



BULLYING

A GUIDE FOR PLAYERS



WHAT IS BULLYING AMONG TEENS?

Bullying is the repetitive and intentional hurting of one person or group using intimidation or aggression to create a physical or emotional sense of power over a victim. About 20% of teens experience some level of bullying. Bullying puts children at risk of mental health disorders such as depression, anxiety and PTSD.

WHY DO SOME TEENS BULLY?

- Jealousy of others
- A desire to seek control of others
- Low self-esteem or not feeling good about themselves
- Impulsivity, anger management, and coping with negative emotions
- Trying to get attention from others

WHAT IF I'M THE BULLY?

Sometimes, people bully others to deal with their own stress, anger and frustration. However, it's important to recognize this and learn to treat everyone with respect. **If you are bullying others, find ways to change your behavior.**

- Try talking to an adult or role model. Ask them for some advice on learning coping skills and how to avoid bullying behaviors.
- Try putting yourself in the victim's shoes. Empathize with their feelings when they are being bullied.
- Know that you can always move forward and treat everyone with respect.

WHAT DOES BULLYING LOOK LIKE?

BULLYING TAKES MANY FORMS

Verbal bullying – includes name calling and insulting others

Emotional bullying – such as mocking and humiliating others

Physical bullying – includes shoving, hitting, kicking, etc.

Sexual harassment – involves harassing others through sexual comments, or spreading rumors about someone's sexual activity

Exclusion – a player purposefully ignores someone or makes them feel isolated

Relational aggression – includes talking negatively about a friend without them knowing

Cyberbullying – bullying through the use of technology or social media

Bullying on the field can look different from bullying in other environments. Some examples of bullying on your team can look like:

- Ganging up on a teammate because someone doesn't like them
- Harrassing a teammate because of a mistake they made
- Hazing or forcing players to prove that they belong on the team
- Threatening teammates about doing well in games or practice
- Targeting teammates who do not do as well as others

If you see bullying occur or you are experiencing it, it's important to make a change.

- **Intervene** – If you see something, say something. It's okay to address bullying with fellow athletes or coaches. You can talk to them in private or let them know that bullying behavior is not okay.
- **Talk to the coach** – Once your coaches are aware of bullying that is taking place, they can address it and prevent it.
- **Set boundaries** – Seeking communication with your coach or teammates can be helpful in setting boundaries for behaviors that are not acceptable. Moving forward, uphold your boundaries and speak up if they are not being followed.

REMEMBER: It's okay to report bullying and to seek the support of other adults or mental health professionals. **If you feel like you are beginning to experience signs of depression, anxiety, or suicidal behavior, immediate treatment is necessary.**

If you have concerns regarding your own safety, call 911 or 988

Spanish language hotline: 1-888-628-9454

RESOURCES

[KIDS HEALTH \(www.kidshealth.com\)](http://www.kidshealth.com)

[ANTI BULLYING ALLIANCE \(www.antibullyingalliance.com\)](http://www.antibullyingalliance.com)

[STOMP OUT BULLYING \(www.stompoutbullying.com\)](http://www.stompoutbullying.com)

This information should not be used for diagnosing or treating a health problem or disease; anyone seeking personal medical advice should consult with a licensed professional



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