

Safeguarding Advice

Things you should know if someone is hurting you or someone you know:

- We believe in keeping you safe. Everyone in our Tennis Club will help you to feel safe, and we will help you.
- It's not your fault – whoever's hurting you or someone you know is to blame.
 - You all have a right to be safe.
 - You don't have to keep a secret about being hurt.
 - You don't have to deal with this on your own.
 - Tell someone you can trust about what's happening. Your friends, parents, teachers, school counsellor, teaching assistants or family may be able to help you.
- Clare Young and Shiho Main are the Welfare officers at Frinton-on-Sea Lawn Tennis Club who have special responsibility for helping you if someone's hurting you or someone you know.