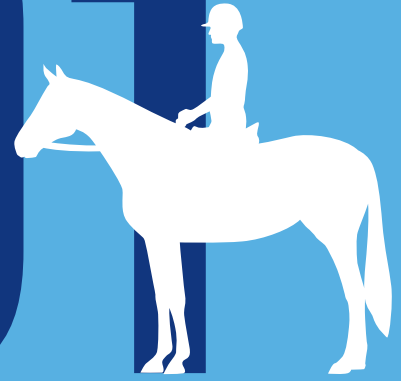


SAFE 101 SPORT 101



FOR JUNIOR COMPETITORS

WHAT IS BULLYING?

Bullying behaviors, under the USEF Safe Sport Policy, are *repeated* and/or *severe* behaviors that are aggressive, directed at a minor, and intended or likely to hurt, control, or diminish the minor emotionally, physically, or sexually.

BULLYING

(under the USEF Safe Sport Policy)

- ▶ HITTING SOMEONE
- ▶ THROWING OBJECTS AT SOMEONE
- ▶ TAUNTING OR RIDICULING
- ▶ GOSSIP WITH INTENT TO HURT SOMEONE'S REPUTATION OR EMOTIONS
- ▶ USING SOCIAL MEDIA TO INTIMIDATE OR HUMILIATE

NOT BULLYING

(under the USEF Safe Sport Policy)

- ▶ RUDE BEHAVIOR (unless repetitive)
- ▶ MEAN ACTIONS (unless repetitive)
- ▶ EXPRESSING DIFFERENT OPINIONS

WHAT ARE YOUR NEXT STEPS?

- ▶ TALK with a parent or trusted adult
- ▶ CALL: 24-HOUR HELPLINE (866) 200-0796 OR COURAGE FIRST (888) 279-1026
- ▶ BE INFORMED: Take the Safe Sport courses to learn more (*requires parental consent*)
- ▶ TEND to Mental Wellbeing: usef.org/safe-sport/additional-resources
- ▶ REPORT by text: TEXT 28733 (2USEF) to report anonymously
 - ▶ REPORT Abuse: usef.org/safe-sport/reporting

