



Read this scenario to your age-group and younger athletes:

One of your teammates is constantly picking on you. They make mean jokes about you and have started to pull on your feet and hit you underwater on purpose. This person is really popular on the team, and sometimes you feel so sad about it that you don't want to go to practice.

Discussion Questions:

What do you do?

Kids might say that they would tell someone or try and stand up to the bully.

>Safe Sport says: Speak up! Tell someone you trust. That might be your coach, parent, or friend. Ask them to help you come up with a plan to fix the situation.

How would you feel if you weren't the target of the bullying but knew this was going on?

Kids might say that they feel mad, embarrassed, or scared.

>Safe Sport says: It makes us sad when our teammates are being mean and bullying each other. Be a friend to the person being bullied and tell an adult.

Who needs to know that this is going on? What do you hope that they will do?

Kids might say that the coach and parents need to know what's going on.

>Safe Sport says: The coach needs to know that this is going on in order to implement the anti-bullying plan.

Bonus Question:

What do you do if the person you tell doesn't think this is a big deal?

Kids might say that they would do nothing or find someone else to talk to.

>Safe Sport says: be persistent! If the first person you tell doesn't take it seriously, find someone who does. Remember, it's the coach's job to take care of the members of the team, and he/she should be able to do something about it.

Wrap It Up:

What kind of team do we want to be?

Ask your swimmers to tell you what your team values are (hard work, positivity, etc.).

How do we want to treat the other members of our team?

Examples: cheer for each other, work hard, encourage each other in practice, etc.

***For Coaches: review your team's anti-bullying plan and share how you would respond to this scenario with your swimmers. For questions about implementing an anti-bullying plan, contact Safe Sport at (719) 866-4578 or safesport@usaswimming.org.**