



Read this scenario to your athletes:

Curtis walks up to Sean in the locker room and says, “Nobody likes you. I wish you weren’t on our team.”

Discussion Questions:

How would you feel if you were Sean?

Kids might say that they would feel sad, rejected, and scared, or that he/she hopes that someone would stand up for him/her.

>Safe Sport says: Validate the kids’ feelings. It’s normal to feel sad, mad, or confused about what to do.

How would you feel if you heard this?

Kids might say that they feel mad, embarrassed, or scared.

If you heard this, what should you do?

Kids might say that they should step in and say something to Curtis or tell an adult.

>Safe Sport says: A common approach is I.C.E. = Interrupt the bully, Compliment the target, and help him Escape. Afterward, tell the coach.

Who needs to know that this is going on? What do you hope that they will do?

Kids might say that the coach and parents of Curtis and Sean need to know about the incident.

>Safe Sport says: The coach needs to know that this is going on in order to implement the anti-bullying plan.

Bonus Question:

What do you do if you hear this in the locker room at a meet, and Curtis and Sean are on another team?

Kids might say that they would do nothing. Others might say that they would interrupt the situation and talk to Sean. Still others might say that the right thing to do is to tell an adult.

>Safe Sport says: Trust your instincts! Use the I.C.E. approach and/or go and tell your coach or the meet referee. If you can tell what team they’re on (maybe by their caps or t-shirts), share that information with whomever you tell.

Wrap It Up:

What kind of team do we want to be?

Ask your swimmers to tell you what your team values are (hard work, positivity, etc.).

How do we want to treat the other members of our team?

Examples: cheer for each other, work hard, encourage each other in practice, etc.

***For Coaches: review your team’s anti-bullying plan and share how you would respond to this scenario with your swimmers.**