



BULLY PREVENTION IN *Sports*

PARENT/VOLUNTEER HANDOUT

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www.daretocare.ca

Dare to Care was awarded the 2016 Government of Alberta Inspiration Award for Leadership in Bully Prevention.

Problem

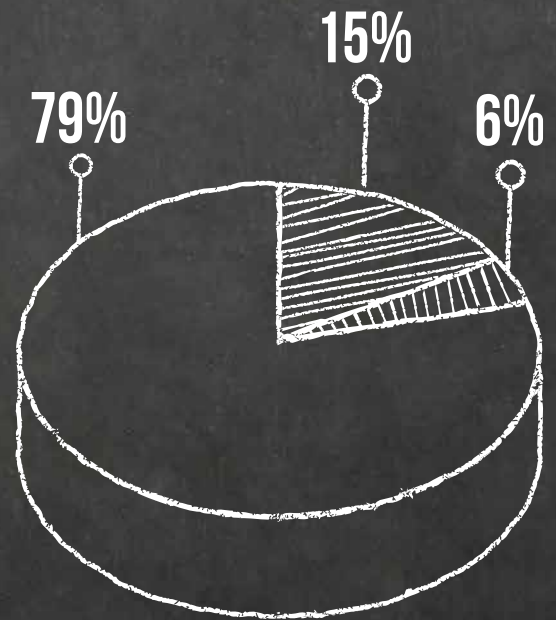
ON AVERAGE IN ANY SCHOOL, SPORT ORGANIZATION, OR WORKPLACE

15% ARE TARGETS OF BULLYING

6% ARE BULLIES

79% ARE THE SILENT MAJORITY

(PREVNet Canada)



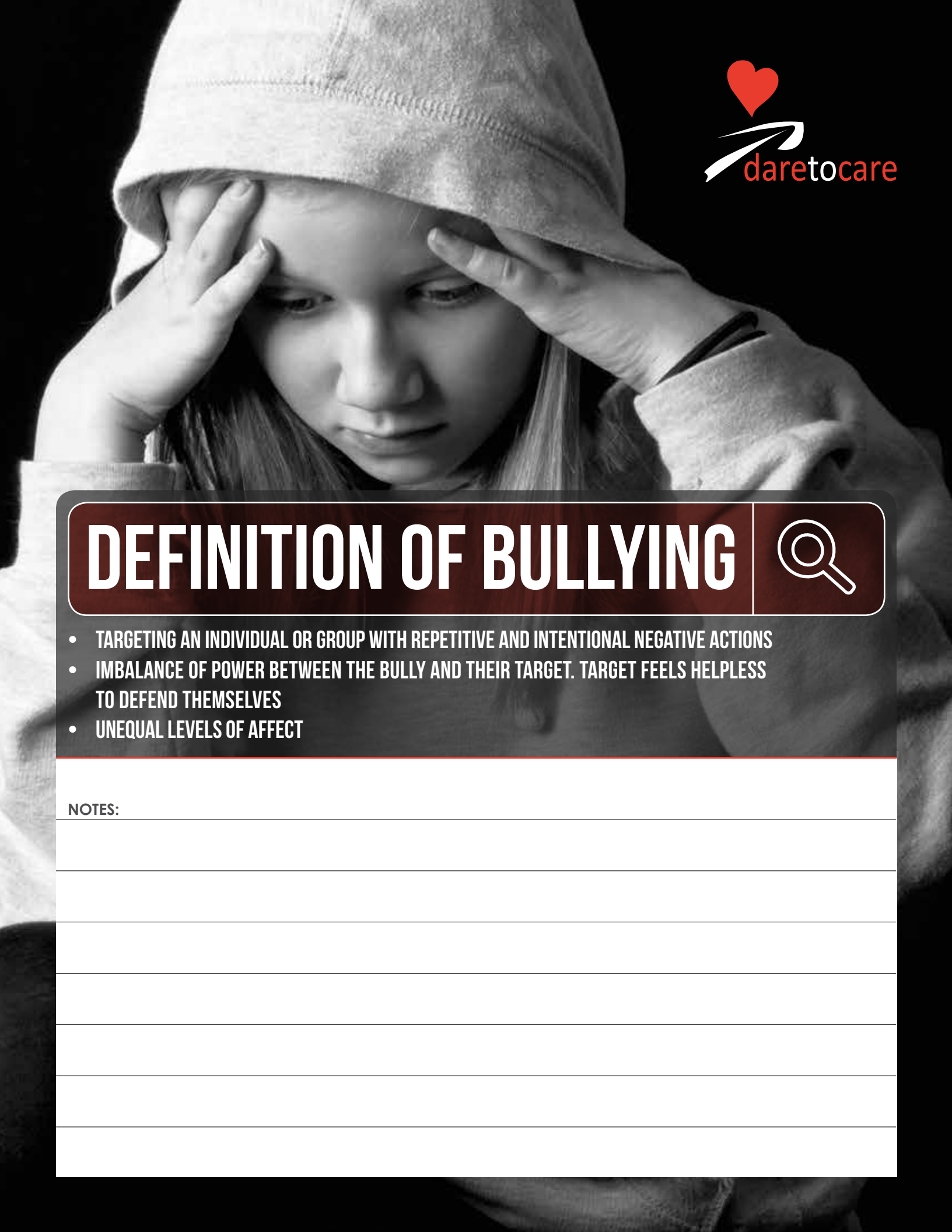
The FACTS

- Only 4% of bullying is ever reported.
- In Canada, 7 out of 10 youth drop out of organized sport by age 13, largely due to bullying.
- Of youth identified as bullies by age 11 -14, 60% have at least one criminal charge by age 24.
- 50% of all lifetime cases of mental illness begin by age 14. The average delay between the onset of symptoms and actual treatment is 8-10 years.

(National Alliance of Mental Illness)

NOTES:

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- NOTES:**

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NORMAL CONFLICT VERSUS BULLYING

NORMAL CONFLICT

- EQUAL POWER - FRIENDS
- HAPPENS OCCASIONALLY
- ACCIDENTAL
- NOT SERIOUS
- EQUAL EMOTIONAL REACTION
- NOT SEEKING POWER OR ATTENTION
- NOT TRYING TO GET SOMETHING
- REMORSE - TAKE RESPONSIBILITY
- EFFORT TO SOLVE THE PROBLEM

BULLYING

- IMBALANCE OF POWER - NOT FRIENDS
- REPEATED NEGATIVE ACTIONS
- PURPOSEFUL/INTENTIONAL
- SERIOUS - THREAT OF PHYSICAL HARM OR EMOTIONAL OR PSYCHOLOGICAL HURT
- SEEKING POWER, CONTROL
- TRYING TO GAIN MATERIAL THINGS OR POWER
- NO REMORSE - BLAMES TARGET
- NO EFFORT TO SOLVE PROBLEM

NOTES:

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IS IT BULLYING?

When someone says or does something *unintentionally* hurtful and they do it once, that's

RUDE

When someone says or does something *intentionally* hurtful and they do it once, that's

MEAN

When someone says or does something *intentionally* hurtful and they keep doing it-even when you tell them to stop or show them that you're upset, that's

BULLYING



TYPES OF *Bullying*

PHYSICAL AGGRESSION

Pushing, grabbing, hitting, spitting, tripping, etc. Also includes destruction of property and threatening.

VERBAL AGGRESSION

Name calling, put downs, swearing, etc.

SOCIAL ALIENATION

Spreading rumors, gossiping, excluding from group.

INTIMIDATION

To frighten or threaten someone usually in order to persuade them to do something they don't want to do.

SEXUAL HARASSMENT

Any comments or actions of a sexual nature that are unwelcome and make the recipient uncomfortable. This includes derogatory and/or hurtful comments about an individual's gender, gender identification, or sexual orientation.

RACIAL, ETHNIC, OR RELIGIOUS HARASSMENT

Offensive comments, jokes or behaviors that disparage or ridicule an individual's race, ethnic, or religious background/beliefs.

CYBER BULLYING

Under Canada's Criminal Code, the offence of cyberbullying is defined as sharing intimate images of a person without the consent of the person in the image. This law applies to everyone, not just people under 18. The intent of this is to protect the privacy of a person.

www.getcybersafe.gc.ca

ONLINE ABUSE

Online abuse covers any type of behaviour on the Internet, using any type of device or technology, that intentionally harms a person(s). This behaviour may or may not be considered criminal in nature.



Resources for Parents:

www.protectchildren.ca

www.getcybersafe.ca

www.needhelpnow.ca

www.kidshelpphone.ca

www.cybertip.ca

www.stopthinkconnect.org

www.mediasmarts.ca

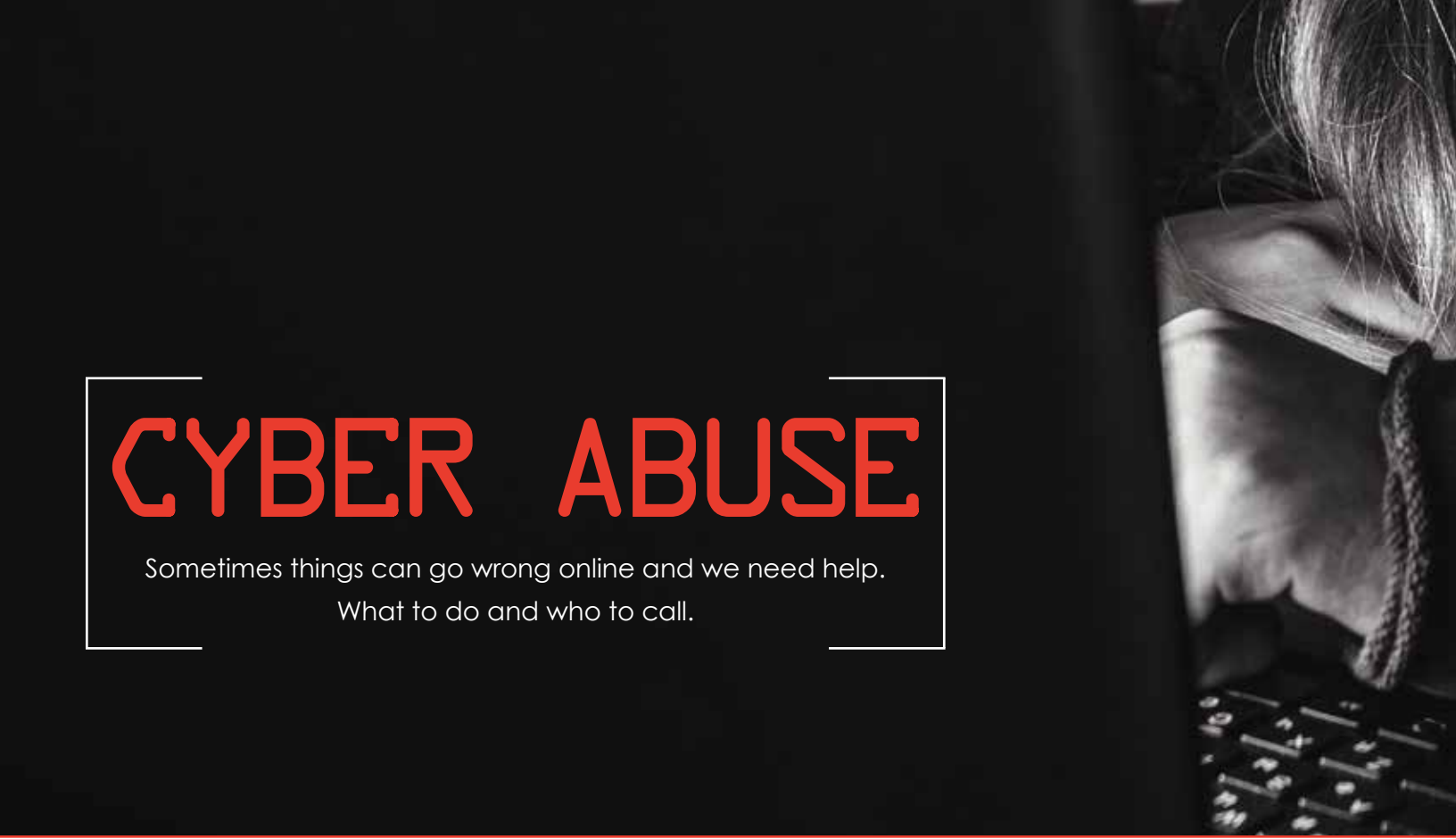
www.preynet.ca

WHAT CAN PARENTS DO TO MINIMIZE OPPORTUNITIES

- Establish a two-way contract with your child that includes in the agreement that they will tell you if they are experiencing cyberbullying.
- Teach your child to self monitor.
- Keep your home computer in a busy area of your house.
- Take all internet access out of your child's bedroom.
- Set up accounts with your children: FB, Instagram, Snapchat, etc.
- Keep a list of all their screen names and passwords.
- Regularly go over their 'buddy list' with them.
- Download an app that translates lingo (eg. text decoder).
- Contact internet service provider and set up each home device on a time out schedule.

SIGNS YOUR CHILD IS BEING CYBERBULLIED

- Long hours on the computer.
- Closes window on their computer when you enter the room.
- Is secretive about internet activities.
- Behavioral and/or emotional changes at school, home and/or at sports.
- May claim to be doing homework on the Internet but is actually accessing chat rooms
- May be falling behind in their school work.
- May find unexplained long distance telephone call charges.
- Won't say who they are talking to on-line or via texts.
- May find unexplained pictures on the computer.
- May not want to go to school or sport practice.
- Reluctant to access their social media or texts.



CYBER ABUSE

Sometimes things can go wrong online and we need help.
What to do and who to call.

The following information on cyberbullying is courtesy of Kathy Macdonald, Cyber Security Specialist:

PREVENTING RISKS FROM CYBERBULLYING AND ONLINE ABUSE

- Remain as anonymous as possible on the Internet. Never publicly display your home address, mobile phone number or full date of birth.
- Always post with a voice that is empathetic, kind, humble and positive.
- Apologize immediately when you are wrong.
- Be modest with your photos do not show off nudity, jewelry or money.
- Be kind. Don't post pictures of your friends online without their consent.
- Taking and sharing intimate images of people is dangerous. In the wrong hands, intimate images can be used to blackmail people.
- Never post an image that might embarrass or humiliate anyone.
- Be kind and diligent. Never take or share a photo that you would not want the world to see.
- Don't announce someone else's good news.
- Always ask, "Would I say this to someone's face?" If you wouldn't, then don't say it anywhere online.
- Keep physical control of your mobile device at all times, especially in public locations.
- If you are unable to carry your mobile device, ensure it is securely locked away.
- Set a strong passcode on your mobile device and minimize the amount of information and images you carry on the device.
- Check your privacy settings in social media at least once a month. Ensure you're sharing only what you want others to see.
- Know your followers personally and only accept friend requests from people you know personally.

HOW TO RESPOND TO CYBER ABUSE?

- Don't respond to abusive incidents directly.
- Block and ignore people who you feel are abusive, insulting, rude or disrespectful.
- Consider deleting, "unfollowing" or "unfriending" abusive contacts.
- Take a screenshot or print texts, images, emails that you consider abusive or possibly criminal in nature.
- Ask for help from people you trust or contact the KidsHelp Phone at **1-800-668-6868** for support
- Continue to monitor abusive situations.
- Become an online advocate.
- Report offensive or obscene remarks to the website you are using or to your Internet Service Provider (ISP), your coach, your school, your workplace supervisor or a specialized organization.

WHEN TO CALL POLICE

- If you are being coerced, threatened, extorted or blackmailed by someone.
- If a person knowingly posts online or shares with someone else, a sexual or intimate picture or video that was created in private circumstances.
- If someone views, keeps, sends, posts or takes pictures or videos of naked or semi-naked person(s) under 18, or of a person under 18 engaging in a sex act.
- If you believe a person under the age of 18 is being lured or exploited online.

Please share this information with your teammates, co-workers, family & friends.

"Be Diligent, Be Skeptical and Be Kind Online!" — Kathy Macdonald

kathy@kathymacdonald.ca
Cyber Security Specialist
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 **KATHY
MACDONALD**



PASSIVE TARGETS

- Most common type of target; easy to identify.
- Cry easily.
- Lack the ability to use humor to defuse conflict.
- May be lonely and depressed.
- Yields easily to bullying.
- Likely to be anxious and insecure.
- Unable to defend themselves.
- Make little attempt to make friends

PROVOCATIVE TARGETS

- This is a rapidly growing group; often difficult to recognize as targets.
- Restless children who irritate and tease others and don't know when to stop.
- **Lack Social Skills.**
- Try to make friends but are often rejected in the process.
- Fight back in bullying situations but end up losing with frustration and distress.
- May be diagnosed ADD, Autism Spectrum, Gifted, Non-Verbal Learning Disabilities, etc.
- Tend to make you feel like they 'deserve' it.

NOTES:

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STEPS

TO TAKE IF YOUR
CHILD IS BEING
BULLIED

1

LISTEN

Take whatever your child says seriously and find out exactly what has been going on.

Document what happened, when it started, who was involved.

2

TELL THE COACH

Work with the child's primary coach immediately to make sure they are aware of what is going on. **Document** that you have reported the incident to the coach.

3

FOLLOW UP

Check with the primary coach after a few days to make sure the situation is being monitored. If nothing is being done, report to the head coach. **Document.**

NOTES:

4

DON'T IGNORE

If you witness bullying behavior from other athletes, parents, etc., bring the matter to the attention of the primary coach and document that you have done so. Don't be a SILENT MAJORITY.

5

TEACH SOCIAL SKILLS

If you find your child is repeatedly being targeted in all social settings including school, sports, summer camp, etc., then step back and objectively observe your child interacting with others. Are there social skills they are lacking? Help them develop these social skills through role playing, behavior charts, video-recording and discussing.

6

TEACH TOOL BELT OF LIFE SKILLS

How to Ask for Help, How to Assert Yourself, How to Walk Away, How to Self Talk, How to Own It.

NOTES:



PARENTS IN SPORTS *Sports*

WHAT MAKES A NIGHTMARE SPORTS PARENT

- Over emphasizing winning at the expense of sportsmanship.
- Having different goals than your child.
- Treating your child differently after a poor performance than after a stellar performance.
- Undermining coach/officials.
- Living your own athletic dream through your child.
- Gossiping and spreading rumors about athletes, other parents, coaches, management.

- 
- 1) These are kids
 - 2) This is only a game/
competition/meet
 - 3) Coaches and Officials
are human
 - 4) Your child's talent will
get them noticed,
their character will
get them recruited



BULLYING BEHAVIOUR IN A *Coach*

REPEATEDLY VERBALLY ABUSES ATHLETES. Repeatedly and intentionally targets an individual or a group with insults, taunts, swearing, etc. The result is to humiliate the target, often in front of others. Verbally abusive coaches also make snide remarks or offer unfair criticism about your child's abilities or performance. Meanwhile, a tough coach will offer constructive criticism and direction. He might do it with a stern voice, but the words are never hurtful or shaming.

INTIMIDATES AN ATHLETE OR A GROUP ON A REGULAR BASIS. Intimidating behavior might include threatening an athlete or group with severe consequences as a way to maintain power and control over them. It also can include threatening gestures, screaming or making threats to cause harm physically when they make a mistake.

REPEATEDLY QUESTIONING AN ATHLETE'S ABILITY AND WORTH TO THE TEAM. A coach may make fun of or question an athlete's ability by belittling or berating. This may be done in private or in front of others. They also may blame others for losses or mistakes in a competition/game while boasting that their skills as a coach are responsible for good outcomes.

REPEATEDLY SETTING UNREALISTIC GOALS FOR AN ATHLETE OR TEAM. Coaches set goals and expectations for their athletes and teams, and so they should. But repeatedly setting unrealistic goals simply increases the chance for failure. This type of coach may 'bench' an athlete or intentionally



punish an athlete for mistakes that are not the athletes fault. They may also bring up past mistakes in order to shift blame. They also may make it impossible for an athlete to make a higher level team within the organization.

TALKS BAD ABOUT AN ATHLETE TO OTHER COACHES OR SPREADS RUMORS. Bullies often go to great lengths to make others look bad. As a result, they may gossip or spread rumors about an athlete's performance, an athlete's abilities, or the parenting skills of an athlete. The goal is to undermine an athlete's success and to maintain control in the situation, especially if a parent has reported the coach or talked with the coach about his behavior.

ISOLATES AN ATHLETE AND/OR THE FAMILY. Bullying coaches also might socially exclude an athlete and/or the family. They intentionally leave the athlete/family off party lists and don't include them in team outings, dinners, meetings, or group emails. They also may schedule practices or other events when they know there is a conflict in the athlete/family schedule. This may seem very petty, but it happens.

If you are experiencing any of these abuses, it's important to recognize that this type of bullying, while common, is not a normal part of youth sports. Document the incidents and when it is determined that this behavior is both repeated and intentional, please follow the steps as outlined in the sport organizations Code of Conduct:



COMMON COACHING CHARACTERISTICS THAT ARE OFTEN MISTAKEN AS *Bullying*

Common coaching characteristics that are often mistaken as bullying, but are in fact why coaches are so necessary in the life of a child. A great coach improves sport performance and teaches life lessons by:

- Positively pushing your child out of their comfort zone to improve performance.
- Demanding focus and effort each and every day, whether at practice or competition.
- Playing your child in an unfamiliar position or entering your child in unfamiliar events to stretch their ability to handle adversity.
- Does not feel pressure to start your child every game to appease you, the parent.
- Having higher expectations for your child than you or your child has.
- Having a different opinion of your child's potential than you do.
- Expecting commitment and following through with reasonable repercussions for those athletes who do not fulfill it, applied equally for every athlete.
- Expecting your child to adhere to team rules and standards.
- Holding your child to a standard that you might not hold them to, regardless of the effect it may have on the outcome of a game/competition.

NOTES:



WHAT I CAN DO
IF I AM BEING
BULLIED?

HA HA SO

**HELP
ASSERT YOURSELF**

**HUMOR
AVOID**

**SELF TALK
OWN IT**

NOTES:



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