



# TOP 3 TIPS FOR YOUTH SPORTS ADVOCATES

By R. E. Martin

## Sports are part of a lifetime journey

*Bonds forged in competition and the exhilaration of winning both play a big role in the enjoyment of participating in sports. However, the pursuit of happiness in life also involves the creation of new friendships and pursuing life's challenges outside of sports.*

## Never quit on yourself!

**#3 It Starts with Good Sportsmanship and You**  
Keep the laughter in your game... and their game, too.

**#2: Believe In and Like Who You Really Are**  
Competition is what you do, it does not define who you are.

**#1: Talk to Those You Trust**  
If it feels like the deck is stacked against you, adopt new rules.

Life is comprised of more than past scores on a scoreboard.

#### EMERGENCY

In a crisis call "911" immediately

● If considering self-harm, call "988"

The National Suicide Intervention Lifeline

#### SEXUAL MISCONDUCT

To speak to a counselor,

Call (800) 656-4673

RAINN

#### BULLYING/HAZING, VIOLENCE, ADDICTIONS & SUBSTANCE ABUSE

For helpful resources,

[thebmsproject.org/Safety](https://thebmsproject.org/Safety)

#### CHILD ABUSE

To report suspected child abuse,

Call (800) 422-4453

Childhelp National Child Abuse Hotline

It is recommended that incident(s) of serious misconduct be reported to law enforcement. Minors should report incidents of misconduct to their parent(s) or guardian(s).