

# Let Kids be Kids

## stop poor sideline behaviour in junior sport



Aussie kids love sport!

1.7 million  
aged 5-14 years participate<sup>1</sup>

that's  
**60%**



Here's  
what  
they want  
from  
sport



1. To have fun.
2. To do something they're good at.
3. To improve their skills.
4. To stay in shape.
5. To get exercise.<sup>2</sup>



Sport is generally a  
positive experience  
for most kids, but...

**75%**

A UK study showed that 75% of children who participated in organised sport up to the age of 16 had been criticised for their performance, had been shouted or sworn at or had been embarrassed or humiliated by a coach, parent, peer or sports administrator.<sup>3</sup>

"Mum and Dad, I sure love sports, but it seems like my sports make you guys angry more than they make you happy."<sup>5</sup>

How to  
recognise  
poor  
behaviour



1. Emphasis on winning/results
2. Abuse/intimidation of coaches/officials
3. Excessive instruction from the sideline
4. Putting down children in front of others
5. Criticise performances on the drive home

Poor sideline  
behaviour  
causes kids ...



Positive  
things  
we can do

Respect all athletes,  
coaches and officials

Support, encourage  
and praise efforts

Be enthusiastic  
and positive

Emphasise fun  
and enjoyment

Be quiet  
and listen

Free  
resources  
to help



Free toolkit:

<http://playbytherules.net.au/let-kids-be-kids>



making sport inclusive, safe and fair.

[www.playbytherules.net.au](http://www.playbytherules.net.au)

1 4156.0 – Sports and Physical Recreation: A Statistical Overview, Australia, 2012.

2 Clark, M. A. (n.d.). Winning! How Important Is It in Youth Sports? Retrieved November 11, 2004.

3 Kate Alexander, Anne Stafford, Ruth Lewis (2011). The experiences of children participating in organised sport in the UK. The University of Edinburgh/NSPCC Child Protection Research Centre.

4 Samuel Elliott and Murray Drummond. "Parents in youth sport: what happens after the game?" Sport, Education and Society, May 6, 2015.

5 O'Sullivan, John (31 January 2017). 'An open letter from the back seat' in Sports Parenting.