

# HFC2016

## HELSINKI FLOORBALL CUP

» JUNIORS 2.-4.1.2016  
» ADULTS 8.-10.1.2016



### What is bullying?

Bullying is unwanted and repeated verbal, physical or social behavior by a person or group towards a weaker individual or group. Bullying is always intended to cause harm, distress or fear.

Bullying is like cancer. It's hard to recognize bullying in early stages, it kills slowly and unconsciously, and when its identified it might be too late. If bullying is identified in the early stages and action is taken, you can prevent the serious long lasting consequences of bullying.

**By taking action you can prevent bullying!**

**Physical, verbal and social** bullying are all serious types of bullying and they cause traumatizing and long lasting problems to the victim. **Physical** bullying can be hitting, kicking, pinching, tripping, pushing, stealing or breaking someones things or making inappropriate hand gestures. **Verbal** bullying can be teasing, name calling, inappropriate sexual comments, making threats to cause fear or taunting. **Social** bullying can be spreading rumors, leaving someone out of the group on purpose, embarrassing someone or telling not to be friends with someone. Social media has made bullying easier, but it can also work against bullying just as well.

**Together we can spread the message that bullying does not belong in my team!**

### What does bullying cause?

Bullying causes serious harm to the person who bullies, to the person who is bullied and to the person who witnesses bullying. Negative impacts on mental health, drug use and suicide are connected to bullying. Bullying causes learning problems, feeling of an unsafe environment, fear and disrespect of others.

**Those who are bullied** may suffer of depression, anxiety, family problems, trauma, lack of self-esteem, nightmares, loneliness or decrease of academic achievement. The victim might never fully recover from the physical or mental harm caused by bullying.

**Those who bully** are likely to abuse alcohol or drugs in early adulthood, get into fights, vandalize property, drop out of school, have criminal convictions, or behave aggressively. Those who bully dont only harm others, but also themselves.

**Bystanders or witnesses** of bullying are also harmed. Bystanders often feel fearful or powerless to act and guilty for not acting. Constantly witnessing bullying can cause depression, anxiety, increasing use of alcohol and drugs and feeling disconnected to school.

Bullying causes an environment of fear and disrespect. **Bullying affects all of us** - players, parents, team staff members, friends and team spirit. Talk about bullying and how to stop it. Spread the word. Small things can make a huge difference!

# #EIKIOUSATA #NOBULLYING

## How to recognize if a child is bullied?

When bullied, children may not want to talk about it. Being humiliated is not easy to talk about and children may not want to know what others are saying about them whether its true or not. The feeling of helplessness and fear of retaliation can be reasons why the victim doesn't want to talk about bullying. There are many warning signs how an adult can recognize if a child is bullied and it is important to react by simply talking to the child about bullying.

### If a child is bullied, it may occur as:

- Lost or destroyed clothing or property
- Unexplainable physical injuries
- Recurring headaches or stomach aches or faking them
- Self-destructive behavior such as running away from home
- Sleeping difficulties
- Nightmares
- Declining grades or not wanting to go to school
- Feelings of helplessness or lack of self esteem
- Sudden changes in eating habits

### If a child bullies others it may occur as:

- Not accepting responsibility for their actions and blaming others
- Hanging around with friends who bully others
- Getting into fights
- Continually acting aggressive
- Get sent to the principal's office or to detention frequently
- Have unexplained extra money

Recognizing the warning signs is the first step to prevent bullying. **Take action and talk about bullying.**



## Together against bullying:

**vzlo**



**SALIBANDY®**

## How can we prevent bullying?

Bullying is a part of everyday life. The role adults play in preventing bullying is huge, as they can help children understand the negative impacts that bullying causes. Adults are trusted and kids look up to them. If children know what bullying is and what it causes, it is easier for them to recognize bullying and prevent it.

- Tell kids to talk to a trusted adult if they are bullied or if they witness bullying
- Tell kids that if they witness bullying, don't give the bully or bullies any audience
- Tell kids to do what they love. Kids can find new friends with same interests. This will build their confidence as they will have friends around them
- As an adult, be an example. Show how to treat others with respect. If a child behaves with respect, others will follow
- Tell kids to be friends with victims of bullies and help them get away
- Tell kids what to do if they are bullied. Sometimes simply looking at the bully and saying "STOP" will help. Sometimes just laughing can surprise the bully. Sometimes just walking away from the situation can help.
- Tell kids to stand up for each other!

## Team staff member, this is how you prevent bullying!

- Assess, survey, ask. By recognizing how much bullying happens in your environment it is easier to prevent it
- Set policies and rules against bullying. Tell children how they are expected to behave towards others. Also, remember to define consequences for breaking the rules
- Create an easy to channel to report bullying to a trusted adult
- Create a safe environment. Children have to feel safe everywhere they go. Together as a team you can create a safe environment!
- Spread the word about bullying, how it's prevented and what it causes. When every team member knows the consequences caused by bullying, they will be less likely to bully others and more likely to act against it.
- As a trusted adult, when you witness bullying don't ignore it. Don't ask immediately what happened. Don't force kids to speak in front of other kids about what happened. Don't make them apologize at the spot. Separate everyone involved and talk to them calmly. Listen to everyone equally.

**By acting quickly and consistently against bullying, children will realize that it's not acceptable.**

**Don't ignore bullying. Prevent it!**