

IF YOU THINK YOU'RE A VICTIM



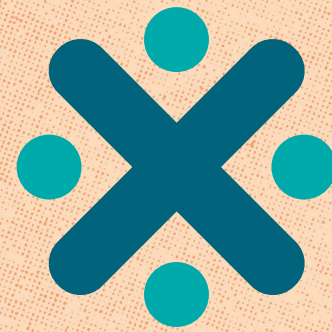
YOU'RE NOT ALONE!

.....

TELL YOUR COACH,
FAMILY OR FRIENDS

.....

YOU'RE NOT THE CULPRIT
OF THE SITUATION



RED BULLYING Y DEPORTE

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#DONTPLAYAROUNDWITHBULLYING

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DON'T PLAY AROUND WITH BULLYING



 **RED
BULLYING Y DEPORTE**

BULLYING

WHAT IS IT?



- VIOLENT BEHAVIOUR (PHYSICAL, VERBAL AND/OR SOCIAL)
- OF ONE OR MORE PEOPLE OVER ANOTHER
- WITH THE INTENTION TO HARM
- WHICH IS CARRIED OUT REPEATEDLY
- WHICH HAS SERIOUS CONSEQUENCES FOR THE VICTIM

CYBERBULLYING IS A FORM OF BULLYING BY MEANS OF THE INTERNET

BULLYING IS NOT A JOKE

01. DON'T BE AN ACCOMPLICE!

02. PUT YOURSELF IN THE VICTIM'S SHOES

03. DON'T LEAVE THEM ALONE, HELP THEM

04. REPORT THE SITUATION TO AN ADULT

GETTING RID OF BULLYING IS IN YOUR HANDS!



COACH, GET INVOLVED!



- ✓ PROMOTE COHESION AND COOPERATION IN THE GROUP
- ✓ BE AWARE TO THE ATHLETES' BEHAVIOURS
- ✓ LISTEN AND TALK TO THEM, ASK HOW THEY FEEL
- ✓ COMMUNICATE WITH THE FAMILIES
- ✓ LOOK BEYOND ATHLETIC PERFORMANCE
- ✓ IF YOU HAVE ANY SUSPICIONS, REPORT IT TO THE BOARD