



Most people have been bullied at some point in their life. But even though bullying can be common in sports and school, that doesn't make it okay.

Just like how bullying is a learned behavior, so is preventing it. By learning what bullying looks like and the right actions to take, you can make your team and school a zero-bully zone.

1. *Speak up and tell the bully to stop*
2. *Do not respond. Tell an adult, coach, teacher, or someone else you can trust*
3. *Stay away from the bully as much as possible*
4. *Trust your instincts—if you feel uncomfortable with the way someone is treating you, it's a problem*
5. *Project confidence by standing tall and holding your head up*
6. *Keep calm and don't give the bullies a reaction to feed off*

With confidence and support from one another, we can end bullying and help make sure that your school and sport are safe places to be.

WAYS TO PREVENT BULLYING: *Read the six different ways you can prevent bullying above. Then, complete the chart by matching the number of the best way respond next to each type of bullying.*

TYPE OF BULLYING	WHAT IT LOOKS LIKE	WHAT YOU CAN DO
<i>Verbal</i>	<i>Name-calling, taunts, put-downs, threats, intimidation</i>	
<i>Relational</i>	<i>Group teasing, spreading rumors, cutting someone out of a group to be mean</i>	
<i>Physical</i>	<i>Punching, shoving, kicking, fighting</i>	
<i>Cyber</i>	<i>Using social media, texts, or other technology to harass or threaten</i>	
<i>Damage to Property</i>	<i>Stealing, vandalizing, or otherwise damaging someone else's property</i>	
<i>Hazing</i>	<i>Humiliating someone or putting them in danger because it will make them 'part of the group'</i>	

Answers: If you wrote a number a 1-6 in each box, you got them all right! That's because there's no one way to prevent bullying, and it often will take a combination of methods, time, and persistence.