

Redding Easton Falcons Cheer

Anti-Bullying Contract

Bullying is an 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, sometimes referred to as relational bullying, involves hurting someone's reputation or relationships. Examples include leaving someone out of an activity on purpose, telling others not to be friends with someone, spreading rumors about someone, embarrassing someone in public, posting embarrassing pictures or videos, sending rumors 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/judges.
- 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 bullies me.
- I will report bullying to a coach, parent or Redding Easton Falcons Cheer board member when I see it.
- I will work together and treat others with respect so bullying does not happen.
- I will report any cyberbullying to a coach, parent or Redding Easton Falcons Cheer board member immediately.

Policy & Consequences:

(Applies to athletes, parents, coaches and board members)

The Redding Easton Falcons Cheer board of directors 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 be required to cooperate fully with Redding Easton Falcons Cheer to remedy the situation.
- Disciplinary actions for those individuals found to have violated the Anti-Bullying Contract
 - a. First offense: verbal and written warning (athletes, parents, coaches and board members)
 - b. Second offense: game and practice suspension for 1 week
 - c. Third offense: banned from participating in Redding Easton Falcons Cheer

Athlete Signature _____ DATE _____

Parent Signature _____ DATE _____