

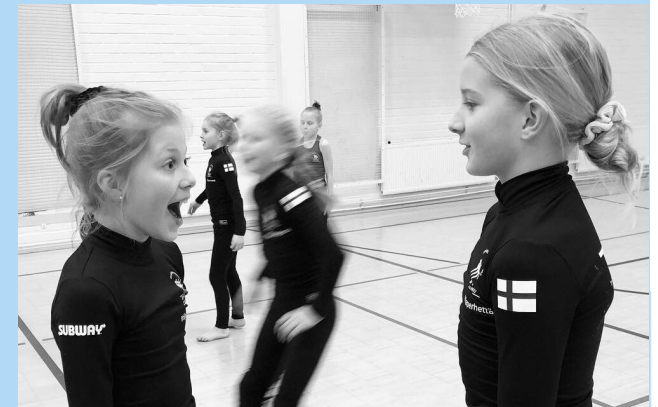
CHILDREN'S RIGHTS IN GYMNASTICS

Towards a more positive and respectful culture in gymnastics



BACKGROUND INFORMATION ON CHILDREN'S RIGHTS IN THE FINNISH GYMNASTICS FEDERATION

- the foundation for all the work carried out with children; sports is not an isolated entity
- The Finnish Gymnastics Federation is committed to the Olympic Committee's rules and the creation of the responsibility programme, and our own competition and disciplinary rules, equality plans and ethical guidelines
- **Everyone under the age of 18 is a child**
(NOTE! The club's young instructors may still be children themselves)



THE 4 CORE PRINCIPLES OF THE UN'S CHILDREN'S RIGHTS:

The Convention on the Rights of the Child has set four articles as guiding principles that must be taken into account in the interpretation of all the articles on children's rights.

- The right to life, survival and **development**: the opportunity to **grow** and achieve full potential
- Respecting the views of the child: **listening to the child's views and strengthening the child's own agency**
- Best interests of the child: what is **best for the child?**
- **Equality** and non-discrimination

The Finnish Gymnastics Federation is responsible for taking positive measures to ensure the efficient and full realisation of children's rights.

EVERYONE UNDER THE AGE OF 18 IS A CHILD



- Human rights pertain to all children. **No child must be discriminated against.**
- **Children have the right to express their views** on matters that influence their lives. Adults must take the child's views into account in decisions that pertain to a child. They must also **talk about the decision in a way that the child can understand.**
- A child has the right to privacy and no one is permitted to talk about matters related to a child without permission. **A child's reputation or dignity must not be harmed.**
- **Adults must protect children from violence and inappropriate treatment. Children must not be hurt in any way.**

CHILDREN'S RIGHTS IN GYMNASTICS



Voimistelu liikuttaa!

Children have the right to feel joy. They have the right to play and enjoy themselves. They have the right to succeed and experience the joy of gymnastics and exercise.

Everyone has the right to participate in the activities, hobbies and competitive sports as a child, not as a small adult. They have the right to take part in accordance with their developmental level.

Children have the right to express their opinions and be treated as valuable individuals (irrespective of their achievements in sports). In high-quality gymnastics activities, children have the right to receive responsible guidance from safe adults and to succeed in line with appropriately set goals.

Children also have the right to set their own goals and to receive support in setting them. Children have the right to shape their hobby into an activity that suits them.

SEE THE CHILD – STOP, LISTEN, SEE

If you do not listen to gymnasts' minor issues when they are small, they will not talk about bigger things later at the selection stage.



Coach: it is your job to teach interaction.

'I SEE YOU'



I am present and I see the children:

'As a coach, it is my job to welcome the children, see them as individuals and to understand that their treasure trove of emotions has no limits.

Only by learning to know them, discussing and listening actively, I can understand something about the children I coach.

The main thing is to understand what is important to them. This is about their lives, hobbies and emotions. I am there to support them and to make the hobby possible.'

GYMNASTS' RIGHTS

- Gymnasts must not be hurt in any way. Gymnasts must never be treated in an indifferent or abusive manner.
- Gymnasts must not be punished in a cruel manner.
- Gymnasts may not bully or harm others in any way and no one must be discriminated against.
- Gymnasts have the right to rest, play and enjoy leisure.
- Gymnasts have the right to express their opinions and to have their own views. While gymnasts must always respect the views and principles of others, coaches must always explain the grounds for their decisions in a clear manner.
- Gymnasts must look after their surroundings and keep them tidy to the best of their ability.

ROLE OF THE COACH

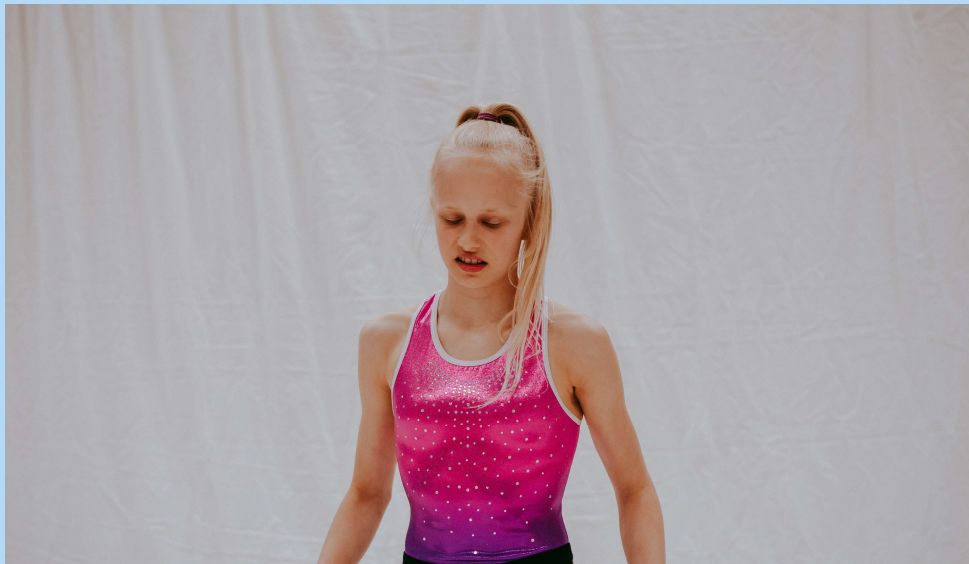
The coach is a role model and someone who is there for the gymnast. The coach is an instructor, assistant and teacher. The coach provides information and guidance to the young person. All children can blossom with people who see the good in them and bring out the best in them. Correspondingly, a child's development can be stunted in the presence of someone who continuously finds faults.



IF WE EXPECT
SMALL GYMNASTS TO
BEHAVE LIKE
TOP GYMNASTS,
WE WILL BE DISAPPOINTED WHEN
THEY BEHAVE
LIKE CHILDREN.



COACHES WORKING WITH ADOLESCENTS PLAY AN IMPORTANT ROLE



- **Adolescence is a period that is characterised by rapid physical, cognitive and social changes and the gradual development of abilities towards adult behaviour and roles**
- Adolescence poses new challenges to development and health because **young people are relatively susceptible to adopting unhealthy ways of acting as a result of pressure from the coach or club.**
- **These challenges include the development of an individual identity** and the processing of sexuality.

General comment No. 4 (2003): Adolescent Health and Development in the Context of the Convention on the Rights of the Child

SPORTS CLUB AS AN ADOLESCENT'S SUPPORT NETWORK



Voimistelu liikuttaa!

The creation of safe and supportive environment requires influencing attitudes and actions in the adolescent's immediate environment formed by family, friends, school and services, including **club activities**.

The transition to adulthood is also characterised by **positive changes**, spurred on by adolescents' strong ability to learn quickly and desire to experience new and different things, develop and apply critical thinking skills, explore new freedoms, be creative and **participate in social interaction**.

NOTE! The instructor-led training that takes place in **sports clubs must constitute** high-quality physical education, which **offers safe experiences in a safe and supportive atmosphere**, promoting adolescents' overall levels of physical activity and development of a wide range of physical skills (LITU study 2018)

#sportsculture and its development

GYMNASTICS NETWORK SUPPORTING SAFE HOBBIES FOR CHILDREN

- Olympic Committee
- Sports federation network of the coaching workshop led by the Olympic Committee
- Children of the Station (FRIENDS programme)
- Central Union for Child Welfare
- Family Federation of Finland (You're not alone)
- Mannerheim League for Child Welfare and Folkhälsan, Trygg Idrott för alla
- The Finnish League for Human Rights
- Metropolia University of Applied Sciences, KidMove project