

Bullying in a sports environment. What are we talking about?



Bullying

Any repeated direct or indirect behaviour, comment, act or gesture, whether deliberate or not, including in cyberspace, which occurs in a context where there is a power imbalance between the persons concerned and which causes distress and injures, hurts, oppresses, intimidates or ostracizes.

Being the target of bullying is painful, scary and sometimes makes the person feel like isolating themselves. Being a witness to bullying can also cause a strong feeling of discomfort for the witness. Even though it is hard, there are ways to stop bullying, whether you are a witness or a victim. To begin, you have to be well-informed to recognize all the types of bullying. Bullying in sport can also come in the form of sexual violence, which means sexual harassment or sexual assault.



Examples of bullying:

Physical

- Tripping someone.
- Intentionally jostling someone.
- Preventing someone from doing something.
- Striking someone.
- Perpetrating a sexual assault.
- Etc.

Verbal*

- Insulting, ridiculing or mocking someone.
- Threatening someone.
- Making sexist, homophobic, transphobic or racist comments.
- Making discriminatory comments based on age or other personal characteristics.
- Making comments with a sexual connotation.
- Etc.

Social*

- Spreading rumours or lies about someone.
- Denigrating, humiliating someone.
- Looking at someone with contempt or in a threatening manner.
- Isolating, excluding someone.
- Etc.

Material*

- Destroying something.
- Vandalizing a place.
- Appropriating someone else's property (including, for example, intimate photos in cyberspace).
- Etc.

12 to 20%

of athletes report having experienced physical violence*

Don't take any situation lightly or brush it off
Need help? 1-833-245-HELP (4357)

