

**Preventing Bullying in Athletics:
Best Practices**

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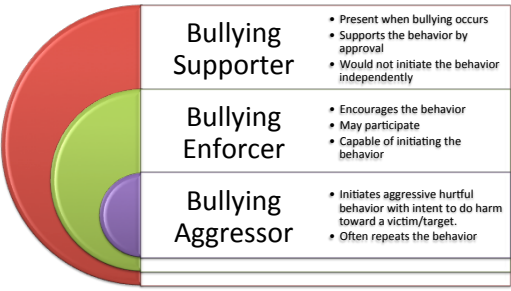
www.stopbullyingma.org

"Bullying . . ."

A student is being bullied when he or she is exposed, repeatedly and over time, to negative actions on the part of one or more students.

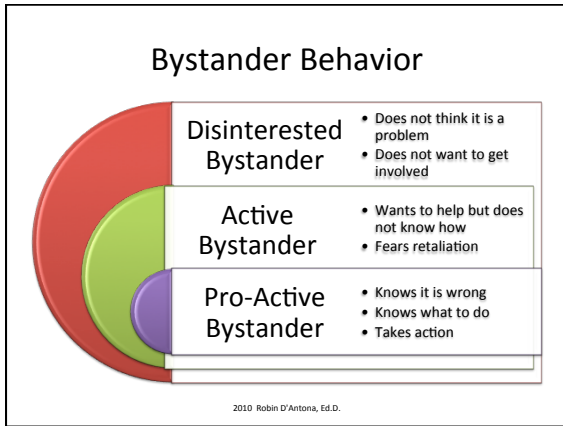
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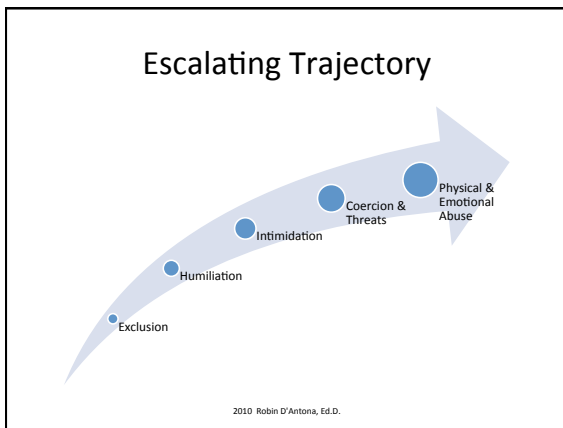
Bullying Behavior

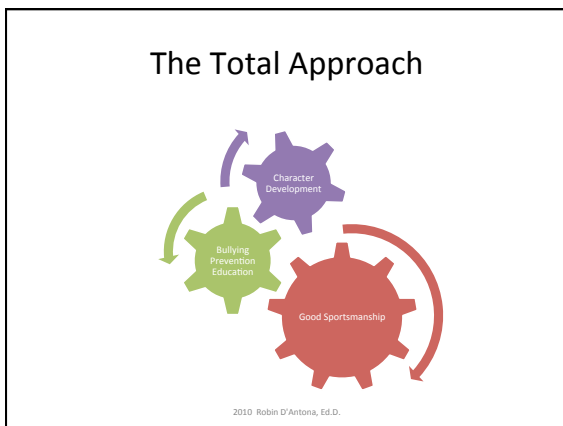


Bullying Supporter	<ul style="list-style-type: none"> • Present when bullying occurs • Supports the behavior by approval • Would not initiate the behavior independently
Bullying Enforcer	<ul style="list-style-type: none"> • Encourages the behavior • May participate • Capable of initiating the behavior
Bullying Aggressor	<ul style="list-style-type: none"> • Initiates aggressive hurtful behavior with intent to do harm toward a victim/target. • Often repeats the behavior

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Prevention #1

- Obtain coaches and staff support as well as parent backing for bullying prevention. Involve everyone!

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Prevention #2

- Coordinate and collaborate with the school's bullying prevention activities and provide training for coaching staff, parents and athletes.

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Prevention #3

- Establish and enforce specific rules related to bullying behavior that are line with similar school policies.

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Prevention #4

- Include bullying prevention as part of the discussions about sportsmanship

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Intervention #5

- Praise kindness and good sportsmanship.

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Intervention #6

- Address bullying consistently and appropriately when it happens.

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Intervention #7

- Increase adult supervision in "hot spots" for bullying. Pay particular attention to athletes who are less skilled as they are more likely to be bullied.

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Intervention #8

- Monitor and continue these efforts in order to sustain the changes over time and to change the climate.

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Take home message:



**It takes teamwork
and time!**

Source for information:
**Tackling Bullying in
Athletics**
D'Antona & Kevorkian
Rowman Littlefield Publishers 2010

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