SPORT SOCIAL SMART

Everyone belongs in the team chat

RESPECT + INCLUSION

LESSON 01

A MOMENT IN TEAM LIFE

A new player joins the team. At training, everyone includes them. In the team chat, messages are full of inside jokes and plans they do not understand. Nobody means to leave them out, but joining in feels difficult.

TAKE IT INTO YOUR DIGITAL LIFE

A team chat is part of team life. Inclusion means helping someone understand the conversation, not just adding their name to a group. Explain a joke, invite their opinion and avoid sharing messages that make a teammate the target. If a chat feels hurtful, speak with a trusted adult rather than joining in.

ONE IDEA TO TRY

Together, choose one welcoming message you could send to a new teammate. If your child does not use a team chat, discuss what a welcoming conversation would look like.

YOU HAVE FINISHED READING

You can stop here. The questions and reflection on the next page are optional.

RESEARCH BEHIND THIS CARD

Players described friendship and inclusion; adults also raised concerns about subgroups and exclusion. A small qualitative study of one team; no causal claim.

Dunn et al. A Qualitative Study of Social Media and Electronic Communication among Canadian Adolescent Female Soccer Players.

doi.org/10.1177/07435584211045131

The sporting example and suggested action are educational adaptations, not findings tested by this study.

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A preview of the weekly card families receive
A short conversation guide for a young athlete and their parent or guardian.

SPORT SOCIAL SMART

Optional questions & reflection

You may skip this page. Reading the card is enough.

LESSON 01

1. Why might the new player feel left out?

- A. The chat includes jokes and plans they do not understand.
- B. They must earn the right to speak.
- C. Online conversations do not matter.

2. Which response is most welcoming?

- A. Wait for them to work everything out.
- B. Explain the plan and invite their opinion.
- C. Create another group without them.

3. What should you do if a teammate becomes the target?

- A. Share the joke to fit in.
- B. Ignore it because it is online.
- C. Avoid joining in and speak with a trusted adult.

OPTIONAL REFLECTION - NO RIGHT ANSWER

What is one rule that would help everyone feel welcome?

You may type a reflection below. Save your PDF to keep your selections and text; nothing is sent automatically.

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