



## **Bullying Policy**

Rheems Athletic Association does not tolerate bullying in any form. Rheems Athletic Association has come up with the following policy on bullying.

Step 1: Anyone being bullied or observing bullying occurring should report bullying to head coach immediately. The Head coach is obligated to discuss bullying with the child/children doing the bullying. The Head Coach stresses that bullying is not tolerated at Rheems Athletic Association and that if it continues, that individual or individuals may be removed from the team. The parents of the child who is doing the bullying should also be notified of the bullying and Rheems Athletic Association policy on bullying.

Step 2: If coach does not adequately address bullying or bullying continues, the Coordinator/President/Vice President should be notified of the bullying occurring. Coordinator/President/Vice President will then determine if bully/ bullies are removed from team. If bullying child is removed from team, all registration costs are forfeited.

### What Is Bullying?

Bullying is when someone repeatedly and on purpose says or does mean or hurtful things to another person who has a hard time defending himself or herself. Bullying can take many forms such as hitting, verbal harassment, spreading false rumors, not letting someone be a part of the group, and sending nasty messages on a cell phone or over the internet. Bullying involves a real or perceived imbalance of power between the bully and the victim. Bullies recognize and use their physical, social, or emotional power over others. Bullying happens in many places not just schools. Bullying also occurs in families and neighborhoods.

### How Do I Know If My Child Is Being Bullied?

There are some warning signs that you can look for if you think your child is being bullied. Be concerned if your child: -seems afraid of going to practice or games -seems afraid or expresses resistance to participating in clubs or activities with peers -has lost interest in playing -talks frequently about headaches, stomachaches or other physical problems -has trouble sleeping or has loss of appetite -appears anxious and/or suffers from low self-esteem If your child shows any of these signs, it does not necessarily mean that he or she is being bullied, but it's worth checking out.

### What Can I Do If I Think My Child Is Being Bullied?

- Share your concerns with your coach.
- Talk with your child.

### What Else Can I Do If My Child Is Being Bullied?

- Focus on your child.
- Talk to your child's coach.
- Teach your child safety strategies such as how to seek help from an adult.

### What are some examples of bullying?

- Threatening words, looks, or gestures
- Physical harm and intimidation
- Intentionally leaving people out
- Spreading rumors
- Demanding money, property, or service
- Repeated harassment
- Not accepting differences (race, religion, disability, gender, nationality, or sexual orientation)



How is teasing different from bullying?

- Teasing is enjoyable for both people
- Each person feels good about him/herself
- Roles of Teaser and Teased can be switched
- Ends when the person being teased says STOP