

Bullying Prevention



Chalk Talk

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?



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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.