



MODULE 2 – SECTION F

BULLYING



Bullying can be defined as repeated and deliberate actions or hurtful behaviour that is repeated over time. The impact of bullying on children and vulnerable adults is often underestimated and can cause considerable distress which in turn can affect a person's health or development.



BULLYING CAN BE:



Physical: including pushing, kicking, hitting, pinching, and other forms of violence or threats.



Verbal: name-calling, sarcasm, spreading rumours, persistent teasing.



Emotional: excluding, tormenting, ridiculing, humiliating.



Racial: racial taunts, graffiti, gestures.



Sexual: unwanted physical contact, homophobic taunts, abusive comments.

BULLYING CAN OCCUR BETWEEN:



An adult and young person



A young person and another young person



A parent and their child

WITH SPORT BEING COMPETITIVE, THE OPPORTUNITY FOR BULLYING MAY BE INCREASED.

EXAMPLES MIGHT INCLUDE:



An athlete being picked on for being a weaker competitor.



Parents pushing their child too hard.



A COACH ADOPTING A WIN-AT-ALL-COSTS ATTITUDE



OFFICIALS PUTTING UNDUE PRESSURE ON ATHLETES



THE MOST ACCEPTED PREVENTION AGAINST BULLYING



is to ensure that respect is part of all conversations within the school, irrelevant of who the conversation is between and irrelevant of what the conversation is about. Even conversation about ill-discipline must be handled respectfully.



KEY MESSAGE

Bullying can have serious short-term and long-term effects on children and vulnerable adults. It can damage confidence, affect mental health and wellbeing, and in extreme cases can lead to self-harm or other harmful behaviours.

We all have a responsibility to recognise bullying, respond appropriately and report concerns to keep everyone safe.



RECOGNISE



RESPOND



REPORT



PROTECT

