

# 5. PRACTICAL ACTIONS

## FOR PARENTS AND CAREGIVERS

**1 ENCOURAGE OPEN CONVERSATIONS** about tobacco, alcohol and other substances as part of your regular discussions



**2 ENCOURAGE CHILDREN TO TAKE PART IN SPORT,** as it can provide a positive environment to help children make informed choices

**3 HIGHLIGHT THE BENEFITS OF A HEALTHY LIFESTYLE** and emphasise the importance of abstaining from substances



**4 REWARD HEALTHY BEHAVIOUR** and point to clean professional players as role models

**5 BUILD CONFIDENCE AND VALUES** to support your children's personal development



**6 BE A GOOD ROLE MODEL** for your children



**7 USE APPROPRIATE LANGUAGE** when discussing substance addiction



**8 LEARN HOW TO IDENTIFY THE SIGNS** of substance abuse

**9 CONSULT PROFESSIONALS** for guidance and advice



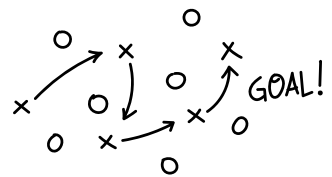
# 5. PRACTICAL ACTIONS

## FOR COACHES AND STAFF

**1 ENCOURAGE OPEN CONVERSATIONS** about tobacco, alcohol and other substances as part of your regular discussions



**5 SUPPORT YOUR PLAYERS' PERSONAL DEVELOPMENT** by helping build their confidence and identify their values



**2 HIGHLIGHT THE POSITIVE IMPACT** of consistent training and teamwork

**6 USE APPROPRIATE LANGUAGE** when discussing substance addiction

**3 BE A ROLE MODEL** for children and young people, setting a positive example for the team



**4 SHARE INSPIRING STORIES** of famous professional players who do not drink, smoke or take drugs



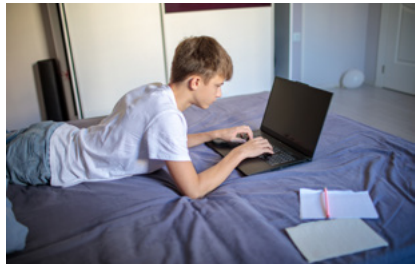
**7 LEARN HOW TO IDENTIFY THE SIGNS** of substance abuse

**8 ENCOURAGE PARENTS AND CHILDREN TO, IF NEEDED, SEEK PROFESSIONAL HELP** for guidance and advice



# 5. PRACTICAL ACTIONS

## FOR CHILDREN AND YOUNG PEOPLE



**1 EDUCATE YOURSELF** on the risks and effects of various substances

**2 SEEK ADVICE** and reach out to trusted adults or professional for advice and support

**NEED HELP?**



**3 TALK OPENLY** about these topics with friends, family and coaches



**4 STAY ACTIVE** by regularly engaging in sport and activities you enjoy



**5 ADOPT A HEALTHY LIFESTYLE** by prioritising quality sleep, a balanced diet and regular exercise to maintain overall well-being and performance



**6 SAY NO** if someone offers or pressures you to try substances – be confident and stick to your values