



## Read this:

The other day your teammate told you that they're "so depressed" and "don't think I can do it anymore." They laughed it off and changed the subject, but something about how they said it makes you worried. You've also noticed your teammate acting differently lately.

## Discussion Questions:

What's going on here?

*>Safe Sport says: You don't know unless you ask, but it seems like your teammate is having a tough time lately. They could have gotten a bad grade on a test or had a fight with a friend, or there could be something more going on. It's a good thing your teammate felt comfortable enough to say something to you about it, and it's okay to ask more.*

What do you do?

*>Safe Sport says: You can ask your friend what's going on. Say, "Remember the other day when you said you were so depressed? What's going on? Can I help you?" They may not want to talk about it, but at least they know that you care and would be willing to talk about it later if they wanted.*

*>You can also tell your coach. If you're worried that they might hurt themselves, or if you think something is really wrong, it's okay to talk to your coach about it. Your coach might be able to help them get the help they need.*

What if your teammate tells you that they've been hurting themselves (cutting, for example)?

*>Safe Sport says: Let your teammate know that you care and ask if they want to talk to a professional about what they're going through. If they say yes, you can offer to help them tell someone. If they say no, ask them what you can do to help. Just because they say they don't want help doesn't mean that you need to keep it a secret. Talk to your coach or parents about the situation.*

What if your teammate denies that anything is wrong?

*>Safe Sport says: They might be okay, or there might really be something wrong. You can't force your teammate to get help. The important thing is that they know you care. Talk to your parents or coach about the situation.*

How can you help create a safe place on your team?

*>Safe Sport says: Be the type of teammate you'd like to have. Be supportive and encouraging. Take a nonjudgmental attitude toward your coaches and teammates. Cheer for your teammates and ask them how they're doing.*

## Wrap It Up:

What is your responsibility if you know a teammate is harming themselves or dealing with a serious issue?

*>Safe Sport says: You can help them get help. Talk with an adult you trust or offer to go with them to talk to an adult that they trust.*

**\*For Coaches: The National Suicide Hotline is 1-800-273-8255. You can also reach out to local school counselors to support kids who are going through a difficult time. For more resources, visit [www.usaswimming.org/protect](http://www.usaswimming.org/protect) or contact Safe Sport at [safesport@usaswimming.org](mailto:safesport@usaswimming.org).**