

PALARONG!

MARIKINA 2023

PALARONG PAMBANSA



LEARNER-ATHLETES SAFEGUARDING GUIDELINES



CLEAN SPORT

A GUIDE TO ENJOY A CLEAN AND FUN SPORTING ENVIRONMENT



Succeeding through
hardwork, talent,
determination, skills,
and trust in oneself



Competing on a fair
and level playing field



Giving value to
the spirit of
sport



Respecting and
looking after one's
body, mind, health
and spirit



Playing true,
playing clean, and
playing fair at all
times



SIMPLE WAYS TO MAKE SPORT MORE FUN FOR ALL



Trust in yourself.



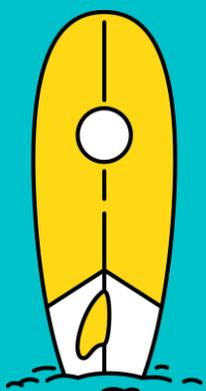
Enjoy the wins and learn from the losses.



Follow the rules and policies of the sport.



Celebrate small wins.



Make every game and training a learning opportunity for you to grow better.



Respect your fellow learner-athletes, coaches, officials and sport personnel.



Most importantly, have fun!



DUTIES AND RESPONSIBILITIES OF COACHES, TRAINERS, & CHAPERONS/GUARDIANS

ONE

Exercise parental authority over the learner-athletes during supervision, instruction, and custody.



TWO

Keep them in their company and support, educate and instruct them by right conduct and good example.

THREE

Give them support, advice and counsel, companionship and understanding.

FOUR

Enhance, protect, preserve, and keep them physically and mentally healthy at all times.

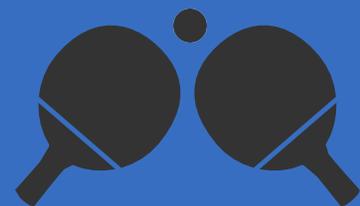


FIVE

Keep them away from bad company and keep them from developing habits that are harmful to their health, studies, and morals.

SIX

Represent them in all matters affecting their interests.



SEVEN

Inculcate the value of respect and obedience.

EIGHT

Practice positive and non-violent discipline as required, without resorting to corporal punishment under any circumstances.

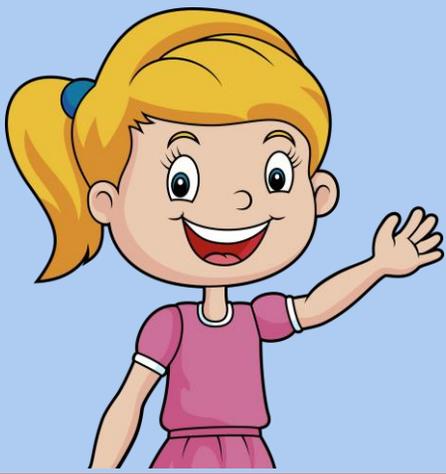


NINE

Report learner abuse incidents to the designated Regional Learner Rights and Protection (LRP) Steering Help Desk.

TEN

Perform other duties as required by law, acting as substitute parents or guardians.



DUTIES AND RESPONSIBILITIES OF LEARNER-ATHLETES

ONE

Treat coaches, trainers, and chaperons as their guardians during the conduct of Palarong Pambansa. Seek permission and ensure that activities outside billeting areas are with adult supervision.



TWO

Heed the guidance and counsel given by guardians, as this is for your best interest and welfare.

FOUR

Avoid friends and activities that may pose risk to your health and safety. Be mindful of the curfew and the ban on smoking and liquor for minors.



THREE

Practice good habits such as sleeping on time, eating healthy food, maintain positive attitude and personal care to keep physically and mentally healthy.

FIVE

Observe respect, courtesy and sportsmanship towards fellow learner-athletes as well as to other adult delegates.

SIX

Report any form of abuse or learner-athlete protection concern IMMEDIATELY to the Learner Rights and Protection Help Desk.





DUTIES AND RESPONSIBILITIES OF LEARNER-ATHLETES

Participants are expected to comply with the regulations of Palarong Pambansa, prioritizing their best interests, and refraining from:

ONE

Discriminating against other learner-athletes on the basis of their appearance, weaknesses, or status.



THREE

Marking or damaging school / billeting quarter property and playing venues.



SIX

Bringing prohibited items like weapons, drugs, alcohol, toxic substances, cigarettes, and pornographic materials onto Palarong Pambansa premises.

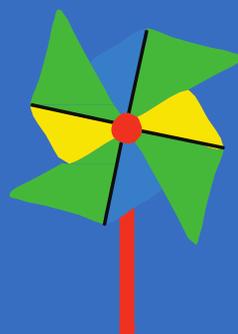
SEVEN

Performing other similar acts that cause damage or injury to another.



TWO

Doing any act that is inappropriate, unsafe, or sexually provocative.



FOUR

Using vulgar language, inciting malicious acts, or catcalling towards other learner-athletes and adult participants.

FIVE

Engaging in fights or any aggressive behavior.





SAFE INTERACTION DURING THE PALARONG PAMBANSA 2023 EVENT

ONE

Respectful, non-violent, and non-sexual interactions are expected from all participants, including adult delegates and learner-athletes to foster a safe and inclusive environment.

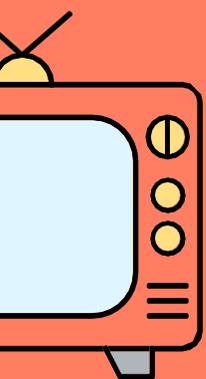
TWO

Adult must not share rooms with learner-athletes (except authorized chaperons).



THREE

Avoid inappropriate touching or suggestive comments, addressing allegations made by learner-athletes, as well as obtain written consent for transporting learner-athletes.



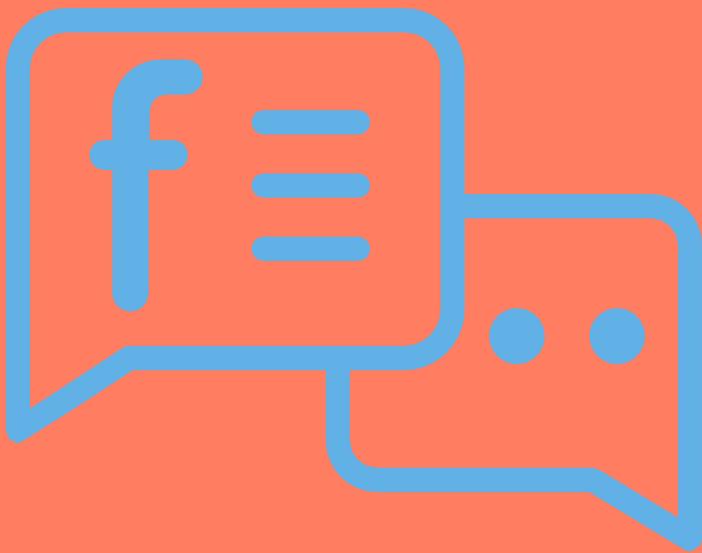
SAFE INTERACTION DURING THE PALARONG PAMBANSA 2023 EVENT

FOUR

All delegates must wear their Palarong Pambansa identification cards, use proper language when communicating, and avoid private conversations in secluded areas.

FIVE

Officials and delegations must follow guidelines for safe physical interactions, limiting touches to non-private areas like handshakes and pats on the back. All unsafe and confusing touches must be avoided.



SIX

Learner-athletes should prioritize safety by **not accepting or responding** to friend requests or messages from adult delegates.

SEVEN

Learner-athletes should report any form of abuse or learner protection concern **IMMEDIATELY** to the **Learner Rights and Protection Help Desk.**



REPORTING SAFEGUARDING CONCERNS



Learner-athletes with protection concerns during the Palarong Pambansa can approach a designated Learner Rights and Protection Help Desk or Host RO and SDO personnel for assistance.



Learner-athletes experiencing distress or protection concerns during the Palarong Pambansa can approach designated guidance counselors in their billeting quarters for immediate intervention.



PROCEDURES IN BULLYING CASE

1

All incidents of bullying must be reported to the respective Regional Learner Rights and Protection Steering Committee for appropriate action, and immediate referral, and/or intervention.

2

The Learner Rights and Protection Committee shall inform the head of the regional delegation or the concerned parents and a meeting shall be held for that purpose.

3

The learners shall be referred to the Learner Rights and Protection Committee for counselling and other interventions.

4

The RO/DO/School may impose non-punitive measures in accordance with the principles of **Positive Discipline.**

5

Punitive measures will be the **last** resort.

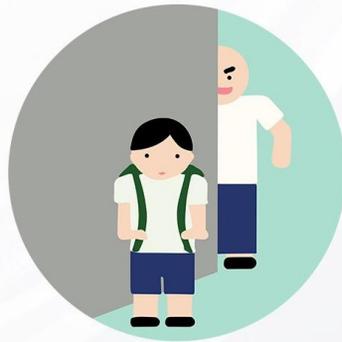


BULLYING AND CYBERBULLYING

BULLYING is willful aggressive behavior that is directed toward a particular victim who may be outnumbered, younger, weak, with a disability, less confident, or otherwise vulnerable.



THREATS



STALKING



TAKING OF
PROPERTY



PUBLIC
HUMILIATION



DAMAGE
OF PROPERTY



PHYSICAL
VIOLENCE



DEMANDING
SEXUAL OR
MONETARY FAVORS

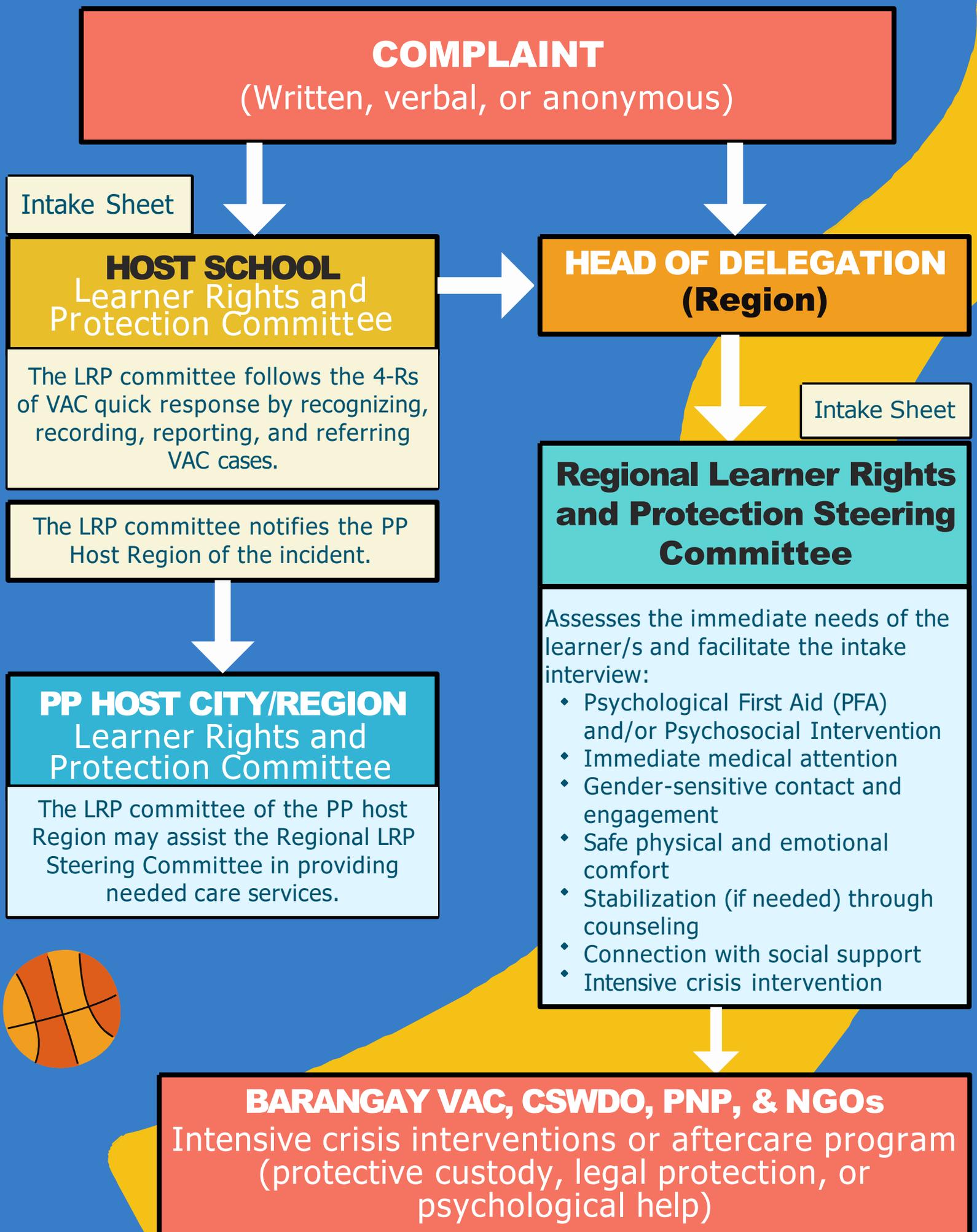


RESTRAINING OF
LIBERTY AND
FREEDOM OF A
LEARNER-ATHLETE

CYBERBULLYING is any conduct of bullying, resulting in harassment, intimidation, or humiliation through electronic means or other technology, such as, but not limited to texting, email, instant messaging, chatting, internet, social networking websites, or other platforms or formats.

**PALARONG PAMBANSA 2023 IS
NO BULLYING ZONE**

ABUSE, EXPLOITATION, AND DISCRIMINATION COMMITTED BY A LEARNER-ATHLETE





Know your rights.
Speak Up,
Speak to Us.

CONTACT US

LEARNER RIGHTS AND PROTECTION OFFICE

E: lrpo@deped.gov.ph

T: (02) 8632-1782

**LEARNERS TELESAFE CONTACT CENTER
HELPLINE**

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