

Hey Sport, this is your R U OK? Culture

An R U OK? culture is one built on mutual respect, trust, authenticity and a willingness to support those in your world who might be struggling.

Building that culture isn't down to one person, it's a team effort.

The ten principles listed here are your guide to the values and behaviours that create an R U OK? culture in your sport.

Learn how to build an R U OK? Culture in our toolkit for coaches. Download now at ruok.org.au/sport



- 1 Coaches, officials and athletes demonstrate improvements in life skills and self-esteem
- 2 Athletes like and feel supported by their coach and peers
- 3 Coaches, officials and athletes exhibit kindness towards others
- 4 Sport is a positive and enjoyable experience for all involved
- 5 Coaches, officials and athletes promote a team environment based on mutual respect and positive relationships
- 6 Coaches, officials and administrators create a physically and emotionally safe environment
- 7 Coaches encourage athletes to work with and support members of their sporting community
- 8 Coaches, officials and athletes are confident they can spot the signs someone in their sporting community might be struggling with life
- 9 Coaches, officials and athletes feel confident and willing to have a meaningful R U OK? conversation
- 10 Coaches, officials and athletes feel a sense of connection and belonging within their sporting community

**Hey Sport,
R U OK?**

Be the coach that changes lives. Ask R U OK?

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