



'Jag Ställer Upp' will lead to

- an attitude improvement among the active and all others within the basketball family
- that all children and youth are seen and treated with respect by everyone at all times
- that more children and youth can feel safe and harmonious in all basketball context
- fewer police reports, disciplinary matters and interrupted games
- fewer disqualifying and technical fouls
- that each club actively works to create a better basketball environment for all
- that no one stops playing, coaching or refereeing basketball because of feeling unsafe, discriminated or mistreated in any way



PARENTS/SPECTATORS

“Jag Ställer Upp” is the project for everyone within basketball in Stockholm. All the participants within **the basketball family** - players, managers, referees, officials, associations, parents and spectators – are into this because we care about each other and we **love our sport**.

In “Jag Ställer Upp” we do not tolerate any type of violence, threats, derogatory comments, gender order, bullying and everything else that is beyond the scope of conduct, ethics and morality.

Together we strive for a spirit of **sportsmanship and positivity** in all contexts. We stand for **good communication** between all parties and in showing each other **mutual respect**. It should be **fun, stimulating and safe** to play basketball and to interact within the basketball environment.

PARENTS/SPECTATORS

As parent and spectator you play an important role in the whole sports experience and development of children and adolescents. It is important to give **support and encouragement without demands**. By your actions, you create positive and negative reactions and patterns - this can change the behaviors of the others.

It is important that you as parent and spectator

- give your child unconditional support
- provide positive encouragement for good behavior and performance based on effort
- respect the referee's decision
- let the coach be the coach for instructions during training and games
- spread a positive spirit and advocate good communication with all
- are good role models to all children and young people in all basketball context
- act when you discover that someone has an unacceptable behavior outside the bounds of the sport's core values and the project
- spread the message of the project to others

We know that you can be a good role model and that is exactly why you have a great responsibility and why you play an important part!

