

# GAA Tackling Bullying



GAA Anti-Bullying workshop  
for Clubs, Coaches, Players  
and Parents

# Background



This workshop and accompanying resources were developed in response to a growing awareness of the impact of bullying on young people in our society and in particular, in sport.



# Outcomes

## Club personnel will be able to:

- Understand bullying and its possible impact particularly in the context of a GAA Club
- Identify a range of approaches in relation to preventing bullying
- Identify a range of approaches in relation to dealing with incidents of bullying
- Explore the role of the Children's Officer relating to incidents or reports of bullying
- Introduce the GAA Anti-Bullying Policy to their Clubs
- Implement 'a whole Club approach'

EXERCISE 1

# Is this Bullying?



Is this bullying?

**NO** It is not bullying.

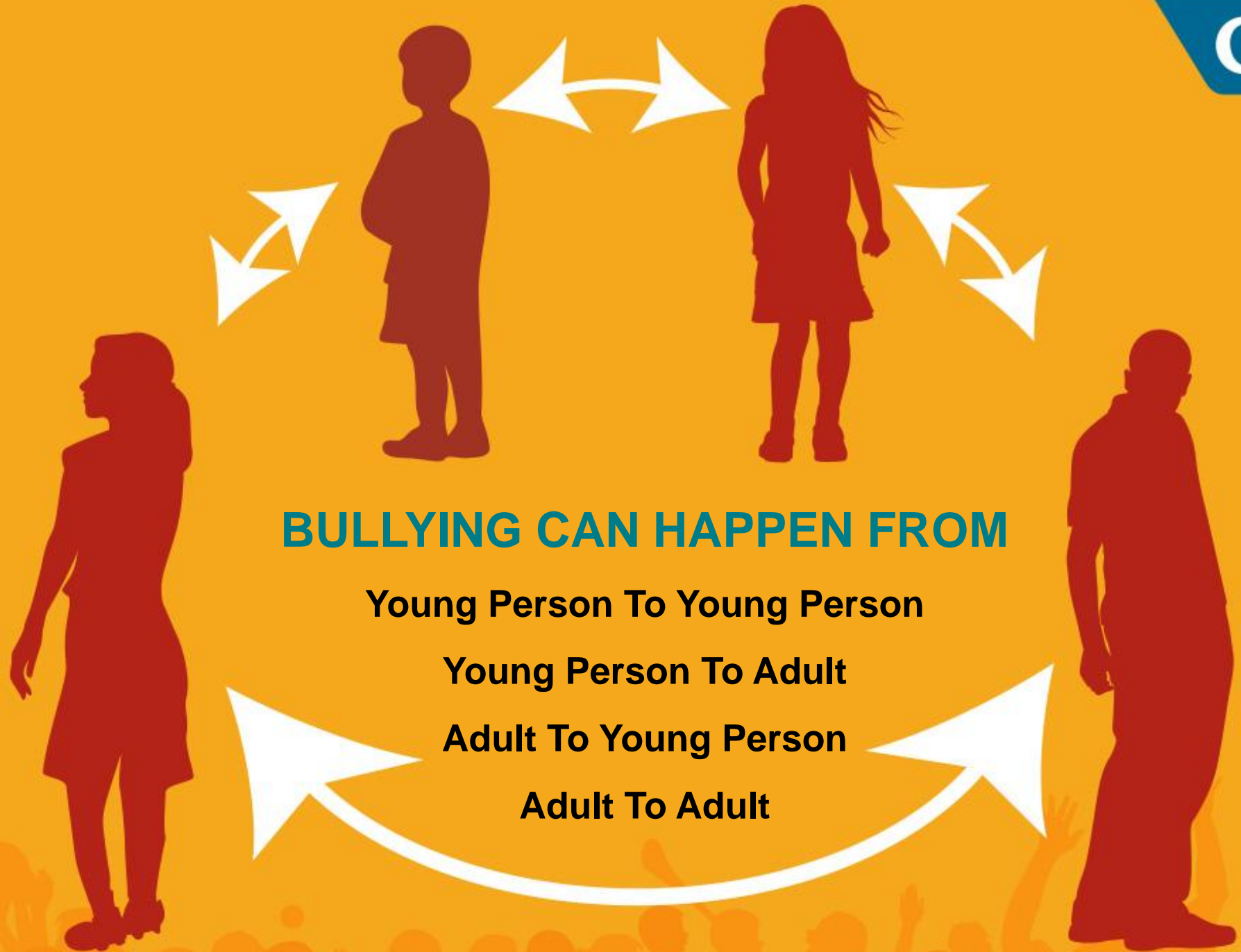
**YES** This is bullying.  
If yes, what type of  
bullying is it?



# Definition of Bullying

**Bullying behaviour** can be defined as repeated aggression, be it verbal, psychological or physical, conducted by an individual or group against others.





## **BULLYING CAN HAPPEN FROM**

**Young Person To Young Person**

**Young Person To Adult**

**Adult To Young Person**

**Adult To Adult**

# The term 'BULLY'

The term 'Bully' refers to a person who uses bullying behaviour



# Impact of Bullying

## Impact of bullying on 'Target'

**Physiological symptoms:** headaches, stomach problems, disturbed sleep..

**Psychological symptoms:** anger, worry, fear, depression, loss of confidence, thoughts of suicide ...

## Impact of bullying on 'Bully'

Socially isolated, lack of empathy, low self esteem, getting into trouble...





# Bullying contains 7 key features



- An intention to be hurtful
- This intention is carried out
- The behaviour harms the target
- The bully overwhelms the target with his/her power
- There is no justification for the action
- The behaviour repeats itself again and again
- The bully derives a sense of satisfaction from hurting the target



# Cyberbullying



Cyberbullying can take place when instant messages, emails, text messages or web pages are used to spread rumours, make threats or harass. It can include written messages, photographs, videos or voice messages.

# Who is involved in a Bullying incident?



- The 'Bully'
- The Target/s
- The Bystander/s
- The 'Don't Care Team'



# Why do people use Bullying behaviour?



- They like the feeling of power that bullying can bring
- They expect everyone around them to do as they say
- They do not fit in with other people even though they may think they do
- They want others to think they are in control
- They enjoy making other people unhappy
- They have experienced being bullied themselves
- They feel insecure in their environment

# Question...



What is your biggest concern when you get a report about bullying?




# How do we prevent Bullying in our Club?

- Code of Behaviour when working with underage players
- Shared views, beliefs and values to prevent bullying
- Create a supportive environment where it is not acceptable to bully
- The ethos of the Club is that it's 'ok to tell'



# How do we prevent Bullying in our Club?

- Make everyone aware of our Anti-Bullying Policy – Tackling Bullying poster and workshops
  - Implement the Give Respect – Get Respect initiative
  - It's everyone's responsibility – 'a whole organisational approach'
- 

# Give Respect – Give Respect

The GAA Respect Initiative seeks to ensure that Gaelic Games are promoted and played in a positive, fair and enjoyable manner where players, coaches, spectators and referees Give Respect – Get Respect from each other





# Training Programmes in the GAA

- **Child Protection Awareness Training**
- **Children's Officer Training**
- **Designated Liaison person workshops**
- **Anti Bullying Workshops**

**Tutor training for all of above**



# GAA Anti-Bullying Policy Statement



- The GAA aims to create a supportive environment where any form of bullying is unacceptable
- We adopt ‘a whole organisational approach’ to addressing bullying and are committed to implementing structures and relevant training to deal with allegations of bullying
- Incidents of bullying are regarded as serious breaches of our Code of Behaviour
- We are committed to achieving an ethos of respect so as to maximise the potential of all our members when playing or participating in our Gaelic Games

# Dealing with Bullying

## An immediate response by the Coach

Always attempt to resolve the matter in an informal manner as follows:

- Coach becomes aware of incidents
- Speaks to those involved - avoid labelling
- Seeks to immediately rectify matters – if possible
- Informally consults with the Club Children's Officer
- Take a 'common sense' approach

# Procedures for dealing with an incident of Bullying (formal)



When an immediate intervention fails to resolve the situation it should be dealt with by the Club's Children's Officer as a breach of the Code of Behaviour

- Report the matter to the Club Children's Officer (CCO)
- Confidentiality must be maintained
- Initial assessment by the CCO\*
- Take a 'common sense' approach
- CCO collates relevant information
- CCO uses the acid test to determine if its a bullying incident
- CCO informs alleged bully and target as to the procedures to be followed

\*Record all relevant information in an appropriate manner