



**Football Netball Club**



## AVOCA FOOTBALL NETBALL CLUB

### STATEMENT OF INTENT – BULLYING

Every person in sport, in every role, has the right to participate in an environment that is fun, safe and healthy, and to be treated with respect, dignity and fairness. Bullying denies participants these rights and can result in feelings of disgrace, embarrassment, shame or intimidation. Bullying can also affect an individual's athletic performance, level of enjoyment, work or school life, academic achievement and physical and mental health.

#### What is Bullying?

The AFNC deems bullying as deliberately hurting a specific person either physically, verbally, psychologically or socially. It involves a power imbalance where one person has power or strength (e.g. physical, mental, social or financial) over another and can be carried out by one person or several people who are either actively or passively involved.

In a sports context bullying can take many forms, for example:

- a parent telling their child that they are incompetent, hopeless, useless, etc
- A coach alienating an athlete
- One or several people ganging up on an individual team member
- Spectators verbally abusing players from the opposition
- An athlete calling an umpire names and using put downs and insults
- A parent intimidating a young coach

Bullying can be a one off incident, but usually involves repeated actions or incidences. An individual may bully their victim face to face or use technology such as a mobile phone or computer.

#### Signs a person is being bullied:

A person, especially a child, may not always ask for support when being bullied. They may feel afraid, ashamed or embarrassed and that the person they tell will think they are weak. Victims of bullying may think that they deserve to be bullied or are dobbing by telling someone what is happening to them.

- The following are signs that a person may be being bullied
- Finds excuses for not wanting to attend training or games (e.g. feeling sick, has an injury, has too much work to do) or talking about hating their sport
- Wants to be driven to training or matches instead of walking
- Regularly the last one picked for team or group activities
- Alienated from social or shared activities
- Has bruising or other injuries
- Becomes uncharacteristically nervous, worried, shy or withdrawn
- Clothing or personal possessions are missing or are damaged
- Repeatedly loses money or possessions
- Suddenly prone to lashing out at people either physically or verbally
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The Avoca Football Netball Club is proud to be a part of these programs:





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### **Managing bullying:**

Bullying is more likely to occur in environments that are highly competitive and promote a win at all cost mentality.

The AFNC believes that by emphasizing other aspects of sport such as enjoyment, team work, sportsmanship and skill development, especially at the junior level, that we may be able to prevent bullying behaviours.

If reports of bullying are made, the AFNC requires the official procedure to be followed according to the following documents (which are all available on the club's website):

- Incident Report Form
- Incident Management Protocol
- Grievances and Complaints Procedure

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