

## ANTI-BULLYING GUIDANCE

Volleyball England is committed to the prevention and effective management of bullying behaviour relating to young people in volleyball.

Bullying is behaviour that hurts someone else - such as name-calling, hitting, pushing, spreading rumours, threatening or undermining someone.

It can happen anywhere - in a club, at school, at home or online. It's usually repeated over a

long period of time and can hurt a child both physically, emotionally and mentally. Bullying behaviour can often stay confined to 'bullying hotspots', which are locations in a school, club or venue that might be more secluded or have fewer witnesses, such as changing rooms.

### Bullying can take many forms including:

- **Physical** - hitting, pushing, kicking or other physical assault.
- **Verbal abuse** - offensive name-calling, insults or gossiping.
- **Non-verbal abuse** - offensive hand signs or text messages.
- **Racial, sexist or homophobic** - racist remarks, sexist jokes or comments, or homophobic, transphobic or gender-related jokes or comments.
- **Sexual** - abusive sexualised name-calling, inappropriate and uninvited touching, or an inappropriate sexual proposition.
- **Indirect** - spreading nasty stories or rumours about someone, intimidation, exclusion from social groups, manipulating or constantly undermining someone.

\*Source: **Childline annual review 2016/17: Not alone anymore.** NSPCC (2017)



Cyberbullying is a form of bullying behaviour that takes place on social media, in online games and through mobile phones. Cyberbullying can have just as much of an impact on children and young people as more direct, face-to-face bullying and is often harder to escape in the 24-hour online world.

**Some of these online behaviours include:**

- 'Trolling' - sending upsetting messages through social media, chat rooms or online games.
- Creating and sharing hurtful images or videos.
- Sending explicit images, also known as 'sexting'.
- Sending abusive text messages.

There are a number of different ways the emotional and sometimes physical harm associated with bullying can have an impact on a child's enjoyment of sport and could prevent them from taking part. These can include:

- Being unable to take part in activities due to physical injury as a result of bullying.
- Feeling pressured to perform or over-train due to criticism of a previous performance.
- Not wanting to take part for fear of hurtful comments or bullying behaviour surrounding body image.
- Experiencing poor wellbeing due to the stress of bullying happening either in or outside of their sport.

In addition to the impact it has on individuals, retaliation and escalation of bullying behaviour is often also a risk and can draw other children in to the behaviour, impacting a whole team.