

USA Swimming Safe Sport

Teammates and Friends



What is your favorite part about swimming?



What is your favorite part of being on a team?

- * What are the characteristics of a good team?
- * How do good teams support one another?



What are your teams' expectations?

- * For attitude?
- * For behavior?
- * For how you support your teammates?
- * For how you interact with your coaches?

- * What happens when the expectations are not met?



What is conflict?

- * Conflict is disagreement and a normal part of life. Learning to deal with conflict is a necessary life skill.
- * Everyone involved in the conflict is considered equal.
- * Conflict has nothing to do with power.



What is bullying?

- * Bullying is unfair and one-sided. It happens when someone frightens, hurts, threatens, or excludes someone else on purpose.
- * A bully tries to overpower a victim.
- * A victim is targeted because of size, ability, image, who their friends are, or age.
- * Bullies want power, and they are afraid of losing it.

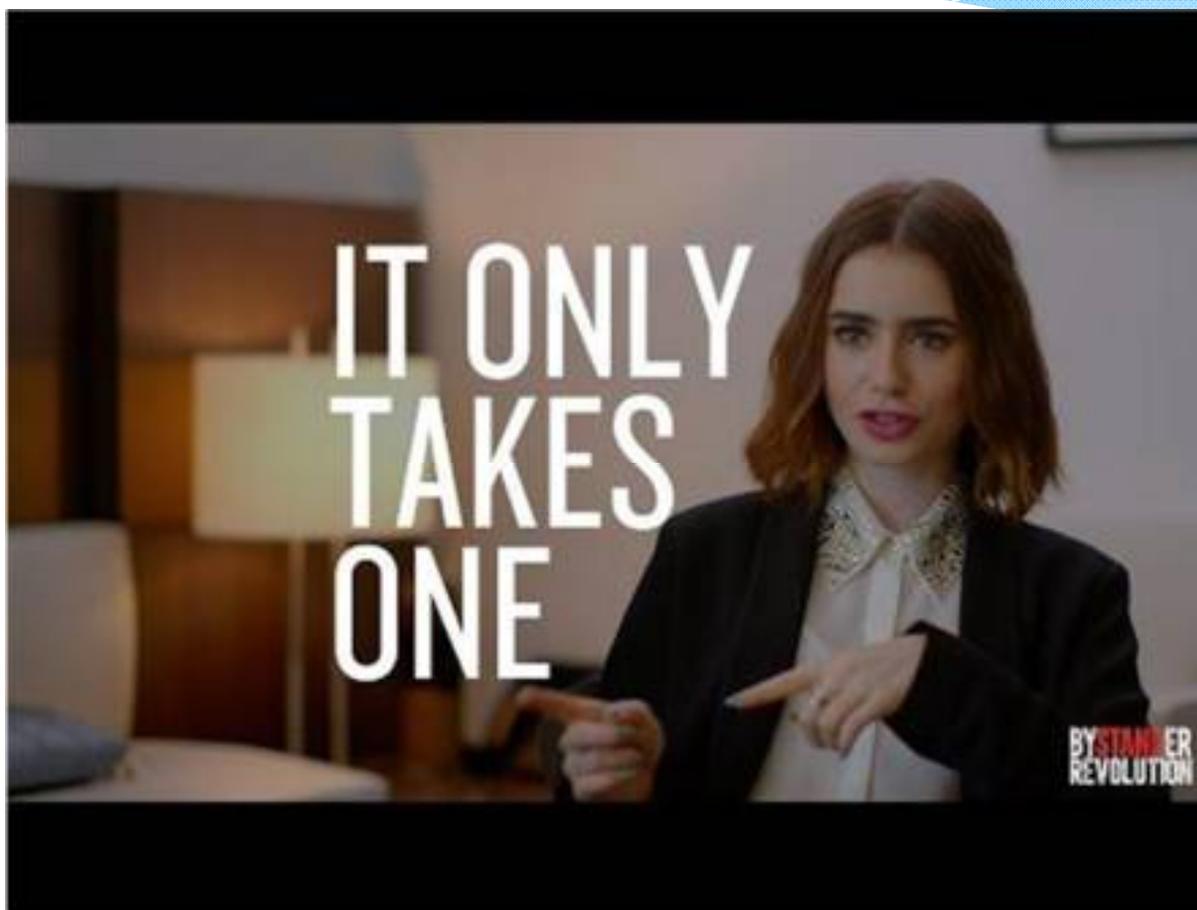


What is a bystander?

- * Someone who witnesses abuse, assault, or bullying
- * Someone who is uniquely powerful in that moment
- * Someone who can step in and stop a negative behavior



Bystander Revolution



How do you know when someone is being bullied or abused?

- * Changes in personality
- * Avoiding certain people/situations/places
- * Disinterested in things they used to like
- * Seeking constant supervision
- * Reluctance to participate
- * Unexplained injuries
- * Difficulty communicating
- * Being eager to please



What can you do about it?



Model Team Policy

- * Be a friend to the person being bullied.
- * Tell a trusted adult—your parent, coach, or club board member.
- * Help the kid being bullied get away from the situation. Create a distraction, focus the attention on something else, or offer a way for the target to get out of the situation.
- * Set a good example by not bullying others.
- * Don't give the bully an audience. Bullies are encouraged by the attention that they get from bystanders. If you do nothing else, just walk away.



How do you make your team one that doesn't tolerate negative behaviors?

- * Make a plan.
- * Use the buddy system.
- * Recognize contributions to the team and good sportsmanship.
- * Actively appreciate your teammates.



Questions?

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