



## Anti-Bullying Policy

February 27<sup>th</sup> 2024

Effective  
Date:

**100 Mile House and District Soccer Association** has adhered to this Anti-Bullying Policy to help guide and protect the children that participate in our activities as players, referees, coaches or in any other capacity. Bullying can be defined as intentional hurtful and aggressive behaviour that makes others feel uncomfortable, scared, or upset, and it is the responsibility of the club, our staff, and volunteers to create a safe, free of bullying soccer environment.

*\*Resources below were provided by the Government of British Columbia*

### IMPORTANCE OF AN ANTI-BULLYING POLICY

According to the data provided by the Provincial Government, 1 in 3 Canadian teens say they've been bullied recently and almost half of Canadian parents say their kid has been bullied at some point.

A person who shows bullying behaviour usually picks on another person's culture, disability, ethnicity, gender identity, looks, religion, or sexual orientation - children who identify as lesbian, gay, bisexual, trans-identified, two-spirited, queer, or questioning (LGBTQ) are discriminated against three times more than heterosexual students.

The effects of bullying can be traumatic and long-lasting, affecting even adulthood by causing extended psychological harm.

### DEFINING BULLYING

It's important to know the difference between bullying and single acts of aggression or conflict. Not all mean or rude behaviour or conflict is bullying. Understanding the difference helps when it comes to knowing how to intervene.

Bullying is a persistent pattern of unwelcome or aggressive behaviour that hurts others physically and/or emotionally. For a situation to be considered bullying, three indicators are usually present:

- **Power** – children who bully acquire their power through physical size and strength, by status within the peer group, and by recruiting support of the group.
- **Frequency** – bullying is not a random act. It is this factor that brings about the anticipatory terror in the mind of the child being bullied that can be so detrimental and have the most debilitating long-term effects.
- **Intent to harm** – children who bully generally do so with the intent to harm the other child either physically or emotionally.

A person who shows bullying behaviour says or does something intentionally hurtful to others and they keep doing it, with no sense of regret or remorse – even when it's obvious that they've hurt a person or when they're asked to stop.

## **TYPES OF BULLYING**

- **Physical** – hitting, kicking, tripping, pinching, pushing, damaging property.
- **Verbal** – name-calling, insulting others, teasing, intimidating others, making homophobic or racist comments, verbal abuse.
- **Social and emotional (or relational)** – Doing things to harm someone else's reputation or make them feel embarrassed or humiliated by lying, spreading rumours, making mean gestures or jokes, excluding someone.
- **Cyber** – teasing or humiliating a person online using social media, cruel websites (e.g. posting photos of others on rating websites), video games, instant message, or texting. Cyberbullying is constantly evolving and changing with new technology, and it can reach a child even in the privacy of their own home.

## **SIGNS THAT A CHILD IS BEING BULLIED**

Kids who are being bullied by others will often display a change in behaviour or emotions, like:

- Not wanting to go to school or participate in extra-curricular activities.
- Anxious, fearful or overreactive.
- Having low self-esteem and making negative comments about themselves or a former friend
- Regular complaints of stomachaches, headaches, and other physical symptoms without any particular cause.
- Less interest in school or soccer.
- Injuries, bruising, damaged clothing, or broken items.
- Unhappy and irritable.
- Trouble sleeping, nightmares, bedwetting.
- Frequently crying.
- Threatens to hurt themselves or others.
- Significant changes in social life (i.e. no one is calling or inviting them out).

## **SIGNS THAT A CHILD IS ENGAGING IN BULLYING BEHAVIOUR**

Kids who exhibit bullying behaviour may show signs that they are using power aggressively, such as:

- Little concern for the feelings of others.
- Aggressive with siblings, parents, teachers, friends, and animals.
- Bossy and manipulative to get their own way.
- Coming home with unexplained objects or extra money.
- Secretive about possessions, activities or where they've been.
- Easily frustrated and quickly angered.
- Believe aggression is an acceptable way to resolve conflicts.
- Abuse others physically or verbally.
- Get into fights and blame others for starting them.
- Have a need to dominate others.
- Have two or three friends who are also aggressive.
- Hang out with increasingly younger children.

- Be quick to interpret accidents or neutral events as deliberate hostile acts.

### **100 Mile house and District Soccer Association ANTI-BULLYING REPORTING PROCEDURE**

All forms of bullying will be reported to our board to be directed to our [Reporting Committee](#) in writing to investigate. Below states our procedures.

- The club's designated Official is the main point of contact for reporting bullying and has experience in conflict resolution.
- The club has developed a report system/process within our organization so parents and athletes can feel comfortable reporting incidents. This can be found on our web page under "Reporting"
- These episodes and complaints must formally written down and submitted
- If deemed necessary, the club will consult the police.

From Canada Soccer's Guide to Safety: *"There is no express time limit for initiating a complaint, but every effort should be made to quickly bring the complaint to the attention of the appropriate organizational leadership to stop the bullying behaviour as soon as possible and to make sure that memories are fresh, and behaviour can be accurately recalled".*.]

### **100 Mile House and District Soccer Association ANTI-BULLYING CONFLICT RESOLUTION**

When bullying is formally reported to the OMHSA board for action by the [Reporting Committee](#):

- Parents of all the kids involved will be notified of the situation.
- Our designated Club Official will be the point of contact for parents/guardians of the kids involved.
- Our Club Official will mediate the conversation between the kids involved and their parents/guardians.
- If deemed necessary, the club will consider disciplinary action.

### **BC SOCCER ALIGNMENT**

All [100 Mile House and District Soccer Association](#) policies must align with BC Soccer's Bylaws, Rules & Regulations, and applicable Policies and procedures.

-End-