

## Scenario One - Wellbeing

**The U17s coach has noticed a major change in Jamie's behaviour and appearance. Jamie has been late to several games and is missing practice. Jamie also looks tired and stressed all the time. The coach has been informed that Jamie's parents may drink heavily and take drugs at home.**

Irrespective of what we think might be going on in Jamie's home life it is important to be discrete and to avoid putting Jamie in a position where he needs to discuss his parents' private behaviour, unless he brings it up.

Keeping the lines of communication open and providing support when needed is the most important aspect of this scenario. If alcohol misuse and illegal drug use is going on in the home, then Jamie is living in an environment where this behaviour has been normalised. How his parents use alcohol and other drugs may be a risk factor (because for Jamie this behaviour may be normal) and having access to alcohol and other drugs at a young age increases the likelihood of early uptake of use.

It is appropriate to talk to Jamie, in confidence, about how he's going and ask if there's anything he needs help and support with at the moment. Tell him you're concerned about his appearance and that he has been late to games and is missing practice. Ask if he is having transport issues and what could the club do to help.

As Jamie is under 18 years, your club's member protection/child safety policy should also be referred to when making any arrangements to pick up/drop off any young person from the club/games/practice.

Your club could also arrange for someone from a youth service, such as Headspace, to attend the juniors practice one week. This is a great way of breaking down the barriers and potential stigma associated with getting help.