

10 Things YOU Can Do So YOUR Child Is Not A Victim At Sporting Events!

Sports and recreation should be a positive experience for all children!

1. Talk to your child about the seriousness of bullying.

- ?? Can cause severe psychological effects.
- ?? Children can become afraid to go to their sporting events.
- ?? Can make them seriously sick when they think about going.
- ?? Can lose focus with their task at hand.
- ?? Can move into other areas of their lives.
- ?? Can leave lasting effects,
 - Increased rejection by their peers.
 - Can feel responsible for the bullying.
 - Show symptoms of depression later in life.
 - Poor self esteem as adults.

2. Encourage your child to be open about bullying.

- ?? Be aware of opportunities to talk to your child.
- ?? Give your child the definition of bullying,
 - Conscious, deliberate, repeated unwelcome actions intended to harm or distress.
 - Rational in nature and it can take physical, emotional, social, or electronic forms.
 - Based on real or perceived imbalance of power used to control.
- ?? Tell them why bullying is wrong,
 - It hurts others feelings.
 - It's not funny.
 - It's very serious.

3. Encourage fair play.

- ?? Treat others with respect and courtesy.
- ?? Make everyone feel included.
- ?? Make everyone feel welcome.
- ?? Stand up for others who are being bullied or put down.

4. Stop and listen to your child.

- ?? It shows that their opinions are valued.
- ?? Helps to develop a trusting relationship.

5. Take complaints of bullying seriously.

- ?? Bullying has serious effects on children.
- ?? It earns their trust.
- ?? Shows that they are important.

6. Watch your child's actions.

- ?? See how your child reacts with others.
- ?? Does your child show aggression to others?
- ?? Does your child leave if being confronted?
- ?? Does your child have friends?
- ?? Is your child shy around other children?

7. Talk to the coach, referees, or officials.

- ?? Talk to them in private.
- ?? Make sure that they are aware of what bullying is.
- ?? Explain the seriousness of bullying.
- ?? Explain the long-term effects of consistent bullying.
- ?? Let them know you want a safe and fun environment for all children.

8. Don't get angry with other parents.

- ?? Talk to them in private.
- ?? Make sure that they are aware of what bullying is.
- ?? Explain the seriousness of bullying.

- ?? Your children watch your reactions and learn from them
- ?? We are the role models for are children.
- ?? Let them know you want to have the event safe for all children.

9. Don't get angry with others children.

- ?? Ensure that they know the effects of their actions.
- ?? Tell the child how the actions "hurt you" or "offend you" to see it.
- ?? Remain calm and allow the child to explain his or her side of the situation.

10. Take the appropriate steps to intervene.

- ?? Talk to the coach or teacher that is organizing the event.
- ?? If it is an adult harassing your child verbally then calmly talk to them about it.
- ?? Make sure that they are aware of what bullying is.
- ?? Explain the seriousness of bullying.
- ?? Listen to the reason's why the bullying happens.
- ?? Calmly try to come up with a solution.

Negative outcomes happen when an adult's competitiveness comes through as aggression!

Our children's safety is important no matter where they are!