Kids' Guide to Staying Safe & Happy in Bowls 🌟

A simple guide to staying safe, feeling good, and having fun in bowls.

Everyone deserves to feel safe.
We will listen to you. We will respect you. We will take your worries seriously.

What does 'safeguarding' mean?

Safeguarding is a big word that simply means helping to keep children and young people safe.

This includes:

- 🛡️ Keeping you safe from harm.
- 🚫 Stopping bullying, hurting, or anything that makes you feel bad.
- ✅ Making sure adults do the right thing and put you first.

Your rights 🌟

When you take part in bowls, you have the right to:

- ✅ Feel safe
- ✅ Be listened to
- ✅ Be treated with kindness and respect
- ✅ Have fun and enjoy yourself
- ✅ Be included and welcomed
- ✅ Speak up if something worries you

Trust your feelings 💭

If something makes you feel:

- 😟 Worried
- 😔 Upset
- 😨 Scared
- 😕 Uncomfortable

Or if something just doesn't feel right... Tell a trusted adult.
You will never be in trouble for speaking up.

What adults must do

All adults who work or volunteer in bowls must:

- Keep you safe.
- Listen to you.
- Treat you with respect.
- Follow the safeguarding rules.
- Speak up if they are worried about a child.

They are not allowed to bully you, make fun of you, hurt you, or keep secrets that make you feel uncomfortable.

Who can you contact?

If you want to talk to someone at BowlsWales:

Designated Safeguarding Person: Joanna Owen - safeguarding@bowlswales.com
Deputy Designated Safeguarding Person: Sian Jones - Sian.Jones@wsa.wales

If you feel you are in danger, or someone else is, you can also call:

📞 **999 — Police in an emergency.**
📞 **Childline: 0800 1111 (free, 24 hours, anytime).**