

Identifying and Preventing Bullying Behavior



Activity

- One time you were the victim of bullying behavior
- One time you were the perpetrator of bullying behavior
- If you could say one thing...



Bullying Behaviors are...

- Actions which indicate bullying behaviors are:
 - Actions which are intentional
 - Actions which are repeated
 - Relationships with an imbalance of power

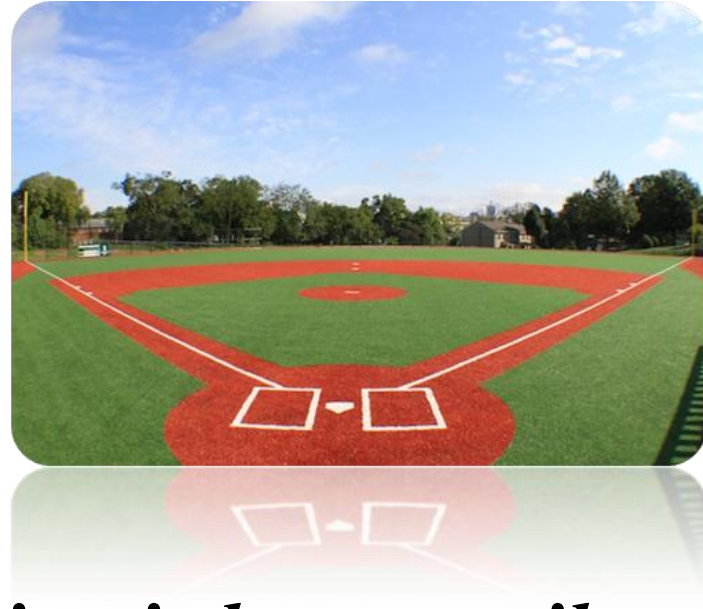
Roles and Responsibility

- Coaches have a unique role and unique responsibility
- Unique brand, unique platform



Avenues of Bullying Behavior

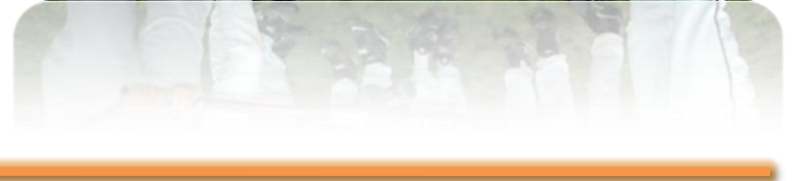
- School
- Cyber
- Field
- Travel



Lack of supervision is key contributor

Players

- 3 players of bullying behavior
 - Person with bullying behavior
 - Victim/target
 - Witness/bystander
- Understand your team



It's happening, now what?

- Recognize
 - Be proactive
- Respond
 - Be empathic
- Relate
 - Lead by example

R - R - R

Read and React

- Bullying behaviors are happening or may be about to happen – what can you do as coach?
 - Be real
 - Be inclusive
 - Be personal
 - Be a communicator
 - Be an affirmer

Support Systems

- For the victim/target
 - It's not their fault
 - Encourage communication
 - Discuss remediation strategies
 - Know when to request help

Support Systems

- For those displaying bullying behavior
 - Use appropriate consequences to teach
 - Make amends
 - Know the limits but avoid rash judgments
 - Mediation/conflict resolution is rarely appropriate

Special Thanks

Joe Coles

RACHEL'S
Challenge
start a chain reaction



Partners, Resources, and Training

- crsfportal.org
- mlb.com/rbi
- stopbullying.gov
- coachforamerica.org
- rachelschallenge.org
- netsmartz.org

