To all sports clubs, physical activity providers,

Keeping Your Child Safe In Sport Week (6th-12th Oct) will soon be upon us – an annual campaign by the CPSU (Child Protection in Sport Unit) and we've organised some great FREE virtual events during the week – **some for parents** and others **for sport volunteers or physical activity providers.**

We're kicking off the week with an online event for parents delivered by a sport psychologist from elite sport in how you can support your child through effective feedback to help children process the highs and lows of sport. We'll also be joined by Kooth who are delivering two workshops on supporting young people's mental health – one session for parents and one for sport volunteers, before being joined again by our sport psychologist for a session on building resilience and mental toughness in young people. Our final event of the week is a webinar about incel culture and how we can support young people. *What a week!*

For more information and to sign up please go to Get involved with Keeping Your Child Safe In Sport week - Rise North East

- Monday 6th October 7pm: Supporting your child in sport through effective feedback
- Tuesday 7th October 12pm: Parents: play your part!
- Tuesday 7th October 6:30pm: Supporting young people's mental health (for parents)
- Tuesday 7th October 7:15pm: Supporting young people's mental health (for sport volunteers)
- Wednesday 8th October 7pm: Building resilience and mental toughness in young people
- Thursday 9th October 12pm: What is incel culture?

(Just hit Ctrl and click to book via the blue/underlined booking links)

We'd also love to hear what you're doing for Keeping Your Child Safe In Sport Week and please let us know how you're getting involved! Please find some fantastic free resources that the CPSU have put together for the campaign and ideas for how your club can get involved at Keeping Your Child Safe in Sport – for professionals

Best wishes,

Richard, Sarah & Rowena

(North East Sports Welfare Officers)