

Bully-Spotter: What is Bullying in Sports?

Bullying is when one or more team members (the bully or bullies) target a single other person (the victim) and use behavior that has the intention to hurt that person. The bully must: have power over the victim and have intent to harm the victim through this power.

PHYSICAL

MILD

MODERATE

SEVERE

<ul style="list-style-type: none"> ✗ Hitting, slapping, heckling with intent to hurt ✗ Head butting ✗ Towel snapping ✗ Throwing objects at someone ✗ Taking possessions (clothes, equipment, etc.) 	<ul style="list-style-type: none"> ✗ Illegal use of arms, legs, hands on playing field ✗ Throwing ball at player with intent to hurt ✗ Tripping ✗ Striking with equipment ✗ Spitting on purpose ✗ Holding someone in shower or taking clothes with intent to harm 	<ul style="list-style-type: none"> ✗ Physical violence to deliberately inflict pain ✗ Holding player down against his/her will ✗ Breaking/damaging property ✗ Graffiti that defaces property ✗ Locking in a room ✗ Inappropriate, unwanted touching
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RELATIONAL

<ul style="list-style-type: none"> ✗ Locker room bullying to target an individual ✗ Critical comments meant to hurt ✗ Blame-placing; gossiping ✗ "Talking trash" ✗ Dirty looks meant to hurt ✗ Excluding or isolating another player 	<ul style="list-style-type: none"> ✗ Exclusion more than once ✗ Embarrassing in front of others ✗ Setting up to look foolish/take blame ✗ Threatening to reveal personal information ✗ Gossiping with intent to isolate ✗ Mild ethnic slurs ✗ Obscene gestures ✗ Using Internet* for any of the above 	<ul style="list-style-type: none"> ✗ Shunning a player from a team; isolating someone through rumors (or untrue comments to media) ✗ Hurtful ethnic slurs ✗ Using Internet* for any of the above
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VERBAL

<ul style="list-style-type: none"> ✗ Poking fun ✗ Inappropriate language towards others; comments on sexual preferences ✗ Name calling without hurtful intent ✗ Use of a nickname when told not to ✗ Verbal rudeness to authority ✗ Unwanted sexual comments ✗ Verbally insulting fans 	<ul style="list-style-type: none"> ✗ Verbal threats of aggression against person, property or possessions ✗ Making fun of others ✗ Name calling with hurtful intent or rudeness ✗ Taunting ✗ Using Internet* for any of the above 	<ul style="list-style-type: none"> ✗ Verbal threats to harm person or possessions ✗ Threats of/or retaliation for reporting bullying ✗ Verbal threats of violence or inflicting bodily harm ✗ Escalating rudeness towards others ✗ Ongoing sexual harassment ✗ Verbal abuse toward coach, ref, fans ✗ Using Internet* for any of the above
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*Internet: includes use of emails, instant messaging, or mobile phone text messaging.

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