



**True
Sport**

Powered by SportWest

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True Sport is proudly supported by:



**SPORT
WEST**



OVERVIEW.

True Sport, proudly supported by the Department of Creative Industries, Tourism and Sport (CITS), provides a cohesive, all-sport approach to align values, culture, and practices of sport delivery across WA and enrich the sport experience for all participants.

True Sport is underpinned by a number of key initiatives and a suite of resources, tools, and workshops with Western Australian specific information for the local sporting sector.

This program offers a long-term, sustainable approach to safeguard, support and equip the industry from now and into the future. True Sport initiatives include:

- True Sport Mental Health & Wellbeing Initiative
- True Sport Child Safeguarding Initiative
- True Sport Sideline Behaviour Initiative
- True Sport Respectful Relationships Initiative
- True Sport Cultural Education Initiative

Each initiative includes localised, sport-specific information and assists State Sporting Associations, club and community members and volunteers with a credible and trusted source of information on contemporary topics in Western Australian sport.

As True Sport continues to grow and evolve, initiatives will continue to remain flexible and agile in proactively and responsively meeting the needs of the Western Australian sporting sector, creating an environment that allows the industry to thrive and prosper for generations to come.



CHILD SAFEGUARDING INITIATIVE.

The True Sport Child Safeguarding Initiative aims to assist State Sport Associations (SSAs) to understand, navigate and then start to action the National Principles. Focused on building organisational capacity and capability, the Child Safeguarding resources offer support in navigating how to become a child safe organisation.

The initial resources include:

- Child Safeguarding workshops aiming to provide insights into the True Sport Child Safeguarding resources and provide a better understanding of the National Principles for child safe organisations.
- Child Safeguarding webinars offered specifically to respond in a timely manner to feedback regarding topical pieces impacting the industry i.e. National Integrity Framework (NIF).

- A self-assessment tool to assist SSAs work through each National Principle and identify whether they have work already underway or not. This will then inform the development of an action plan to guide SSA action.
- Sport-tailored examples of how SSAs can implement each National Principle.
- A sample SSA Child Safety Statement of Commitment and Child Safety Code of Conduct to help guide SSAs in the development of their own.
- A reporting flowchart to provide clarity, guidance, and reassurance of how and where to report suspicions of, or disclosures from, a child or young person who is at risk of harm.



THE VOICES OF CHILDREN AND YOUNG PEOPLE ADVISORY GROUP

The role of the Voices of Children and Young People Advisory Group is to provide strategic direction and leadership to the SportWest and True Sport team to ensure the advancement of policies and programs that benefit them and the future generations of children and young people in sport in Western Australia.

The Voices of Children and Young People Advisory Group sets out to empower its members by providing them a platform to engage in creative projects aimed at increasing the awareness of the positive impact sport can have on the lives of children and young people in the Western Australian community and, the power of including and consulting the voices, opinions and ideas of children in policies and the 'every-day' functions of sporting organisations that directly impact their experiences.

MENTAL HEALTH AND WELLBEING INITIATIVE.

The True Sport Mental Health and Wellbeing Initiative supports State Sporting Associations, sporting organisation representatives, club and community members and volunteers to respond to mental health incidents and promote proactive mental health and wellbeing in community sport.

The True Sport – Mental Health and Wellbeing Initiative has been developed in partnership with The Mental Health Project, a Western Australian mental health training specialist, utilising the expertise of qualified clinical psychologist, Dr Kellie Lewis.

The industry now has access to a suite of resources and tools including:

- A 90-minute eLearning module.
- Mental Health and Wellbeing Workshops.
- An Employee/Volunteer Assistance Program (for eligible organisations).
- The Mental Health Champions Network.
- A Community Links Hub.
- A Critical Response eToolkit, and.
- Over 55 downloadable and editable resources, tailored to both State Sporting Associations and Club/Community volunteers.



EMPLOYEE ASSISTANCE PROGRAM & VOLUNTEER ASSISTANCE PROGRAM

SportWest, through our True Sport Mental Health and Wellbeing Initiative, in partnership with CITS, have collaborated with Access Wellbeing Services (AWS) to provide expert and professional psychological wellbeing services to support member employees and to support volunteers in the sporting community. SSA employees will be eligible for six (6) one-hour counselling sessions under the program. Additional AWS services may be accessed by employees at an additional cost to their SSA.

Volunteer Assistance Program will allow State Sporting Associations to extend these support services to members (including volunteers, participants and parents supporting clubs and individuals) who experience a critical incident. The VAP also includes up to six (6) one-hour sessions with a counsellor as well in a bid to proactively support our volunteers and club members.

Eligible member organisations must meet the following criteria:

EAP:

- State Sporting Associations (SSAs)
- SSAs that do not already have an EAP service provided by a national governing body.
- Current SportWest membership with all fees paid in full.
- Any other SportWest member organisations as approved by SportWest management.

VAP:

- State Sporting Associations (SSAs) with under 30 full time employed staff.
- SSAs deemed ineligible for EAP services due to having access to EAP services through a national body can access VAP if the SSA has fewer than 30 full time employees.
- Current SportWest membership with all fees paid in full.

To access the services within the EAP/VAP program, please visit the True Sport website, www.truesport.com.au.





MENTAL HEALTH CHAMPIONS NETWORK

The True Sport Mental Health Champions Network is a network of SportWest member representatives who will champion the mental health and wellbeing messages in their respective organisations and become vehicles for information, resources and guidance.

This network is not an advisory group, but rather an opportunity to connect and unite in our aim to reduce stigma around mental health and wellbeing in community sport, and to better support clubs and stakeholders.

This network aims to:

- Act as information conduits between SportWest, as the peak body for sport in WA, and the respective member sporting organisations, for trusted, credible sources of mental health and wellbeing information.
- Create a safe and encouraging platform for ongoing connection and collaboration between industry professionals.
- Share feedback and experiences to be on-shared with the True Sport Advisory Group for consideration.
- Deepen individuals' knowledge and skills in the mental health and wellbeing sector to work towards overall increased education and awareness within the community.
- Mental Health Champions Network individuals drive and imitate/reiterate the network structure within their own organisations.

Process to join the network is as follows:

- Complete the True Sport Mental Health and Wellbeing eLearning module
- Attend 1 x True Sport Mental Health and Wellbeing workshop

After completing the above learning, participants will receive an email inviting them to join the network communication channels, offering ongoing connection opportunities such as network get-togethers and webinars.

Interest in joining the network prior to completing the eLearning and workshops is welcomed, with the expectation that the interested individual completes these trainings at first opportunity.

SIDELINE BEHAVIOUR INITIATIVE.

The True Sport Sideline Behaviour Initiative seeks to increase public awareness of the impact of poor sideline behaviour in sporting environments. The Sideline Behaviour Initiative is here to make sure that everyone feels safe and comfortable playing the sport they love.

United to embed the principles of True Sport, SportWest with the support of State Sporting Associations, will stand together to stamp out poor sideline behaviour in sport.

In partnership with Club Respect, specific role-based resources have been promoted in various editable formats demonstrating what respectful behaviours look like for Presidents, Administrators, Parents, Players, and Volunteers. The partnership has also allowed the WA sporting sector access to the A.W.E.S.O.M.E Game Plan framework, supporting clubs in guiding their community members forwards in building cultures of respect and safety.

Available to the community are:

- Club Respect role descriptions
- A.W.E.S.O.M.E Game Plan for Clubs
- eSignature
- Editable Respect Posters
- Video and social media resources
- Case studies

With the support from CITS, SportWest have partnered with Richmond WA to deliver Bouncing Back sessions as an extension of the True Sport Sideline Behaviour and Mental Health & Wellbeing Initiatives to the sporting sector. These sessions are designed to equip state sporting organisations, clubs, coaches, volunteers, and community leaders with practical tools to support mental health, de-escalate conflict, and create safe, inclusive sporting environments.

It aims to open conversations about mental health, helping to identify, understand, support, and destigmatise the challenges that may exist within your club. Additionally, it covers bullying and conflict resolution relating to the various cohorts (players, spectators) within your club to help align club culture with your code of conduct.



**THERE'S NO PLACE FOR
POOR SIDELINE BEHAVIOUR.
LET US PLAY!**

RESPECTFUL RELATIONSHIPS INITIATIVE.

Promoting respectful relationships and gender equality to stop violence against women and girls before it starts.

Sport is an integral part of Australian culture. It is woven into the fabric of the everyday lives of many Australian individuals, families, and communities.

To prevent violence against women we need to have conversations and educate people where they 'live, work, socialise and play.'

On and off the field, sport provides the environment and opportunity to set and reinforce positive community standards about respect and equality. It can challenge problematic norms, practices, and structures to drive cultural change.

The partnership between SportWest and Starick will support sporting clubs and organisations to create lasting change and foster an environment that is safe, respectful, and inclusive for all members, volunteers, families, and spectators.

“We know that violence against women is preventable and needs a whole of community effort. Our partnership with SportWest means Starick’s Respectful Relationships Program can support sporting organisations to raise awareness about family and domestic violence and create playing spaces that are respectful and safe for the whole community.”

Leanne Barron CEO Starick

RESPECTFUL RELATIONSHIPS SPORT & RECREATION PROGRAM ELEARNING AND RESOURCES

Starick’s Respectful Relationships Sport and Recreation Program is a family and domestic violence primary prevention program which focuses on promoting respectful relationships and gender equality in sport and recreation clubs and organisations in Western Australia.

Starick has developed an online interactive learning resource for organisations participating in the program which addresses family and domestic violence in Australia, the scale of violence perpetrated against women and children, the drivers of this violence, and the unique opportunity sport and recreation organisations have to promote respectful relationships and prevent gender-based violence.

There is a resource pack included in the eLearning that can be used to further support awareness raising and the prevention of family and domestic violence. There are quizzes throughout the course to help gauge how much has been learned. We hope you will be inspired to promote cultural change in your sport or recreation organisation.



CULTURAL EDUCATION INITIATIVE.

The True Sport Cultural Education Initiative supports the WA sporting sector to build cultural literacy and foster reconciliation with First Nations peoples.

Recognising that racial and cultural vilification continues to impact participation and inclusion of First Nations peoples in sport, this initiative goes beyond prevention—it aims to educate, upskill, and empower sport organisations to create culturally safe environments from the grassroots to the elite level.

Through partnerships with First Nations owned and led organisations, the initiative provides tailored resources, cultural awareness training, and guidance on developing Reconciliation Action Plans (RAPs). It encourages State Sporting Associations (SSAs) and clubs to reflect on their practices, build respectful relationships within their own communities, and embed cultural safety into their governance and operations.

By strengthening understanding and respect for First Nations cultures, histories, and perspectives, the Cultural Education Initiative lays the foundation for long-term change—where cultural inclusion is not only expected but championed across all levels of WA sport.

FUTURE INITIATIVES.

SportWest partnered with the expert research team from the University of Western Australia (UWA) to develop a robust evaluation framework to guide the identification and prioritisation of future True Sport initiatives.

The framework includes a structured prioritisation process to ensure that new initiatives are introduced in a timely and strategic manner, based on sector needs and impact potential. This process underpins a systematic, industry-driven approach to the development, planning, and implementation of future initiatives.

As part of this ongoing evolution, SportWest continues to actively engage with the sector on future initiatives, including support services related to dispute resolution in sport and parent engagement.

The Future Initiatives Framework ensures that all new programs are grounded in research, responsive to the needs of the WA sporting community, and aligned with the overarching goals of True Sport.

For more information about True Sport
please visit www.truesport.com.au

