



Calgary Wild Water polo Club

Dare to Care: Bully Prevention in Sport

August 9th, 2023



About Us

For more than 20 years, Dare to Care has had a meaningful, immediate and lasting impact in communities around Canada. We aim to inspire cultures where bullying behaviour is unacceptable and all members of an organization are mobilized to speak up. Founded in 1999, Dare to Care began as a school-based program which pivoted into the sports sector in 2018 and is now a leading resource in the Safe Sport movement.



The Scope of the Problem

The Facts



Only **4%** percent of bullying is reported.



1 in 5 Teens report being targeted by cyberbullying.



90% of bullying takes place with peers present.



Children with disabilities are **3X more** likely to be targeted.



80% of people have witnessed or experienced homophobia in sports.



93% of individuals in sport who experience some form of maltreatment choose not to report.



90% of referees report being the recipient of aggression and anger.



Our Programs



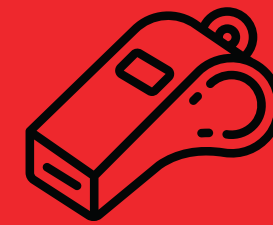
ATHLETE WORKSHOP

Through age-appropriate and sport-specific sessions we provide athletes with the knowledge to differentiate bullying vs. normal conflict, understand the forms of bullying and provide tools so athletes can stand up for themselves and others before incidents of bullying escalate.



PARENT WORKSHOP

This session will highlight the expectations for parent and guardian behavior at practices/games/competitions, discuss how to work with the organization if there is a concern, and share bystander training so participants are empowered to speak up when they see bullying behaviour.



COACH/BOARD WORKSHOP

In this workshop participants will establish common language, become better equipped to identify instances of bullying, learn how to take a “no-nonsense approach” to bullying and understand the importance of having clear policies and procedures to deal with issues.

NCCP PD Points Available for All Workshops

A swimmer wearing a black swim cap is in a pool, looking towards a yellow and pink water polo ball. The water is splashing around the ball. The swimmer's face is partially visible above the water.

Athlete Workshops

Workshop Overview & Key Takeaways

- Age Group Specific
- The "Shape of Bullying"
- Difference Between Bullying & Conflict
- Types & of Bullying (Cyberbullying)
- Bullying & the Law
- Toolbelt of Skills to Stand up to Bullying
- Interactive Activities with the team

Coach + Management

Workshop Overview & Key Takeaways

- Scope & Impact of Bullying in Sport
- The "Shape of Bullying"
- Difference Between Bullying & Conflict
- Types & Dynamics of Bullying
- Bullying & the Law
- Creating & Maintaining a Bully-Free Team
- Conflict Resolution & Code of Conducts



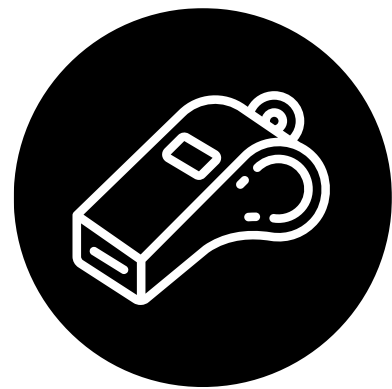


How Dare to Care will impact your organization:

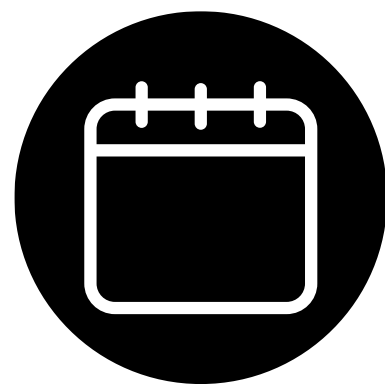
- ♥ Proven to **reduce bullying** behavior such as exclusion, intimidation, rumors and gossip, physical bullying, verbal bullying, racism, cyberbullying and sexual harassment.
- ♥ **Provides support** for referees, officials, coaches, athletes, volunteers and parents/guardians who are experiencing bullying.
- ♥ Establishes **common language** across the organization on important terms such as bullying, conflict, harassment, discrimination, and more.
- ♥ Provides an opportunity for athletes to address past hurts and **strengthen bonds** as a team.
- ♥ Equips members with **tools** to address conflict, identify instances of bullying, and speak-up when witnessing acts of bullying.
- ♥ **Empowers athletes** to take leadership roles within their team and organization.
- ♥ Implements of a **strong club policy** surrounding bullying, maltreatment and abuse.
- ♥ Reduces the **investigative hours** related to bullying, maltreatment and abuse.
- ♥ Participants will gain an understanding of **bullying and the law**.
- ♥ Actively promotes **Safe Sport** practices at your organization and prioritizes efforts to increase diversity, equity and inclusion.



Calgary Wild PD Opportunity



Coach & Management
Virtual or In-Person



September / October
Start of Fall Season



First time Free
Usually 4 sessions

Dare to Care in the Community



Coach Experience

"The Dare to Care workshop was an excellent experience for our athletes. It kept them engaged throughout, gave them a lot of concrete information and steps to take in the event that they are witnessing or a target of bullying. The exercises were very impactful and I felt that having them see some of the things that their peers have experienced was very powerful."

Athlete Experience

"Dare to Care reinforced to me that if you see bullying, or are being bullied, you must go to a coach or a trusted adult. Since Dare to Care I've noticed a positive change to the training environment with my teammates and I am looking forward to practicing without all the drama and distraction."

Parent Experience

"In only a short time, the Dare to Care program helped my daughter in and out of sport. The best thing about the program is that it provides life skills that can be used anywhere. I am a true believer that sport helps produce great kids and this adds to that. I can't speak highly enough about what the Dare to Care program has done, and will continue to do, in our sport community."



Together let's tackle
bullying in sport!

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