



## NORTHERN YOUTH RECREATION ASSOCIATION

### DBA Northern Youth Football and Cheer

## Anti-Bullying Policy

**Bullying** is unwanted, aggressive behavior that involves a real or perceived power imbalance between individuals with the intent to cause harm. In situations involving children, 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. 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, board members, or game officials.
- I will stand up for myself, walk away, or ask a teammate, parent, coach, or board member for help if a teammate, parent, coach, or board member bothers me.
- Report bullying to a coach, a parent, or Northern Youth Football and Cheer board member when you see it.
- Work together and treat others with respect so bullying does not happen.
- Report any social media bullying to a parent, coach, or Northern Youth Football and Cheer Board member immediately.



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**Policy & Consequences:** (Applies to athletes, parents, coaches, and board members) The Northern Youth Football and Cheer Executive Board will review all issues and make findings. Every attempt will be made to adequately investigate and fairly assess the severity of an alleged bullying incident. All parties involved will be kept informed and required to cooperate fully with The Northern Youth Football and Cheer Executive Board to remedy the situation.

**Disciplinary actions** for those individuals found to have violated the NYFC reserves the right to take corrective action up to including a ban on participation for the rest of the 2025 Football and Cheer season.

Athlete Signature:	
Parent Signature:	
Date:	
Coach Signature:	
Date:	