motor sport UK

SAFEGUARDING

INFORMATION FOR YOUNG PEOPLE

motorsport UK

YOUR SAFETY AND WELLBEING MATTER

Motorsport UK wants everyone involved in motorsport to feel safe, respected and valued.

We want you to enjoy motorsport, have your voice heard and feel confident asking for help if something is worrying you.

If something has happened that has upset, frightened or worried you – to you or to someone else – **you don't have to deal with it on your own.**

You can ask for help if...

- someone has hurt you, threatened you or made you feel unsafe
- someone is bullying you or treating you badly
- someone has made you feel uncomfortable or pressured
- something has happened online that worries you
- you are worried about another young person
- you are struggling after something upsetting has happened
- you're not sure whether something is serious enough to report

YOU DON'T NEED TO BE CERTAIN THAT SOMETHING IS WRONG BEFORE ASKING FOR HELP.

REPORT A SAFEGUARDING CONCERN

If you are concerned about your own safety or wellbeing, or worried about someone else, you can contact the Motorsport UK Safeguarding Team.

Email: safeguarding@motorsportuk.org
Phone: 01753 765000

You can also report a concern online:

https://muk.vissro.com/public/mukcase.nsf/safeguarding-report

You can make a report yourself, or ask an adult you trust to help you.

If you contact Motorsport UK, you can tell us what has happened and ask questions. We can help you understand what to do next and, where needed, help you find the right support.

You can also talk to an **adult you trust**, such as a parent or carer, family member, teacher, coach, **Club Safeguarding Officer** or another adult who makes you feel safe.

NEED HELP RIGHT NOW?

IF YOU OR SOMEONE ELSE IS IN IMMEDIATE DANGER, CALL 999.

For urgent medical help that is not an emergency, **contact NHS 111.**

If you need urgent mental health support, **call NHS 111 and select the mental health option**. This is a national route to local urgent mental health support and is available 24 hours a day.

Motorsport UK
Bicester Motion
OX27 8FY

T: +44 (0) 1753 765000
E: hello@motorsportuk.org
W: motorsportuk.org

Motorsport UK Association Limited, trading as Motorsport UK
Registered Office: See main address
Registered Number: 1344829 England

MEMBER OF FIA

OTHER ORGANISATIONS THAT CAN HELP

CHILDLINE

For anyone under 19. You can talk about anything that's worrying you.

Childline provides free, confidential support and online counselling.

Call - Free, 24/7
0800 1111

Online
www.childline.org.uk

SAMARITANS

If you're finding things difficult or just need someone to listen.

You don't have to know what to say. They are there to listen.

Call - Free, 24/7
116 123

Online
www.samaritans.org

YOUNGMINDS

Information and support for young people who are struggling with their mental health.

Online
www.youngminds.org.uk

NSPCC

If you're worried about a child or young person's safety or wellbeing.

The NSPCC can provide advice and support if you are worried about yourself or another child or young person.

Helpline
0808 800 5000

Online
www.nspcc.org.uk

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LOOKING AFTER YOURSELF

If you are struggling with your wellbeing or following an upsetting or traumatic event:

DO

- Give yourself time to rest and recover.
- Talk to someone you trust.
- Tell people what you need.
- Contact Motorsport UK if you need help finding support.
- Try to reduce unnecessary demands and responsibilities while you recover.
- Consider speaking to a professional if you are struggling.

DON'T

- Keep everything to yourself.
- Feel ashamed or embarrassed about how you're feeling.
- Take on more than you can manage.
- Cut yourself off from people who can support you.

FEELING UPSET, WORRIED, ANGRY OR CONFUSED AFTER A DIFFICULT OR TRAUMATIC EXPERIENCE CAN BE A NORMAL RESPONSE.

YOU DON'T HAVE TO DEAL WITH IT ALONE.

REMEMBER

*IT'S OKAY TO **ASK FOR HELP***

*YOU DON'T HAVE TO DEAL WITH EVERYTHING **ON YOUR OWN***

*IF YOU DON'T KNOW WHAT TO DO NEXT, **TALKING TO SOMEONE IS A GOOD FIRST STEP***

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