

# 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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