

DON'T PLAY AROUND WITH BULLYING

GUIDE FOR THE PREVENTION, DETECTION AND INTERVENTION
OF BULLYING IN SPORT



WHAT ARE BULLYING AND CYBERBULLYING?

Bullying is defined as a set of behaviours that one or more people (aggressors) carry out on another person (victim) with the intention of harming them, which is carried out repeatedly over time, and that entails an imbalance of power or strength between those involved (aggressor-victim).

There are different types of bullying: physical bullying (pushing, hitting, damaging personal objects, hiding them, etc.), verbal bullying (insulting, mocking, name-calling, etc.) and social or relational bullying (excluding from the group, not allowing to participate, ignore, etc.).

In recent years, with the increasing use of information and communication technologies, cyberbullying has emerged. Cyberbullying includes actions such as recording videos, taking photos and posting them on the Internet without the victim's consent, writing and spreading threatening messages, insulting or making fun through social media, etc.

Bullying and cyberbullying can not only be found in school or high school, but they are also present in the sports context.



WHICH ARE THE ROLES IN A BULLYING SITUATION?

Victim: experiences the bullying situation.

Aggressor: carries out the aggression toward the victim.

Bystanders: they observe the bullying interactions between the victim and the aggressor.

THE ROLE THAT BYSTANDERS ADOPT WILL BE VERY IMPORTANT TO MAINTAIN OR ERADICATE THE BULLYING SITUATION



WHERE, WHEN AND HOW CAN A SITUATION OF BULLYING OCCUR IN SPORT?

Bullying takes place in spaces and at times where there is little to no presence of an adult. One of the spaces where more bullying situations occur is in the changing room, although it can also happen in other spaces, such as the sport field itself.

The aggressor can create an environment where the law of silence prevails. For this reason, in many occasions the coaches and/or the families are unaware of the situation. They find out about it when the problem is more serious or when the child or adolescent decides to give up sport.



HOW CAN WE PREVENT BULLYING IN SPORT?

ZERO TOLERANCE FOR VIOLENCE

Specific regulations and codes of conduct must be developed and disseminated to guarantee a violence-free environment.

RAISING AWARENESS OF THE PROBLEM

It is necessary to boost awareness and knowledge strategies about what bullying is and the possible consequences it can have on the victim's health (anxiety, depression, etc.).

CREATION OF POSITIVE ENVIRONMENTS

Working cooperatively, creating communicative ties and helping each other among all the people who make up the organization will lead to a positive environment for practicing sport.

SPORT PERFORMANCE IS NOT EVERYTHING

Coaches, families and people responsible for the sport organization must value aspects that go beyond sport performance.



HOW CAN WE DETECT BULLYING IN SPORT?

Families, coaches and people responsible for the sport organization must be aware of the indications or signs that the child or adolescent athlete who is a victim of bullying may present.

SOME OF THESE SIGNS ARE:

- ✓ Presentation of inexplicable or unjustifiable injuries, blows, bruises, wounds, etc.
- ✓ Sudden mood changes.
- ✓ Loss of items or returning home with damaged belongings.
- ✓ Presentation of psychosomatic alterations (for example, not being hungry, sleep disorders, etc.).
- ✓ Hypervigilance attitude.
- ✓ Lower sports and/or school performance.
- ✓ Tendency to isolate oneself and wanting to be alone.
- ✓ Loss of interest in training and/or competitions.
- ✓ Poor self-confidence.



WHAT DO WE DO IF WE SUSPECT A CASE OF BULLYING IN SPORT?

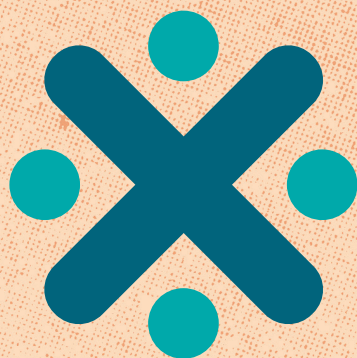
From the sport organization, communication channels must be created and promoted to facilitate reporting a possible bullying situation. For example: holding regular individual meetings with athletes, making use of virtual mailboxes, specific applications, etc.

The creation of a protection delegate is also necessary to guarantee the well-being of the children and adolescents in the entity.

At the same time, an action protocol must be available for prevention, detection and intervention in the event of a suspected bullying situation.

The entire sport community (families, athletes, coaches, people responsible for the sport organization, etc.) must be familiar with this protocol.





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