

## Anti-Bullying Contract

Bullying is unwanted, aggressive behavior that involves a real or perceived power imbalance between individuals with the intent to cause harm. In situations involving youth, both those who are bullied and who bully others, many suffer serious, lasting problems.

**Verbal bullying** is saying or writing mean things. Examples include: teasing, name-calling, taunting, and threatening to cause harm. This includes anything written over text message or direct message on any app.

**Social bullying**, (social-media bullying) involves hurting someone's reputation or relationships. Examples include: leaving someone out of the activity on purpose, telling others not to be friends with someone, spreading rumors about someone, embarrassing someone in public, posting embarrassing pictures, videos, rumors sent by email, text, or social media sites.

**Physical bullying** involves hurting a person's body or possessions. Examples include: hitting, kicking, pinching, spitting, tripping, pushing, taking, or breaking someone's things, making mean or rude hand gestures.

### **Athletes, Parents, Coaches and Board Members agree to the following:**

- I will NOT BULLY teammates, parents, coaches, or game officials.
  - *This includes talking down to teammates at any time. Even during high stress, game situations. No form of verbal bullying will be tolerated.*
- I will walk away and ask a teammate, parent or coach for help if a teammate, parent or coach bothers me.
- I will report bullying to a coach or parent when I see it.
- I agree to work together and treat others with respect so bullying does not happen.
- I will report any social media bullying to a parent, coach, or any AVC employee immediately.

### **Policy & Consequences:**

Disciplinary actions for those individuals found to have violated the Anti-Bullying Contract can be a written or verbal warning, suspension, or expulsion from the current team/season with which they are participating.

**By signing below, both Parent and Athlete confirm that they will adhere to the Anti-Bullying Policy and that both Parent and Athlete have had an adequate opportunity to read and understand it, have had an opportunity to ask questions about it, and any questions they have had have been answered to their satisfaction.**

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**Athlete Signature**

**Date**

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**Parent Signature**

**Date**