

Online sport and activity video sessions



SPORT
NEW ZEALAND
IHI AOTEAROA

Online video sessions can be a great way to get advice, exercise, and fitness plans to help you improve at your sport or activity. It's important that you know how to avoid people that may harm or abuse you.

Here are some tips and things to watch out for to help make your online sport and activity video sessions safe, enjoyable, and worthwhile.

Tips for Safe Sessions ...

Check with your parent or caregiver before you begin ✓

Before you join an online video session, check with your parent or caregiver first to see if it's okay to take part. Let them see who's running the programme and show them one of the sessions, so they know what it's about.



Train with a group or team ✓

Make sure there are always other people taking part. Log in with a friend or make sure there are other people involved in the online video session you are doing.



Focus on your sport or activity ✓

Your online video session should always focus on your sport or activity. Stay on topic and only discuss things related to your sport or activity. Make sure you don't move away from the main group to meet up privately with a coach or instructor in places like Snapchat, Facebook messenger, WhatsApp or face to face.



Find the right space and equipment ✓

You'll have a better, safer session if you have enough room to train in. You don't want to trip over stuff on the floor or bang into anyone. Make sure your space is safe. Check you've got the right equipment before you begin.

Wear the right clothing ✓

Wear clothing that is comfortable and that will cover your body throughout the entire online video session.



Keep to your comfort level ✓

Aim to take part in the training or activity session as much as you can and that you feel comfortable with. If you feel pressured at any time, you don't have to participate - it's your choice. If you're asked to do anything, you're not sure about, check it out with a trusted adult.

Share your first name only ✓

You only need to let your coach or instructor know your first name. You shouldn't give them other personal information like your full name, age, location, or phone number. Your parent or carer can give any important information to your coach or instructor directly, if they need it.



Be friendly and respectful ✓

Treat your online coach or instructor and others in your online video sessions with respect and good manners - in the same way you would face-to-face. Don't say or do anything that might come across as unfriendly or unkind.



Watch out for ...

Friend requests or messages from people you don't know ❌

You shouldn't message or meet up with anyone you don't already know. If you're contacted by a coach or instructor you don't know, tell a trusted adult.



Recording online video sessions ❌

Online video sessions should never be recorded by the coach or instructor unless your parent or caregiver has given permission. Make sure you tell a trusted adult if you think this is happening.



Online activity that makes you feel uncomfortable ❌

Most of the time, online training is loads of fun and an excellent way to learn more and improve in your area of sport or activity. If you come across something that makes you, or somebody else feel uncomfortable, tell a trusted adult so they can check it out. This could be someone talking about or doing something not related to your training, asking for personal information or to meet up.

Any questions?

If you have any questions or concerns about your online video sessions, or information you may have shared already, talk to a trusted adult straight away.

Resources

If you need to talk to someone ...

Safetotalk - If you're looking for help to do with sexual harm, Safe to talk is available 24/7 by calling **0800 044 334** or texting **4334**

→ www.safetotalk.nz

Kidsline - If you want to talk about how you're feeling, or what's going on in your life, Kidsline is available 24/7 by calling **0800 54 37 54**

→ www.kidsline.org.nz

Youthline - Can help you 24/7 by calling **0800 376 633** or free text **234**.

→ www.youthline.co.nz

If you need more information...

Keepitrealonline - How to use the internet in a safe, happy and healthy way

→ www.keepitrealonline.govt.nz

For more tips about staying safe online

→ www.netsafe.org.nz/advice/young-people/



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