still want this post to be online tomorrow for others to read.

IS IT TIME TO ACT?

No matter how careful you are, sometimes, bad things happen. It might be time to talk to an adult or friend that you trust if you are:

- Having a friend pass on a private online conversation to someone else without your permission
- Being harassed via messages, Facebook, Twitter, email or in-game chat
- Being tricked into giving out a secret online
- Having an embarrassing picture of you posted or sent around online
- Being signed up to receive unwanted emails, like pornography, by someone else
- Having someone break into your account or steal your password
- Finding out that the person you're emailing, texting or messaging isn't the person you thought they were
- Having someone pretend to be you online
- Being entered in an online poll or contest without your knowledge
- Having someone post nasty comments on your guestbook, blog, or on a discussion board

WHAT TO DO

If you find yourself on the wrong end of some suspect, nasty, or even illegal, online activity, there are steps you can take to start sorting out your digital issues:

Let Someone Know

Tell someone you trust, like a close friend, parent or another adult.

Contact a support service such as Kids Helpline (1800 55 1800) or eSafety. Don't retaliate or reply - this only encourages the other person.

You can also access help through Victoria Legal Aid's Below the Belt Android app, which has advice about things like sexting and cyberbullying.

If the activity relates to cricket, you can speak with your Club or Association contact.

Change Your Password

If you think someone has been accessing your email or social media accounts, change your password and see if things settle down. Make sure your new password is at least eight characters long, a mix of letters and numbers and not the name of your favourite food, pet or football team.

Block or Report

If the bullying is happening via social media, you can use your account settings to block the accounts being used to bully you. If this doesn't stop the bullying, you can report the bullying to the platform you are using (i.e. Facebook or TikTok), the [eSafety Commissioner](#), your Internet Service Provider or mobile phone provider to ask for more advice.

If you are receiving threatening messages and feel in danger, you should call 000 and report it to the police. You can also report any non-urgent concerns, where you are worried but don't feel you are in immediate danger, to the police via 13 14 14.

Save The Evidence

Learn how to keep records of offending online conversations, messages and images. To do this you can print out emails and web pages or take screen captures.

HELPFUL LINKS AND RESOURCES

- [Below the Belt: Sex, Selfies & Cyberbullying](#) - A free Android app with info about laws on sex and consent, sexting and cyberbullying.
- [eSafety](#) - The Australian Government's eSafety site is designed to help empower you to be safe online.
- [ThinkUKnow](#) - Helpful site full of tips on how to stay in control on the web.
- [ehedspace](#) - ehedspace is a confidential, free and secure space where young people 12 - 25 or their family can chat, email or speak on the phone with a qualified youth mental health professional.
- [Lifeline](#) - If you or someone you know need someone to talk to, for any reason, about anything, you can call Lifeline on 13 11 14, 24 hours.
- [Kids Helpline - 1800 55 1800](#) - Kids Helpline is a free, 24-hour counselling service for young people aged 5-25 years. Counselling is offered by phone, email and over the web.
- [Tagged](#) - An Australian film about a group of high-school friends who post a rumour about a rival and spark a chain reaction that leaves no one untouched. Will these friends avoid being tagged forever?