5 Tips for Being a Good Team Mate

Be Accepting
Everyone in the team has things they are good at and things they need help with. The most important thing is to be accepting and supportive of each other.

You could:
- Cheer your teammates on
- Be kind and friendly

Communicate
Get to know your team mate with Autism and be open to different ways of communicating with each other.

You could:
- Be a good listener
- Help by showing/demonstrating

Be Respectful
Treat your team mates with respect. A good team mate tries to understand differences and accept team members for who they are. Treat your team mates how you would like to be treated. A team should feel safe for all its members.

You could:
- Use kind words
- Be helpful

Be Encouraging
Everyone likes to know when they are doing a good job (even you!). If you notice your team mate giving something a go, trying their best or doing something well, tell them!

You could:
- Cheer for every teammate
- Congratulate them for trying

Be a Role Model
Show your teammates how to encourage and include everyone.

You could:
- Talk to your coach about ways to be a good leader in your team.
- Help others to be accepting and respectful.