

SUBS FOR ATHLETES

Speak Up Be Safe (SUBS) for Athletes is an evidence-informed module that aims to raise awareness about the widespread yet often overlooked issue of athlete abuse. This module promotes the physical and emotional safety of young athletes by equipping them with the tools needed to recognize, prevent, and seek help for abuse or mistreatment.

The Childhelp Speak Up Be Safe curriculum teaches youth how to recognize, resist, and speak up about any type of abuse. This added module helps build on those core lessons with specific athlete-focused scenarios, personal safety skills, and prevention strategies.

It is recommended that the SUBS for Athletes module be used in addition to the core SUBS lessons, but it can be used independently.

WARNING SIGNS OF ABUSE IN ATHLETES

- Unexplained injuries
- Sudden changes in behavior
- Reluctance to attend practices or games
- Discomfort around certain coaches or teammates

It is important that adults are educated about indicators of abuse. If you suspect something is wrong, trust your instincts, and seek help.

The Courage First Athlete Helpline is a no-cost call, text, and chat service for athletes, coaches, parents, and anyone in sports communities who has questions or concerns about abuse or mental well-being in athletics. Call or text [1-888-279-1026](tel:1-888-279-1026).



Features & Benefits

- Included at no cost with the purchase of SUBS for any grade level.
- Addresses all forms of athlete abuse, including: physical, emotional, sexual, neglect, bullying, hazing and online concerns.
- Comprehensive online facilitator training.
- Age-appropriate, scripted lessons for youth in all grades – K-12.
- Engaging classroom presentations with embedded animated and live-action videos and sports-related scenarios.
- Interactive activities to help athletes recognize and safely navigate risks.
- Reinforcement practice activities and take-away materials for athletes and caregivers, including athlete-created safety plans.
- Aligned with physical education and public health standards.



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If you or someone you know has experienced abuse as an athlete, there are resources to help.

Helplines

CHILDHELP NATIONAL CHILD ABUSE HOTLINE

Call or Text 800-4-A-CHILD (422-4453)

Chat Online at [ChildhelpHotline.org](https://www.childhelp.org/Hotline)

Staffed by trauma-informed counselors 24/7 and available in 170 languages. Get questions answered, talk through issues, and receive referrals and additional resources.

COURAGE FIRST ATHLETE HELPLINE

Call or Text 1 (888) 279-1026

Chat Online at [athletehelpline.org](https://www.athletehelpline.org)

Available Mon-Fri, 12pm-8pm PST

Access for athletes, former athletes, parents, coaches, or anyone in any sports community to specialized counselors who provide abuse reporting guidance, crisis intervention, emotional support, and additional resources.

NATIONAL SEXUAL ABUSE HOTLINE (RAINN)

Call or Text 1-866-200-0796

Chat Online at [hotline.rainn.org](https://www.hotline.rainn.org)

Trained specialists providing 24/7 sexual assault support.

SUICIDE AND CRISIS LIFELINE

Call or Text 988

Chat Online at [988lifeline.org](https://www.988lifeline.org)

National network of local crisis centers that provides 24/7 free and confidential emotional support to people in suicidal crisis or emotional distress.

Resources

WE RIDE TOGETHER

weridettogether.today

A bridge to valuable resources including survivor stories, a coach/athlete pledge, relationship dynamics diagrams, and pathways to justice. #WRT is focused on creating resources that are survivor- and trauma-informed.

ATHLETES FOR HOPE

athletesforhope.org/whole-being-athlete-resource-hub

Mental health resources, mindfulness tips, a guide on supporting teammates, and free suicide prevention training.

ARMY OF SURVIVORS

thearmyofsurvivors.org

Resources on topics such as safety plans, grooming, trauma, policies, and reporting.

ATHLETES AGAINST ANXIETY & DEPRESSION

aaadf.org/free-therapy

Free directory of mental health counselors or therapists in your area.

HAZING PREVENTION NETWORK

hazingpreventionnetwork.org

Hazing prevention trainings and other resources.

CHALLENGED ATHLETES FOUNDATION

challengedathletes.org/elite-sports

Resources related to adaptive sports and list of related national and state organizations.

