

STOP BULLYING IN SPORT

ADVICE FOR CHILDREN & YOUNG PEOPLE FROM CHILDREN & YOUNG PEOPLE

WHAT IS BULLYING?

Bullying is abusing someone continuously to annoy or hurt them mentally or physically. Examples include...

- Pushing, hitting or hurting someone.
- Name calling, making unkind jokes, threatening someone, saying nasty things behind their back.
- Spreading gossip, ignoring or leaving someone out of a game or group.
- Sending nasty text messages or emails. Putting hurtful messages on Facebook, Twitter or Instagram.
- Sometimes adults can bully as well. If an adult says things or does things to you that you do not like you should tell another adult that you trust.

THINK ABOUT WORDS YOU ARE USING

Some words mean different things to different people and although you think they are fun, they may be hurtful and also against the law.

BULLYING IN SPORT CAN TAKE A VARIETY OF FORMS

Examples include...

- Picking on someone who maybe is not the best.
- Picking on someone because they do well and get praised.
- Not welcoming new people into your team.

IF YOU OR A FRIEND ARE BEING BULLIED IT'S NOT YOUR FAULT TELL SOMEONE!

- Be sure to tell someone you trust, find out who your Welfare Officer is at your club.
- If you are in a leisure centre speak to someone you know is a member of staff.
- Don't just stop going to the sports club or activity.

IF YOU ARE BEING BULLIED OR YOU THINK YOU ARE A BULLY

If you have a problem you can't fix on your own, or if someone does or says something to make you feel uncomfortable, it's a good idea to ask an adult you trust for help. This may be a parent / carer or a different family member, a teacher, doctor or sports coach for example.

IF IT IS HARD TO TALK TO A TEACHER OR A COACH,
YOU CAN CALL CHILDLINE FREE ON...

0800 1111

HELPFUL WEBSITES

WWW.CHILDLINE.ORG.UK
WWW.BULLIESOUT.COM
WWW.BULLYING.CO.UK

WWW.ANTI-BULLYINGALLIANCE.ORG.UK
WWW.DOSOMETHING.ORG/BULLYING
WWW.THECPSU.ORG.UK