



**SPORT INTEGRITY
AUSTRALIA**

**THE
EMBRACE
COLLECTIVE.**

SPORT IS FOR EVERY BODY

COACH DISCUSSION QUESTIONS

“Why do you think body image matters in sport?”

Body image barriers can stop young people from joining sport, or can lead to them dropping out of sport. Having a negative body image can lead to mental health concerns like depression and eating disorders.

“Have you ever witnessed or heard body shaming in your club or team? How was it handled?”

It's important to speak up and let people know that those comments are not ok, otherwise they can continue. It's important that everyone feels supported.

“What kind of language can unintentionally cause harm when we talk to kids about their bodies or performance?”

You can never know how comparison and commentary about young people's bodies will land for them. Even words that may be intended as a compliment or as a joke can have negative impacts. The safest approach is to not say anything at all about appearance and to focus on performance instead.

“How can we shift teams from being judgemental and critical of each other to being more positive instead?”

Focus on strengths, improvements and the unique things that people bring to a team.

“How can we support young people who might feel self-conscious or judged because of their bodies?”

Celebrate the diversity of bodies, shut down negative commentary, ensure flexible uniform options, work in collaboration with parents.

“If a parent or athlete made a negative body comment on the sidelines, what would you do?”

Show zero tolerance by taking it seriously and shutting it down. You might want to say "that's not ok here". You could approach quietly later to suggest the person reflects on their words.

“If players are not comfortable in their uniforms, what could you do?”

Ask club or league representatives to make recommendations for options to enhance flexibility. This could include allowing leggings or long sleeve tops underneath shirts or jerseys. Suggest a broader range of uniform sizes.

“If players are not comfortable in the change room facilities, or changing out in the open, what could you do?”

Rotate timings for access to change rooms. Notify participants of facilities ahead of time so they can be prepared. Recommend young people come clothed in the uniform.

Watch the Sport is for Every BODY video for coaches



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