



# FEEL SAFE AT SWIMMING

## SAFETY

- No one can do or say things that make you feel unsafe.

## PRIVACY

- No one is allowed to touch you or take photos of your body in a way that makes you embarrassed, upset or frightened.
- No one can share information about you without permission from a person who cares for you (like your parents).

## RESPECT

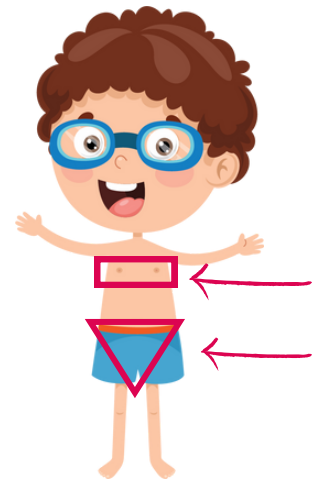
- Your needs and feelings are acknowledged and respected.
- No matter who you are, your ability, or where you are from you, you are treated with same level of care.

## A VOICE

- You are asked about things that matter to you and have a say in what you do.
- Adults listen to you and take what you say seriously.
- You know who to talk to if you feel unsafe, upset, worried or are hurt by another person.

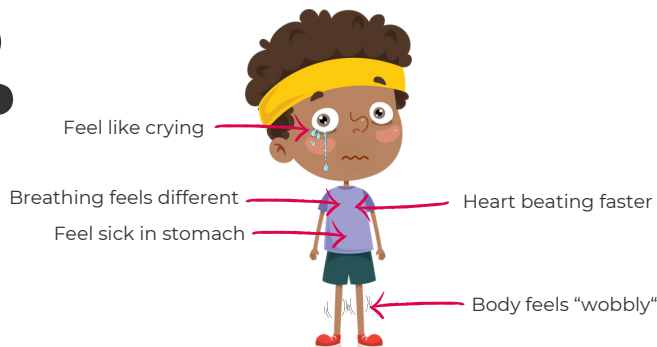
## SAFE TOUCHING

These **RED** areas are private, and should not be touched at swimming.



## WHEN TO SPEAK UP

Your body tells you when something doesn't feel right or safe.



## WHO DO YOU SPEAK TO?

If you are worried because of how someone is acting, please tell a trusted grown-up like a member of the Aquatic Achievers team.



## LEARN MORE

To learn more about our approach to safeguarding, please visit the website.

