



Working actions factor Peer-Involvement

Actions for coaches/trainers

- Organize **sport lessons** right after school together with friends and schoolmates.
- **Involve and invite friends** of the youngsters during lessons.
- Use **icebreaker games to break down social barriers** between youngsters in the club.
- If youngsters become a member as part of a group, **keep them together** for as long as possible.
- **Encourage youngsters to bring a friend** or introduce a special training focusing on getting new players involved.
- Create a **reward system for teams**; concede an extra point when youngsters give positive feedback, encouragement and support to each other.
- Promote **positive environment** during the practice to encourage the strength of interpersonal relationships.
- Begin each game with 10 "**respect points**". Players can lose or gain points for their team through their behaviour and actions towards teammates, opposition and referees.

Actions for clubs

- Promote practices to strengthen the role and involvement of each member of the team, as well as policies to ensure that **no one is left alone**.
- Emphasis on **zero tolerance on bullying and harassment** in sport.
- Introduce a "**buddy system**" to ensure that new players feel welcome and part of the club.
- **Ask youngsters to promote the club** through flyers/posters in targeted locations (e.g. schools, youth associations etc.) and through social media.