UNDERSTANDING BULLYING

EFFECTS OF BULLYING

Psychological

Anger	Depression	Anxiety	Panic Attacks
Insomnia	Suicidal Thoughts	Difficulty Trusting	Low Self-Esteem

Physiological

Stomach aches/ Digestive issues	Dizziness	Headaches	Exhaustion
Muscle Pain	Stress	Circulatory Damage	Immune Damage

PREVENTION

Control the culture

✓ Set aside time to review the definition of bullying and hazing with athletes so the team understands which behaviors are considered "out-of-bounds."

✓ Share team rules with parents to assure that they understand the expectations and can reinforce them at home.

✓ Social and emotional learning is a core component of team building and will have the greatest effect beginning as early as possible.

REFERENCES

✓ https://www.stompoutbullying.org/

✓ https://www.cdc.gov/

✓ http://www.stophazing.org/

OTHER RESOURCES

FREE PARENT TRAINING

Parent's Guide to Misconduct in Sport – athletesafety.org

FREE PARENT TOOLKIT

✓ What you need to know about abuse

✓ Age-appropriate discussion starter about various forms of abuse

✓ Prevention Questions

✓ How to Respond

✓ Signs and Symptoms of Abuse

✓ Free guide at athletesafety.org

FREE COACHES HANDBOOK

✓ Preventing Bullying: What Great Coaches Need to Know

✓ Understanding bullying behavior, with particular focus on vulnerable populations

✓ Strategies to prevent bullying behavior

✓ Strategies for responding to bullying behavior

✓ Potential bullying scenarios to use in team discussions

✓ Free guide at athletesafety.org

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UNDERSTANDING BULLYING

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STATISTICS OF BULLYING

20% of high school students reported being bullied at school in the last year

26% of parents reported that their child had been a victim of cyberbullying

90% of LGTBQ students experienced harassment at school and online

58% of kids have not told an adult about something mean or hurtful that happened online

1 child is bullied every seven minutes

SAFESPORT CODE LANGUAGE

Bullying, as defined by our Code, is repeated and/or severe behavior(s) that are (a) aggressive, (b) directed at a Minor, and (c) intended or likely to hurt, control, or diminish the Minor emotionally, physically or sexually.

TYPES OF BULLYING:

Physical

Hitting, pushing, punching, beating, biting, striking, kicking, choking, spitting or slapping, or throwing objects (such as sporting equipment) at another person.

Verbal

Ridiculing, taunting, name-calling or intimidating or threatening to cause someone harm.

Social, including cyberbullying

Use of rumors or false statements about someone to diminish that person's reputation; using electronic communications, social media or other technology to harass, frighten, intimidate or humiliate someone; socially excluding someone and asking others to do the same.

Sexual

Ridiculing or taunting based on gender or sexual orientation (real or perceived), gender traits or behavior, or teasing someone about their looks or behavior as it relates to sexual attractiveness.

Criminal Conduct

Bullying Behavior includes any conduct described as bullying under federal or state law.

WHAT IS NOT BULLYING?

Conduct may not rise to the level of Bullying Behavior if it is merely:

✓ Rude (inadvertently saying or doing something hurtful)

✓ Mean (purposefully saying or doing something hurtful, but not as part of a pattern of behavior)

✓ Arising from conflict or struggle between persons who perceive they have incompatible views and/or positions.

PREDICTORS OF BULLYING BEHAVIOR

Individuals who:

- Are very talented
- Have few or no friends
- Are popular and have many friends
- Have an illness, physical disability, or mental disability
- Identify as LGBTQ
- Have vulnerable or introverted personalities
- Have physical features that attract attention or are considered outside the norm

CYBERBULLYING

Using electronic communications, social media or other technology to harass, frighten, intimidate or humiliate someone. Because it happens away from practice and competition settings, coaches are often unaware cyberbullying is going on.

Girls are more likely to be cyberbullied than boys. 38% of girls report being cyberbullied (vs. 26% of boys).

Cyberbullying also includes stealing account information to post damaging material as another person.

The most common methods of cyberbullying are spreading rumors and making mean or hurtful comments online.

Unlike other forms of bullying, cyberbullies can often remain anonymous, and gain a much wider audience for their bullying.

Taking or circulating unwanted pictures of someone is a form of cyberbullying.