

"I feel safe when…"







"I don't feel safe when..."







"I feel included when..."







"I feel left out when..."







"I can include others by..."





Speaking Up & Being Heard

"The person
I would talk to
if I am worried

is..."





Speaking Up & Being Heard

"It helps me when adults..."





Speaking Up & Being Heard

"It's hard for me to speak up when..."





Speaking Up &
Being Heard

"I feel listened to when..."





Speaking Up

"I would like to share my ideas by..."



"I feel respected when..."



"I don't feel respected when..."



"I like it
when people
encourage
me by..."



"It upsets me when people..."



"I feel most valued in the team when..."





Wellbeing & Enjoyment

"I enjoy my sport most when..."





Wellbeing & Enjoyment

"I find it
difficult to
enjoy my sport
when..."





Wellbeing & Enjoyment

"Training sessions are best when..."







Wellbeing & Enjoyment

"I am most confident when..."







Wellbeing & Enjoyment

"My favourite part of my sport is..."





"One thing that would make my club better is..."



"It would help me if..."





"A good idea
to keep
everyone safe
could be..."



"We could be more involved in decisions by..."



"If a change was made it would help me if the club..."

