



For your **SENIOR** team athletes, watch this video:

Consent is tea: <https://www.youtube.com/watch?v=pZwvrXVavnQ>

Discussion Questions:

What do you think of this?

>Safe Sport says: It seems so simple put this way. People have a right to accept or refuse tea (sexual activity, physical contact) and feel safe.

Think about other types of physical contact such as hugs or sitting close to someone else. How do you know if someone is feeling uncomfortable?

Kids might say that the other person's body language is an indicator or some other non-verbal cue.

>Safe Sport says: Be aware of other people's nonverbal cues, and if you're ever not sure if someone is okay with physical contact, just ask. "Can I give you a hug?" "Do you mind if I sit there?"

How do your boundaries change depending on your relationship with the other person?

>Safe Sport says: You're going to feel closer and more comfortable with people you know well and trust. That's your instinct. For example, just because you hug your best friend or partner doesn't mean you want to hug strangers.

>Remember that you should always get consent before touching another person. Consent is a voluntary and enthusiastic YES!

Bonus Question:

What do you do if you notice your friend is uncomfortable when interacting with another individual?

>Safe Sport says: Use the 3 D's (distract, delegate, direct)

*-Create a **distract**ion by interrupting the conversation or making a scene, giving your friend a chance to leave the interaction.*

*-If you're not comfortable intervening, **delegate** and take another friend with you to interrupt.*

*-You can also be **direct** by telling the offending person that he/she is making your friend uncomfortable because of their behavior.*

Wrap It Up:

In what ways does asking for consent before any physical contact reinforce our team values?

Use this time to talk about your team's values and how you want to treat each other. Let them know that you want this team to be a safe and supportive place for them, and everyone contributes to it. We all have different boundaries, and it is important to respect everyone. If you're ever not sure of someone's boundaries, just ask.

***For Coaches: if you ever have concerns about adult-to-child or peer-to-peer interactions, contact Safe Sport at (719) 866-4578 or safesport@usaswimming.org.**