



Nepean Artistic Swim Club

Anti-Bully Contract

I, _____ agree to join my fellow teammates to stamp out bullying and cyberbullying at our club.

We believe that everybody should enjoy practices and competitions equally and also enjoy a peaceful life at home while on the Internet and feel safe, secure and accepted regardless of race, gender, sexual orientation, popularity, athletic ability, intelligence, religion and nationality.

Bullying can be pushing, shoving, hitting, and spitting, as well as name calling, picking on, making fun of, laughing at, and excluding someone. Cyberbullying is when a child, preteen or teen is tormented, threatened, harassed, humiliated, embarrassed or otherwise targeted by another child, preteen or teen using the Internet, interactive and digital technologies or mobile phones. Bullying and cyberbullying causes pain and stress to victims and is never justified or excusable as "kids being kids," "just teasing" or any other rationalization. The victim is never responsible for being a target of bullying or cyberbullying.

By signing this pledge, I agree to:

- Value athlete differences and treat others with respect.
- Not become involved in bullying or cyberbullying incidents or be a bully or cyberbully.
- Be aware of the club's policies and support system with regard to bullying/cyberbullying.
- Report honestly and immediately all incidents of bullying/cyberbullying to a coach.
- Be alert in places around the pool where there is less adult supervision such as bathrooms and changing rooms.
- Support athletes who have been or are subjected to bullying/cyberbullying.
- Talk to a coach and parent about concerns and issues regarding bullying/cyberbullying.
- Work with other athletes and coaches, to help the club deal with bullying/cyberbullying effectively.
- Be a good role model for younger athletes and support them if bullying/cyberbullying occurs.
- I acknowledge that whether I am being a bullying/cyberbullying bully or see someone being bullied/cyber bullied, if I don't report or stop the bullying/cyberbullying, I am just as guilty.

Signature: _____

Date: _____