



■ POB Golden Rules for Youth Liaisons

1. Be a Safe Teammate

Make the rink a place where kids feel welcome and respected. Listen without judgment—don't try to “fix” right away. Remember: your role is to support, not to diagnose.

2. Check the Boards, Not Just the Score

Look beyond wins and losses—notice how your teammates are feeling. If someone seems off (quiet, withdrawn, or frustrated), check in. Small gestures can shift the game.

3. Pass the Puck to Trusted Adults

You don't need to handle big issues alone. Encourage teammates to talk to a coach, parent, counsellor, or another safe adult. Know who the “safe adults” are in your rink or association.

4. Keep the Dressing Room Confidential

Respect privacy: what's shared stays between you—unless safety is at risk. If you're worried about harm, it's always okay (and necessary) to pass the puck to an adult. Explain honestly why you may need to involve others.

5. Play the Long Game

Building trust takes time—show up consistently. Celebrate small wins in kindness, courage, and voice. Remember: being a Youth Liaison isn't about being perfect—it's about being there.