



## HOW TO USE THIS BOOK

This book is a wake-up call and shows the silent bullying crisis that has existed for decades. The unspoken words within sports that drive this behavior are revealed. The current mindset that promotes intimidation is addressed.

The book focuses on coaches, players and parents and is divided into three parts. It explores the dark corners of sports and how bullies are created and encouraged by sports and why. Part I, “Get the Ball Rolling,” discusses the elements within sports that create bullying behavior. Part II, “Play by Play,” identifies the bullies in sports and how they torment their targets. Part III, “Game Time,” offers a paradigm shift where sports can be used as a gateway for addressing and reducing bullying.

Throughout the chapters, you’ll find:

- Profiles of athletes who have dealt with bullying
- Statistics that substantiate positions presented
- Charts, graphs, and tables that support text
- Strategies and tactics for combatting bullying
- Sidebars with tangential topical information.

The book can be used in the following ways:

1. *Bullying in Sports* can be experienced by simply reading from the front of the book to the back of the book, highlighting the parts which resonate with you.
2. Choose a partner(s) and read together. This is a great opportunity to share ideas.
3. Visit Part III and select the chapter that best describes your role in sports. Read the chapter and fill out the assignments. As you go through this learning process ask yourself a few questions: What does this mean to me? How might it apply to my role in sports? How could I incorporate this into my situation? If I did, what might happen? How and when will I do it?
4. Athletic Directors, coaches and parents can facilitate a discussion and/or training one-on-one, in a group or team setting, encouraging players to share their experiences, learning how to incorporate Upstander skills, or simply picking out key points.