Teaching this lesson? Here are some tips:

Tight on time? Stick with the 3 Key Takeaways and The Basics. These will provide your group with a solid foundation for understanding nutrition.

Have more time? Share the TrueSport Talk with your athletes and discuss how an Olympic athlete can relate to this lesson.

Extra time? Continue on through Tips & Applications for more valuable information to share with your group.

Looking for more? Explore the Downloads & Additional Resources which offer additional conversation starters and fun physical activities to support each lesson.
What is Bullying?

“Any unwanted aggressive behavior(s) by another youth or group of youths...that involves an observed or perceived power imbalance and is repeated multiple times or is highly likely to be repeated. Bullying may inflict harm or distress on the targeted youth including physical, psychological, social, or educational harm.”

—The Centers of Disease Control and Prevention

- Bullying can be either direct or indirect.
- Direct bullying includes aggressive behaviors that occur in the presence of the target: name-calling, punching, humiliating, intimidating.
- Indirect bullying behaviors occur when the target isn’t present: spreading rumors, cyber-bullying, destruction to property.
Paralympic Swimming gold medalist Jessica Long discusses how bullying is common in sports, and that when it comes to bullying, you should trust your instincts. If you think somebody is being mistreated, then you are probably right; if you witness bullying, you should tell an adult. She adds that bullies like to pick on people who are different, such as herself. Jessica was born in Russia, where she was placed in an orphanage. When she was 13 months old, she was adopted by an American family. Besides being an orphan, Jessica was also born without the lower parts of her legs.

Jessica recalls a time when she was on a playground and another young girl saw her disability and started making fun of her. The girl commented that she didn’t want to “catch” what Jessica had. This hurt Jessica’s feelings, but she still grew up with a strong sense of self-confidence and the belief that everybody deserves to be treated with respect. Being a TrueSport means treating everybody with respect, having zero tolerance for bullying, and always speaking up if they see it occurring.

AMBASSADOR STORY QUESTIONS

1. What was the main point you took away from the ambassador story?

2. Have you ever been in a situation like Jessica’s, where you were treated unfairly because you are different?

3. How can you help prevent bullying in sports and in school?
**Tips & Applications**

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### Forms of Bullying

**Physical:** Punching, kicking, fighting, shoving, damaging someone’s property.

**Verbal:** Name-calling, taunting, threatening, intimidating.

**Relational:** Teasing from a group, exclusion from a group, spreading rumors.

**Cyber:** Using technology and social media to embarrass, harass, or threaten.

**Hazing:** Requiring somebody to do a humiliating or dangerous activity to belong to a group.

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#### If You Are Being Bullied...

**Trust your instincts.**
If you feel uncomfortable by the way somebody is treating you, either directly or indirectly, it is a legitimate problem. There is something that can be done; you have the right to be treated respectfully.

**Talk to somebody.**
Find somebody you can trust, preferably an adult—a parent, coach, or teacher—and keep talking about it until you find the support you need. The adult should not belittle your concerns and should take action.

**Do not respond.**
Bullies love getting a reaction, so do your best not to give them one. Instead, do not respond. Stay calm, ignore them, and/or walk away if possible. Project confidence by holding your head up and standing tall. One strategy to get your head somewhere else is to start counting backwards from 100 in your head.

If you are being cyberbullied, do not engage online. But do not delete the evidence. Instead, keep the messages for authorities or police if they need to get involved.

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#### If You Are A Bystander To Bullying...

A bystander is a person witnessing the bullying. If he or she stands and watches without intervening, she becomes part of the problem. Be part of the solution by:

**Speaking up.**
With confidence and authority, ask the bully to stop.

**Not fighting.**
Do not get involved physically or by otherwise antagonizing the bully. It can make the situation worse.

**Telling somebody.**
If you can’t calmly get the bully to leave the victim alone, walk away and get help from an adult like a parent, coach, or teacher.

**Intervening.**
There is strength in numbers; if you can’t do anything else, stand next to the victim and to support them.

**Offering comfort.**
If the bully leaves the scene, comfort the person that was being bullied.
Additional Resources

Be sure to check out these additional resources available for download:

**Chalk Talk (PDF)**
15-minute activity: Reinforce the lesson with these discussion questions about bullying.

**Activity Review Handout**
15 & 20-minute activities: Have your athletes put into action what they’ve learned about preventing bullying.

**TrueSport Certificate (PDF)**
Lesson Certificate: Celebrate your group’s completion of the TrueSport Teamwork lesson with this special certificate.
In order to reinforce the lesson and put TrueSport into action, complete the following Chalk Talk with your athletes.

Instructions

Without mentioning names, have your athletes describe bullying they have witnessed, either in sports or at school. Discuss what bullying looks and feels like in all forms: physical, verbal, relational, cyber, and hazing. Use the following questions as prompts:

Suggested Questions:

1. Have you ever seen someone bully a teammate or friend? What happened?
2. What could you, as a bystander, have done to help? (Or what did you do?)
3. If you have been a victim of bullying, how did you respond? Would you change anything in hindsight?
4. At what point should you seek out an adult if you witness bullying?

If you have extra time, shift the focus exclusively to sports. There are times in sport where using physical or psychological aggression to gain an advantage over your opponent is acceptable. This is referred to as “sanctioned aggression.” But when aggression is used in sport to harm an opponent or gain an edge wrongfully, it is referred to as “unsanctioned aggression.” Use the following questions as prompts:

1. In your sport, is sanctioned aggression ever acceptable? If so, what are some examples?
2. Have you seen unsanctioned aggression in your sport? Can you share an example?
3. What are some ways to deal with aggression, either sanctioned or unsanctioned, in your sport?

4. Do you think aggression in the sports arena is a form of bullying?

For your reference, an example of sanctioned aggression could be a tough (but legal) challenge to win possession of the ball in soccer or trying to knock down (again, legally) an opposing player in football as part of a block.

Examples of unsanctioned aggression could be deliberately pitching the ball at the batter's head in baseball or trying to slash the wrists of your opponent with your stick in ice or field hockey.
Split your athletes into small groups of three to five people, and have them select one of these roles: bully, victim, or bystander. (There can be more than one person playing each role in a group.) Have them act out the following scenario with one of two possible end results. Once they have done it once, have them switch roles.

Scenario: A girl is sitting alone in the locker room, reading a book before practice starts. She is approached by a group of girls who start to taunt her, asking her why she is reading a book. “Doesn’t anybody like you? What is your problem? Who reads a book in the locker room?” They command the victim to stand up and look at them. A bystander sees this happening and approaches the scene. There is a coach in her nearby office, but she’s unaware of what is happening.

End Results for the Scenario:
1. The victim successfully handles the situation herself with confidence while the bystander offers support.
2. The bystander successfully intervenes and handles the situation with confidence and assertiveness.

Once the groups have role played a few times, have everybody come together and discuss the activity, using these questions as prompts:
1. What part of the scenario was most challenging? Why?
2. Was this realistic? Why or why not? What would you change?
3. What role did body language play in the scenario?
4. If the exchange became physical, how would the situation change for those involved?
High School Activity: Facts & Myths About Bullying

Make copies of the Test Your Knowledge: Facts and Myths About Bullying PDF handout and distribute copies to the athletes. Have them complete it, then review it as a group.

Answers

1. True: In a recent survey, 13% admit to bullying, 11% admit to being bullied, and 6% have been bullied and also bully others.

2. False: About 50% of athletes on sports teams are targets of bullying.

3. False: Students targeted by bullies sometimes avoid school or have trouble concentrating. They can also develop depression and anxiety.

4. False: Studies show that most bullies have high confidence and self-esteem.

5. False: Male bullies are usually bigger and stronger than their victims.

6. True: Witnessing an act of bullying has negative consequences even if you are not directly involved.

7. False: Bullies seem to make friends easily, particularly with other students who are aggressive and may join them in bullying.

8. True: Behaviors associated with bullying include impulsiveness, disliking school, and getting in trouble often.

9. False: 60% of bullies will go on to have at least one adult criminal conviction.

10. True: Studies show that 86% of LGBT students have experienced harassment at school.

Suggested Discussion Questions:

1. What stood out to you about the statistics on bullying?
2. Did any of the facts about bullying surprise you? Why or why not?
3. How can you explain the fact that some bullies make friends easily?
4. Based on this activity, will you change your behavior when you see or confront bullying in the future?
Test Your Knowledge:
FACTS & MYTHS ABOUT BULLYING

Read the statement completely and determine if the statement is true or false. Correctly mark “T” for a true statement and “F” for a false statement.

Question 1

T  Nearly one-third of American teens are involved in bullying, either as a bully or a victim.

Question 2

T  Students who are bullies usually participate in class and have good attendance.

Question 3

F  Most students who bully are insecure.

Question 4

T  Male bullies are usually not bigger and physically stronger than their peers.

Question 5

F  Bystanders often end friendships with the victim and feel guilty for not reporting the incident.

Question 6

T  Bullies have trouble making friends.
Question 7

 Bulls do poorly in school compared to students who do not bully.

Question 8

 Most bullies discontinue aggressive behavior when they become adults.

Question 9

 Eight of out ten LGBT students have been bullied.

Question 10

 More than half of the bystanders who witness bullying end up offering help.
Make copies of the Test Your Knowledge: Facts and Myths About Bullying PDF handout and distribute copies to the athletes. Have them complete it, then review it as a group.

**Answer Key**

1. **True:** In a recent survey, 13% admit to bullying, 11% admit to being bullied, and 6% have been bullied and also bully others.

2. **False:** About 50% of athletes on sports teams are targets of bullying.

3. **False:** Students targeted by bullies sometimes avoid school or have trouble concentrating. They can also develop depression and anxiety.

4. **False:** Studies show that most bullies have high confidence and self-esteem.

5. **False:** Male bullies are usually bigger and stronger than their victims.

6. **True:** Witnessing an act of bullying has negative consequences even if you are not directly involved.

7. **False:** Bullies seem to make friends easily, particularly with other students who are aggressive and may join them in bullying.

8. **True:** Behaviors associated with bullying include impulsiveness, disliking school, and getting in trouble often.

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10. **True:** Studies show that 86% of LGBT students have experienced harassment at school.
Test Your Knowledge: Facts & Myths About Bullying

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Statistics courtesy of tolerance.org.
Congratulations! You have demonstrated that you know how to be a TrueSport Champion!

TrueSport, powered by the U.S. Anti-Doping Agency (USADA), is a movement that seeks to ensure a positive youth sport experience for athletes like you. In learning how to prevent bullying, you have gained skills to be a leader both on and off the field.