

What Bullying in Sports Looks Like

Remember: Bullies can be players, coaches, spectators, officials, parents or anyone else associated with the team

| | Mild | Moderate | Severe |
|------------|--|---|---|
| Verbal | <ul style="list-style-type: none"> • Poking fun; name calling without hurtful intent • Inappropriate language towards others; comments on sexual preferences; unwanted sexual comments • Use of derogatory nickname when asked/told not to • Verbal rudeness to authority • 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 (including verbal) • abuse toward coach, ref, fans or teammates • Using Internet* for any of the above |
| Physical | <ul style="list-style-type: none"> • Hitting, slapping, heckling with the 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; tripping • Throwing ball at player with intent to hurt • 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, locker or closet • Inappropriate, unwanted touching |
| Relational | <ul style="list-style-type: none"> • Locker room bullying to target an individual • Critical comments or dirty looks meant to hurt • Blame-placing • Casual gossiping • "Talking trash" • 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 |