

Say No to Abuse and Harassment

Psychological

- ! Insults, name calling, swearing, or yelling

Sexual

- ! Sexual jokes, touching, staring, cat-calling, or sexting

Physical

- ! Hitting, shoving, overtraining, or ignoring injuries

Be a Safe Sport Upstander

- ✓ Speak up when something is wrong
- ✓ Support those who share concerns
- ✓ Choose respect over results



Together, we create safer spaces
www.safesport.sg