



**Let's talk**

**Question cards**

**Keeping**

**Your Child Safe**

**in Sport**



# NSPCC

Play your part – visit  
[nspcc.org.uk/safeinsport](https://nspcc.org.uk/safeinsport)



**Use these questions to  
start conversations with  
your child.**

## Question 1

What are the best things I can say/do before and after a game to make you feel supported?



## Question 2



Who would you turn to if you had any worries while playing sport?

## Question 3

What do I do that  
you wish I would  
do less?

How does it make  
you feel?



## Question 4

Have you seen an adult do something that made you feel worried?


What did they do and how did you feel?

## Question 5


How does your sport make you feel and what do you want to get out of it?



## Question 6



What do I do that helps you be your best?



## Question 7

What are the best things I can say/do during a competition or game?

