

# 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 CHIDLIN FREE ON...

**0800 1111**

### HELPFUL WEBSITES

[WWW.CHILDLINE.ORG.UK](http://WWW.CHILDLINE.ORG.UK)

[WWW.BULLIESOUT.COM](http://WWW.BULLIESOUT.COM)

[WWW.BULLYING.CO.UK](http://WWW.BULLYING.CO.UK)

[WWW.ANTI-BULLYINGALLIANCE.ORG.UK](http://WWW.ANTI-BULLYINGALLIANCE.ORG.UK)

[WWW.DOSOMETHING.ORG/BULLYING](http://WWW.DOSOMETHING.ORG/BULLYING)

[WWW.THECPSU.ORG.UK](http://WWW.THECPSU.ORG.UK)