



*This scenario originally ran in 2016. We like it because it addresses emotional boundaries and the information people feel comfortable sharing. The scenario was worth a rewind!*

### **Read this scenario to your athletes:**

You're chatting with an official during some down time at a meet about your swims and teams. The official starts asking personal questions like "How did you sleep last night?" "What did you sleep in?" "Did you send photos to your boyfriend/girlfriend?" You're starting to feel uncomfortable.

### **Discussion Questions:**

What do you do?

*Kids might say that they would try and change the subject or walk away.*

*>Safe Sport says: No adult should make you feel uncomfortable, and those questions are starting to cross a line. Get out of the conversation by saying that you need to go talk to your coach or parent, or you have an event coming up. Then, TELL SOMEONE (preferably an adult you trust) about the conversation and that it made you uncomfortable.*

At what point was the line crossed?

*>Safe Sport says: It's okay to ask if you got a good night's sleep before a meet, but asking what you slept in or details about your relationship is over the line.*

Is it okay for adults you trust to ask questions about your life?

*Kids might say yes, depending on the relationship.*

*>Safe Sport says: Of course! And it's also okay for you to share about your life with the adults that you trust. However, adults have to practice good boundaries, and if anyone ever asks or tells you something that makes you feel uncomfortable, say so and tell another trusted adult.*

What if it's a teammate asking you those questions?

*>Safe Sport says: Swimming should be a safe place, and you should never feel like to have to share details about your life unless you want to. It's not rude to establish good boundaries, so it's okay to say something like, "I'd rather not talk about that with you." If the questioning persists, tell your coach.*

### **Wrap It Up:**

What are the 3 types of boundaries?

- *Physical: who can touch you, when and where*
- *Emotional: how close you feel to someone, what you will and won't share*
- *Behavioral: what you will and won't do*

*Boundaries change based on your preferences and the relationship. You're going to have very different boundaries with your best friend than you will with an official at a meet, and that's okay.*

What type of boundary is being crossed in this scenario?

*This scenario is about emotional boundaries. The official is asking you questions that are not about swimming and that are inappropriate to be asking. Even though the official might be in charge of the meet, speak up and tell someone about the situation.*

**\*For Coaches: for more information on boundaries, visit [www.usaswimming.org/toolkit](http://www.usaswimming.org/toolkit). To report concerning behavior, contact Safe Sport at (719) 866-4578 or [safesport@usaswimming.org](mailto:safesport@usaswimming.org).**