

# What is Bullying?

Bullying is defined as hurtful interpersonal mistreatment of a person and is an act of intentionally hurting someone in order to insult, humiliate, degrade or exclude him or her. Basically, it is "mean" behavior.

## Bullying is not ...

Conflict between friends  
An argument between people of equal power  
Accidental  
Normal relational development challenges  
A "one-time" event (usually)  
Friendly teasing that all parties are enjoying  
Something people grow out of

## Bullying is ...

Hurting behaviors based on oppression and "meanness"  
Based on power differentials  
Intentionally harmful  
Intense and long in duration  
Repeated over time (generally)  
Oppressive – isolates victims  
Caused by many factors and behavioral challenges

## Hurtful actions include, but are not limited to,

- Physical – i.e., hitting, kicking, grabbing, shoving, spitting on, beating others up, damaging or stealing another person's property.
- Verbal – i.e., name-calling, humiliating, degrading behavior, hurtful teasing, threatening someone (this may happen in notes or in person, over the phone, through text messages or a chat room).
- Relational – i.e., making others look foolish, excluding peers, spreading gossip or rumors (this may happen in person, over the phone, or through the computer).
- Reactive – i.e., engage in bullying as well as provoke bullies to attack by taunting them.

The following sudden behavior changes can be a sign that a individual is being harassed: suddenly becoming aggressive, quitting the team or being reluctant to return to the sport activity, sleep disorders, emotional disorders, sliding grades at school, changes in appetite, fear of washrooms, locker rooms, or closed doors, running away.

I \_\_\_\_\_ have read and understand "What is Bullying." I agree to refrain from conduct that can be considered "Bullying". I understand if I see someone "Bullying" anyone, I am required to immediately report it to the head coach on deck.

Sign \_\_\_\_\_ Date \_\_\_\_\_

\*\*\*\*\* Please review this policy with your child before signing this form...thank you! \*\*\*\*\*