

SUPPORTING AN ATHLETE



For parents, guardians, friends, and support persons in a position to support survivors of abuse in sport.

Providing support and resources to athletes, whistleblowers, and others affected by abuse in sport is a crucial way to prevent further harm, promote healing, and ensure accountability for those who cause it. Being a support and resource for athletes and others impacted by abuse in sport is an important and critical way to interrupt abuse and support healing, and support pathways to accountability for those who cause harm.

Remember: Whenever possible, support people should take their lead from the survivor themselves. An exception to this is when there are conflicting legal duties or responsibilities, such as being a mandatory reporter of child abuse and/or neglect.

Be an active and supportive listener.

The first step is to be there to hear the story from the survivor. This means being engaged, not being distracted, and having a space where you can not be overheard.

Know resources and help the survivor access resources

This can include reaching out to support services, counseling, reporting to law enforcement, talking with legal counsel, connecting with The Athlete Survivors' Assist, or reporting to the US Center for SafeSport. See Resources List.

Be there over time

Being there while the calls to reporting processes and support services are being made and while interviews are being conducted can be the difference between survivors feeling safe to engage in the processes or not. Your support is invaluable and crucial to supporting the athlete survivor and building a culture of safety and accountability within sports.