

Canadian Centre for Child Protection

The Canadian Centre for Child Protection is a national charity dedicated to the personal safety of children. Their goal is to reduce the sexual abuse and exploitation of children, assist in the location of missing children and prevent child victimization. To obtain support for families or guidance regarding how to proceed if you suspect abuse, visit <https://www.protectchildren.ca/en/>. To report images of online child exploitation, visit CyberTip at <https://www.cybertip.ca/app/en/report>.

National Eating Disorder Information Centre (NEDIC) 1-866-NEDIC-20

NEDIC is a Canadian non-profit providing resources on eating disorders & weight preoccupation. Eating disorders thrive in secrecy and it can be difficult to start the conversation. Whether you have an eating disorder yourself or are affected by someone else's, NEDIC can help you find the words to reach out. Their helpline can be reached at 1-866-633-4220 outside of the GTA or at 416-340-4156, Monday to Friday from 9am to 9pm EST. Trained support workers can offer information, referrals to professionals across Canada, resources and hope.

Sport'aide 1 833 211-AIDE (2433) 1 833 245-HELP (4357)

Sport'Aide a pour mission d'assurer un leadership dans la mise en œuvre d'initiatives favorisant un environnement sportif sain, sécuritaire et harmonieux pour les jeunes sportifs du Québec et fournir un service d'accompagnement aux différents acteurs du milieu sportif, et ce, tant au niveau élite que récréatif. Sport'aide provides support to athletes in need of emotional assistance. To learn more, visit <http://sportaide.ca/>.

Educational Resources

For access to educational resources on violence and abuse prevention, bullying and mental health, please explore the following sites:

For information on **eating disorders**, visit the National Eating Disorders Information Centre at <http://nedic.ca>.

For information on **bullying prevention**, visit PREVNet at <https://www.prevnet.ca>.

For resources on the **prevention of violence, bullying and abuse**, visit the Red Cross at <http://www.redcross.ca/how-we-help/violence-bullying-and-abuse-prevention>.

For resources about creating **respectful environments within sport**, visit Respect in Sport at <http://respectgroupinc.com/respect-in-sport> and <http://respectgroupinc.com/free-resources>.

To access dozens of Tip Sheets on current issues experienced by young people, visit the Kids Help Phone at <https://kidshelpphone.ca>.

For resources on suicide prevention, visit the Canadian Association for Suicide Prevention at <https://suicideprevention.ca/>.



Sport Bienetre

Les athlètes retireront encore plus de bénéfices du sport s'ils se sentent en sécurité et si l'environnement au sein duquel les athlètes évoluent favorise le développement sain et respectueux de leurs besoins en fonction de leur âge. Malheureusement, la violence en milieu sportif ainsi que les abus sexuels sont encore trop souvent banalisés et acceptés. Ces comportements affectent les jeunes ainsi que la communauté sportive. Vu l'importance de permettre aux jeunes athlètes de s'accomplir, de bénéficier pleinement des bienfaits du jeu et du plaisir de pratiquer leur sport dans le respect, nous favorisons la promotion de saines habitudes sportives. For more information and for resources, visit <http://sportbienetre.ca/accueil.asp>.

***Note:** All services are bilingual except for Sport'aide and Sport Bienetre which are available only in French as well as TransLifeLine, which is only in English.

