



**SPORT INTEGRITY
AUSTRALIA**

**THE
EMBRACE
COLLECTIVE.**

SPORT IS FOR EVERY BODY

CONVERSATION STARTERS FOR PARENTS TO ASK THEIR CHILDREN

“What do you enjoy most about your sport right now?”

Having fun with friends? Reaching performance goals? Encourage a focus on improvement, enjoyment and intrinsic motivation.

“Have you ever felt uncomfortable about how people talk about people’s bodies in sport?”

This could be in response to things that have been said about high profile professional athletes or people on their team. It’s never ok to say anything negative about anyone else’s body.

“What does being strong or fit mean to you?”

Encourage a shift from appearance to ability. It’s about how you feel, not how you look.

“What makes you proud about what your body can do?”

This could be experiencing the world through your five senses, healing when sick or injured, expressing ourselves, connecting with others, or being active. Focus on appreciation and gratitude for what our bodies can do.

“What do you notice about the different strengths in your team?”

Some players are fast, some agile, some strategic, some fearless. Normalise diversity and encourage respect.

“What do you think makes someone a great teammate?”

Highlight character, kindness, and inclusion over ability or appearance.

“Is there anything I can do to help you feel more confident and supported in your sport?”

There are things that can be done to change sport to fit you, rather than changing you to fit sport. Create an open channel for feedback and conversations now and in the future.

“What do people do in your team to help everyone feel like they belong?”

Cheer each other on, notice if others are feeling left out. Encourage inclusive behaviour.

“Have you ever heard another player, coach, or parent make a comment about someone else’s body on your team?”

Saying anything about other people’s bodies, even if it’s meant as a compliment, or said as a joke, is never ok.

“What would you say or do if you heard someone say something about the way someone else looks?”

Say something to indicate that body shaming is not accepted here. Support the person that the comment was directed at. Determine who else needs to know about this incident.

“Is there anything you would change about your sport uniform to help you to feel more comfortable and confident?”

Our clothes are meant to fit us and be fit-for-purpose. Encourage modification and flexibility within what is safe and acceptable to wear.



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