



Read this:

You just swam your personal best in your best event! Everyone is cheering and high five-ing you, and your teammate Suzy rushes up and gives you a big celebratory hug. This has made you feel very uncomfortable.

How do you tell Suzy that you are uncomfortable with her hugging you?

>Safe Sport says: You can say, "Suzy, thanks for helping me celebrate, but I'm not comfortable with hugs."

What is consent?

>Safe Sport says: Consent is a clear, freely given, enthusiastic YES to something. When you ask someone if you can give them a hug, sit next to them at lunch, or hold their hand, you're asking for consent. If they say yes, great! If they say no, respect that.

What do you say if someone doesn't give you consent?

>Safe Sport says: Say, "I respect that." For example, Allie says, "you look sad. Can I give you a hug?" Robin says, "No, thanks." Allie says, "I respect that. What can I do to help you feel better?"

Read this:

One of the older swimmers is helping your group learn a new stroke technique. As you watch this older teammate work with the other kids in your group, you are feeling uncomfortable with the activity because the older swimming is touching the arms of the younger swimmers. As it gets closer to your turn, you are really nervous.

How do you tell the older swimmer that you are uncomfortable with the activity?

>Safe Sport says: It's important that you know that you don't have to do anything that makes you uncomfortable or unsafe. You can say, "I'm going to pass. I've been watching, and I think I got it."

Do you have to tell your coach?

>Safe Sport says: It's a good idea to tell your coach or a trusted adult if someone is making you feel uncomfortable.

Wrap It Up:

Your body is yours! If someone is making you feel uncomfortable, speak up. If someone tells you that they don't want a hug, say, "I respect that." This video shows a great way to think about consent. It is geared for younger kids, but people of all ages can learn from it: <https://www.youtube.com/watch?v=h3nhM9Ulljc>

***For Coaches: Always ask your athletes for consent before making contact for technique demonstration. ("Is it okay if I move your arms?" "Is it okay if I touch your shoulder?") If the swimmer says no, say, "I respect that" and find another way to demonstrate the technique. For more resources, visit www.usaswimming.org/protect or contact Safe Sport at safesport@usaswimming.org.**