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## **Respect in Sport**

The **Respect in Sport** program is designed to prepare our coaches, volunteers, and parents for their journeys in hockey. Many of the lessons from the program are also applicable in a variety of scenarios in our daily lives. The program helps get us ready for what's ahead and allows us to reflect on the excitement and challenges we face participating in this sport.

Committed to leading, developing, and promoting positive hockey experiences, Hockey Nova Scotia is pleased to be able to provide both the **Respect in Sport** Parent Program and the **Respect in Sport** for Coaches/Volunteers Program.

## **Respect in Sport for Coach/Volunteers**

This program provides in-depth information on the subjects of bullying, abuse, harassment, and neglect. It demonstrates negative behaviors and provides ideas of how a situation might be handled, including valuable information from subject matter experts delivered in a clear and concise fashion, and asks questions of the leaders based on the scenarios presented. Specific topics include definitions of bullying, abuse, harassment, neglect and discrimination, cyber-bullying, hazing, use of power, emotions, how to respond, reporting, moral and legal issues, and development.

**LINK:** <https://hns.respectgroupinc.com/>

## **Respect in Sport Parent Program**

This program provides information on parents' natural influence over a child, the coach or leader's role in an activity, the role parents play in their child's enjoyment of a sport, and protecting your children when they are outside of our immediate control. The program also provides parents with tools to evaluate their own behavior by highlighting five key "behavioral traps" frequently exhibited by parents (particularly in competitive sports). It demonstrates negative behaviors and provides ideas on how a situation may be better handled, includes valuable information from subject matter experts delivered in a clear and concise fashion, and asks questions of parents based on scenarios presented. Specific topics included in the program are: five common negative parent behavior, a child's development, nutrition and hydration, rest, injuries, as well as interacting with coaches, officials, and other parents.