



SWAN CITY FC

Anti-Bullying Policy

At Swan City FC, our priority is ensuring a nurturing, welcoming, and secure environment for all members to engage in soccer with ease and safety.

Our club maintains a zero-tolerance policy towards any form of bullying.

Should such behavior arise, we encourage open communication from both children and parents.

Bullying will not be tolerated.

- Every individual involved - players, coaches, managers, and parents within the club - should comprehend the definition of bullying.
- Managers and coaching staff are required to be familiar with the club's anti-bullying policy and must adhere to it when any incidents are reported.
- It's essential for all players to be well-versed in the club's stance on bullying and understand the necessary steps to take if they encounter or suspect bullying.
- As a club we take bullying seriously. Players and parents should be assured that they will be supported when bullying is reported.

What is bullying?

Bullying is the use of aggression with the intention of hurting another person. Its effects cause pain and emotional distress to the victim. This form of mistreatment typically involves three primary types of abuse: emotional, verbal, and physical.

Bullying can be and does include:

- Emotional bullying includes being unfriendly, sending hurtful or tormenting messages via social media. o Bullying through social exclusion or isolation, being ignored and or left out.
- Verbal bullying including derogatory comments, lies, false rumors, teasing, ridicule and bad names.

- Physical bullying includes pushing, kicking, hitting, punching or any other use of violence.
- Being attacked because of their religion, race or color, gender or sexuality including but not limited to taunts, graffiti, gestures etc.
- Sexually unwanted physical contact or sexually abusive comments
- Misuse of associated technology such as unwanted camera and video usage and social networking exposure

Signs and Indicators:

A player may indicate he or she is being bullied by signs or behavior, adults should be aware of these possible signs and should investigate if a player:

- Says he or she is being bullied.
- Is afraid or unwilling to go to training, practice or games.
- Becomes withdrawn anxious or lacking in confidence.
- Feels ill before training sessions.
- Is nervous and /or jumpy when a message is received (ex. Text, IM, phone, social network).
- Comes home with clothes torn or training equipment damaged o Asks for money or starts stealing money (to pay the bully).
- Has unexplained cuts or bruises.
- Is frightened to say what's wrong.
- Gives improbable excuses for any of the above

In some more severe situations, other indicators can include:

- Cry them-selves to sleep at night or have nightmares o Become aggressive, disruptive or unreasonable.
- Start bullying other children or siblings.
- Stops eating.
- Perform self-harm in some way.

These signs and behaviors may indicate other problems, but bullying should be considered a possibility and should be investigated.

Why do players sometimes bully other players?

Players might bully because:

- They may not have been taught that any form of bullying is unacceptable behavior and will not be condoned by the Fort St John Soccer Club.
- They think it is fun or funny.
- They are lacking in their own self confidence.
- They are copying older siblings, friends, parents or even club staff o They are encouraged to bully by friends.
- They themselves have been a victim of bullying.

As a parent, guardian, coach, or manager what can you do if you think your player is being bullied? (On the bench, on the field, or anywhere bullying may take place)

- Ask the player directly.
- Take any incidents of bullying that they tell you about seriously o Talk calmly with the player about their experiences.
- Make note of what the player says.
- Never approach another parent directly.
- Do not encourage your player to retaliate.

As a youth soccer member what can you do if you think you are being bullied? (On the bench, on the field, or anywhere bullying may take place)

- Refrain from retaliating.
- Talk to your coach, assistant coach, manager, or parent about it as soon as possible o Provide as much detail as possible about the incident.
- Know that you will be supported in the process.

What to do if you are witnessing bullying

- Calmly tell the bullying player something like:
- We don't act like that in this club.
- We don't speak like that in this club.
- What you are doing is not acceptable.

Procedures once bullying has been recognized

- Reassure the player that they have done the right thing by telling you
- Understand that the bullying player may need to change aspects of their behavior and they will be mentored on how to do that

- Complete an **Incident report** and contact the Swan City FC club immediately to report the bullying incidents/behavior. *The club will take every concern seriously, investigate the issue and implement the **SCFC disciplinary policy** in a timely manner.

If necessary and appropriate, the disciplinary committee may recommend the police be consulted based on the severity of the situation.