

## YOUTH RESOURCE

**BEING A RESPECTFUL TEAMMATE... ONLINE**

As an athlete, you deserve respect. You should be able to participate without being bullied or harassed. Your teammates also deserve respect. You should support them rather than excluding them, using harmful words, or being mean.

That means we show zero tolerance for negative, abusive, or bullying behaviors—on the field and online!

**What is cyberbullying?**

Cyberbullying is using social media or other online communications to harass, scare, intimidate, or humiliate someone.

Examples include:

- Repeatedly sending hurtful messages over text, email, or social media
- Spreading rumors online
- Stealing someone's login information to post damaging material from their account
- Spreading embarrassing or private pictures of an individual

If you're being cyberbullied by a teammate:

- **Take a time out**—Give yourself time to calm down by putting down your phone.
- **Don't reply**—It may be tempting but replying won't solve the problem.
- **Get evidence**—Take screenshots of the messages and don't delete them.
- **Get help**—Tell an adult you trust, like your parent or coach.
- **Block or unfriend them if necessary.**

**How can I make online spaces safer and more inclusive?****With teammates:**

- Before you send a message, ask yourself if it's positive or if it could be seen as mean or insensitive.
- Apologize if you've posted, liked, or shared something that makes someone feel bad.
- Don't post anything—even in a private message—you wouldn't want to become public.

**With coaches and other adults:**

- Include your parent or guardian on all messages: no secret conversations.
- Stick to messages about things related to your sport, such as team activities and schedules.
- Tell another trusted adult if a coach is texting or messaging you privately.