

# SAFESPORT YOUTH ATHLETE TRAINING



The U.S. Center for SafeSport Youth Athlete Training courses are now live! These resources include courses for children of preschool age; grades K-2; grades 3-5; middle school and high school. These free online trainings are designed as an introduction for minor athletes and their parents or other caregivers to understand the importance of positive, welcoming environments in sports, where misconduct like bullying or abuse is less likely to happen, and to know where to report abuse, should it occur.



## COURSE OPTIONS

### PRESCHOOL

The preschool course includes a fun cheer; emphasizes that sports should be an inclusive environment that prioritizes safety, respect, and fun over winning; and encourages starting an open conversation with children at an early age. This course will take approximately ten (10) minutes to complete.

### K-2

The Grades K-2 course includes an animated video and game that focuses on having a positive attitude, keeping sport fun, and speaking up when something doesn't feel right. The course concludes with resources for reporting abuse or misconduct. This course will take approximately ten (10) minutes to complete.

### 3-5

The Grades 3-5 course provides an interactive game to identify and speak up when behavior crosses the line, recognize the difference between discipline and abuse, stresses the importance of being a good teammate, and have a healthy sports environment focused on fun and safety. The course concludes with resources for reporting abuse or misconduct. This course will take approximately fifteen (15) minutes to complete.

### MIDDLE SCHOOL

The middle school course focuses on bullying prevention, safe online behavior, responding to red flags and resources for reporting abuse or misconduct. This course will take approximately fifteen (15) minutes to complete.

### HIGH SCHOOL

The high school course focuses on bullying and hazing prevention, supporting friends who have experienced abuse or inappropriate conduct, and resources for reporting abuse or misconduct. This course will take approximately twenty (20) minutes to complete.

Each course is hosted on [athletesafety.org](https://athletesafety.org) and requires parental consent in order to complete registration. Parents are asked to register on behalf of their child by creating an account. All youth modules can be accessed at no cost. Once an account is created, parents can choose which course is best for their child based on their actual or developmental age. A writable PDF certificate is available at the conclusion of each course and parents are encouraged to create one bearing their child's name. Each course will take less than 30 minutes to complete.

### HOW TO ENROLL

1. Parents should register their child to take the appropriate course. Visit [www.athletesafety.org](https://www.athletesafety.org) to create your account. Google Chrome or Firefox are recommended for the best user experience.
2. If your organization is not listed on the drop-down menu during registration, select "-Not Affiliated. Otherwise select your child's organization.
3. An email will be sent to you to confirm your account. Open the email and click "Confirm Email Address". You can then sign in.
4. Once you've signed in, click on "Training" from the homepage or from the "Menu" in the upper left corner of your screen.
5. Select "INSERT COURSE NAME HERE" from the catalog and "Add to Bag".
6. Select "Checkout". The course is free and will show up as 0.00.
7. Once you've successfully checked out, you will be able to complete the training from your Learning Dashboard.
8. Remember to fill out the writable PDF certificate with your child's name upon completion of the course and save. This will serve as proof of completion.

*The [SafeSport Helpline](https://safesport.org) (run by RAINN) provides crisis intervention, referrals, and emotional support specifically designed for athletes, staff, and other SafeSport participants affected by sexual violence. Through this service, support specialists provide live, confidential, one-on-one support.*

*All services are anonymous, secure, and available 24/7.*

*If you experience any technical difficulties while taking the training, please contact the Help Desk at [help.desk@safesport.org](mailto:help.desk@safesport.org) or call 720-676-6417.*

*Monday - Friday 8:00am - 9:00pm EST; Saturday - Sunday 12:00pm - 5:00pm EST.*