

HELPFUL WEBSITES

WWW.CHILDLINE.ORG.UK
WWW.BEATBULLYING.ORG
WWW.BULLIESOUT.COM
WWW.BULLYING.CO.UK
WWW.DONTSTICKIT.ORG.UK
WWW.KIDSCAPE.ORG.UK
WWW.THINKUKNOW.CO.UK
WWW.CYBERMENTORS.ORG.UK
WWW.ANTI-BULLYINGALLIANCE.ORG.UK
WWW.DOSOMETHING.ORG/BULLYTEXT

ALL INFORMATION IS CORRECT AT TIME OF GOING TO PRINT
TO DOWNLOAD FURTHER COPIES VISIT WWW.ACTIVEASHFIELD.CO.UK



IF YOU ARE A
MEMBER OF A
CLUB FIND OUT
WHO YOUR
CLUB WELFARE
OFFICER IS

sport
nottinghamshire

MY CLUB WELFARE OFFICER IS

**STOP BULLYING
IN SPORT**

**ADVICE FOR CHILDREN AND
YOUNG PEOPLE FROM
CHILDREN AND YOUNG PEOPLE**

sport
nottinghamshire

WHAT IS BULLYING?

BULLYING IS ABUSING SOMEONE CONTINUOUSLY TO ANNOY OR HURT THEM MENTALLY OR PHYSICALLY

EXAMPLES INCLUDE :

- Pushing, hitting or hurting someone
- Stealing
- Name calling, making unkind jokes, threatening someone, saying nasty things behind their back
- Sending nasty text messages or emails. Putting hurtful messages on Facebook, twitter, etc
- Spreading gossip, ignoring someone or leaving them out of games or a group

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.

Some common examples include:

- Picking on someone who maybe is not the best
- Picking on someone because they do well and get praise
- 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 you enjoy

WHAT IF I THINK I'M BEING A BULLY?

- Tell someone you trust

IF YOU ARE BEING BULLIED OR YOU THINK YOU ARE A BULLY

- Tell someone, They will listen and take it seriously

IF YOU FEEL YOU CAN'T TELL SOMEONE AT YOUR CLUB OR LEISURE CENTRE YOU CAN CALL CHILDLINE FOR FREE.