



## **ANTI-BULLYING CONTRACT – Swimmers**

We, members of Delta Aquatics, agree to join together to condemn and stop bullying on our team. We believe that every person has the right to feel safe, secure, and accepted regardless of sexual orientation, color, race, gender, popularity, athletic ability, intelligence, religion, or nationality.

Bullying means any intentional written, electronic, verbal, or physical act against another student. Examples of bullying are:

- Placing a student in fear of substantial harm to his/her emotional or physical well-being.
- Creating a hostile, threatening, humiliating, or abusive environment due to persistent actions.
- Perpetuating bullying by soliciting or coercing an individual or group to demean, dehumanize, embarrass, or cause emotional or physical harm to another student.

Bullying causes pain and stress to victims and is never justified or excusable as “just teasing.” The victim is never responsible for being a target of bullying.

### **By signing this contract, we, the members, agree to:**

1. Value differences and treat others with respect.
2. Not become involved in bullying incidents or be a bully, but rather support your teammates who have been, or are subjected to bullying.
3. Be aware of the Team's policies with regard to bullying and immediately report all incidents.
4. Talk to Coaches and parents about concerns regarding bullying and work to help the team stop bullying.
5. Be a good role model for younger teammates.

**I acknowledge that whether I am being a bully or see someone being bullied, if I don't stop or report bullying, I am just as guilty.**