

# Tackling Bullying

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 Best Practice in Youth Sport, Our Games - Our Code.

We are committed to achieving an ethos of respect so as to maximise the potential of all of our members when playing or participating in our Gaelic Games.

## WHAT IS BULLYING?

Bullying can take many different forms:

- **VERBAL:** threatening consequences, spreading rumours, name calling, teasing, making sexual/racist/sectarian remarks, highlighting physical appearances or sporting ability.
- **PHYSICAL:** kicking, punching, hitting, spitting, biting, tripping, theft or destruction of property and kit.
- **EMOTIONAL:** ignoring, excluding, getting people into trouble, talking behind their backs, writing unpleasant notes/letters/graffiti, writing letters/text messages/emails or comments.
- **CYBERBULLYING:** when instant messages, emails, text messages, webpages or social network sites are used to spread rumours, make threats or harass. It can include written messages, photographs, videos or voice messages.

## PREVENTING BULLYING

It is the responsibility of everybody in the Club to prevent or if need be to deal with incidents of Bullying.

**GAA players, coaches, spectators and Clubs should:**

- ✓ Implement the Code of Behaviour when working with underage players
- ✓ Create a supportive environment where it is not acceptable to Bully
- ✓ Support the ethos of the Club that its 'ok to tell'
- ✓ Make everybody aware of our Anti Bullying Policy
- ✓ Promote the Give Respect - Get Respect initiative

## DEALING WITH BULLYING

How do you know if it's Bullying?  
Ask yourself the following questions:

**TARGETED** Is the behaviour targeted at a group or individual?

**DURATION** Has this behaviour been happening over a period of time?

**FREQUENCY** How frequent is the behaviour and is there a pattern occurring?

**INTENTION** Is the intention of the behaviour to cause pain/harm/distress to an individual or group?

Every person in membership of a GAA Club or attending our games or activities should be fully aware that Bullying is unacceptable in the GAA

**GIVE RESPECT  
GET RESPECT**

Our games. Our choice.

The Children's Officer in each club has a responsibility to promote an 'anti bullying ethos' and ensure that the Club adheres to the Code of Best Practice in Youth Sport - Our Games - Our Code.

### BULLYING CAN HAPPEN FROM

- Young Person To Young Person
- Young Person To Adult
- Adult To Young Person
- Adult To Adult

