

SG 1.6 Advice for young cyclists who are being bullied or are unhappy in cycling

British Cycling has rules in place to ensure everyone involved in cycling in the UK behaves in an appropriate and respectful manner to other cyclists. You may have similar rules in place in your school and in other clubs or groups you are involved in.

What is your experience of cycling?

You should be taking part in cycling because you enjoy it. You may want to pursue a professional cycling career or be a lifelong cyclist for fun and fitness. You should not feel under any pressure to cycle. No one in cycling should make you feel unhappy in anyway.

What might make you unhappy?

You may be unhappy because:

- someone you know or someone in your club or school is bullying you
- someone has said or done something to upset you
- someone has punched, kicked or pushed you
- someone has stolen something from you

You may be made unhappy for any reason. Whatever makes you happy or unhappy will be completely individual to you. Because someone you know is happy with something doesn't mean you have to be too.

What do you do if someone is making you unhappy?

You should not feel scared or anxious about talking to someone. There are a number of people within cycling you can talk to who will help and support you:

- your parents
- your teacher
- your club welfare officer
- your coach
- the British Cycling Safeguarding Lead Officer who can be contacted on 0161 274 2000 or compliance@britishcycling.org.uk

The person you tell will try to help you. They may need to tell your parents or someone outside of the club if it is a serious matter. They will report what you say to the British Cycling Safeguarding Lead Officer. Anything you tell them will be confidential and it will only be passed on to people who really need to know to help you and other people like you.

You can also use the following telephone lines and websites for support:

- Childline- 0800 1111
- www.there4me.com
- www.donthideit.com
- www.worriedneed2talk.org.uk

These support services offer information about what is considered right and wrong in how people treat you and what can be done to help you.