

For Tips & Tools to create great youth competitive environments & experiences and to find practical, early-step mental health services resources, visit theBMSproject.org.

Parental & Related Parties Behavior Pledge

OVERVIEW: Behavior by parents and other adults in a child's life may be one of the most important components of creating positive experiences for their participation in competitive activities. Youth sports and other competitive programs are often a new and potentially stressful experience for the adults in their' lives. When adult stress is expressed in negative words and actions, it can contribute to ruining the experience for all - the young participants, coaches, family and friends in attendance. Let's all endeavor to grow proud, confident and strong children. Together... here for our youth! CHEER THEM ON, FOLKS!

STAND TALL, STAND PROUD and ABIDE by the following PLEDGE:

(Please initial the boxes below to acknowledge your commitment to positive competitive experiences.)

I understand and appreciate that adult behavior, especially if it involves close family members, can be expressed in either a positive or a negative manner. I hereby voluntarily pledge not to intentionally engage in negative, hurtful, abusive behaviors and strive to contribute to a positive, enjoyable experience for my child/children; for the other children participating in competitive programs; and for all of the participating coaches, officials and fans in attendance.

I agree not to provide uninvited criticism or instruction regarding my child's performance -- or other participating children at competitive events and /or practices -- unless asked to do so by the manager and/or coaches. I further agree to strive to ensure that close relatives and/or guests in attendance also refrain from this behavior. In the event of poor behavior on the part of my child - with the coaches' permission - I will take my child aside and address their poor behavior in a constructive manner.

I agree to never engage coaches, officials, other parents and/or any members or fans of an opposing team in a confrontational manner in front of children. Should the disagreement occur in private, I will strive to engage in the discourse in a mature, non-aggressive exchange. In the event of an escalation of emotions, I further pledge to attempt to diffuse the situation/tension and walk away from the immediate confrontation in order to avoid provoking violent reactions and/or further escalation.

I will, at practices and competitive events, strive to discourage family members and acquaintances from engaging in negative behaviors and to limit their involvement to positive encouragement and support for all of the children, officials, coaches and fans in attendance.

I will refrain from taunting or otherwise insulting officials and/or coaches with negative, disagreeable, public comments and/or criticism.

I will refrain from, and advise family members and acquaintances to refrain from, engaging in cyber and/or in-person exchanges of insults, incrimination, or negative posts about my/our child's/children's acquaintances and/or opponents stemming from the competitive activity(ies) in which my/our child/children are engaged.

Print Name: _____ **Signature:** _____ **Date:** _____



EMERGENCY
In a crisis, call "911" immediately
If considering self-harm, call "988"
The National Suicide Intervention Lifeline

SEXUAL ASSAULT
To speak to a counselor
Call (800) 656-4673
RAINN

CHILD ABUSE
To report suspected child abuse,
Call or text (800) 422-4453
Childhelp National Child Abuse Hotline