

Bullying Prevention Program

4 Steps to Prevent Bullying

1. Help kids understand bullying
2. Have open communication with kids
3. Encourage kids to do what they love
4. Model how to treat others

<https://www.stopbullying.gov/prevention/how-to-prevent-bullying>

Identifying Bullying: Bullying Behaviors may include:

- Teasing, name-calling and taunting. Spreading rumors about someone or intentionally embarrassing someone in a public setting
- Hitting, kicking, tripping, punching or spitting
- Taking or damaging someone else's belongings
- <https://www.youtube.com/watch?v=v6y1LYouc1A>

Coaches Role: What can coaches, and parents do to prevent bullying in their sports organizations?

1. Establish a zero tolerance policy.

What starts out as a joke can easily turn into a cruel insult. At the beginning of the season, make it clear to your players and their parents that there will be a zero tolerance policy for bullying. Make sure your players understand that if you feel they are being cruel to one another their behavior won't be accepted, even if they meant it as a joke.

2. Recognize that you have the right to step in.

As an adult, you have the right and the responsibility to step in if you see one player (or another adult!) bullying another. Don't assume that the kids will just work it out themselves, especially if it seems like a pattern of behavior. Accept that this is your team and you are responsible for the actions of your players. If you see bullying and don't put a stop to it, then you are part of the problem.

3. Be aware that your actions impact your players.

Understand that your tone, body language, and other nonverbal messages set the standards of behavior for your team. If you tease or scream at a player, you are giving unspoken permission for their teammates to do the same. You may not mean to cause any harm, but you have to practice what you preach and be a role-model for your team. Be constructive, rather than just criticizing.

The worst thing you can do is turn a blind eye to bullying and dismiss your players' behavior. Creating a bully free environment should be the responsibility of every youth sports coach, and sports parent.

<https://www.mentaltoughnesstrainer.com/bullying-in-youth-sports/>