



Read this scenario to your athletes:

You see a bunch of social media posts by one of your teammates. The posts are about another teammate, and they're really mean about how they look and their other hobbies. You know that these teammates don't really talk at practice, but you didn't think they hated each other. Looking at these social media posts really bothers you.

Discussion Questions:

What do you do?

Kids might say, "I don't know." They might want to tell someone, but they don't know who to tell.

>Safe Sport says: You can do a few things. First, show your support for the teammate who is the target of the posts. Let him/her know that they are a valued member of team. Next, you can let the coach know that this is happening, especially since it's involving two teammates and could impact the team environment.

Should you respond to the post online?

>Safe Sport says: You could respond by commenting on your support for the target, but you could also tell your teammate who posted the mean things how it looked/felt in person at practice.

Does it change how you respond if the person who posted the mean stuff is a good friend of yours?

Kids might say that they would be more comfortable confronting a friend versus confronting a teammate with whom they're not close.

>Safe Sport says: If you're comfortable talking to your friend about it, do it! Let him/her know that what they did was out of line. If you're not comfortable talking with them, tell your coach.

Bonus Question:

What if you see a post on social media of one of your teammates wearing a team shirt and doing something that is against the rules/law?

Kids might say that they would confront their teammate or brush it off.

>Safe Sport says: How your team is represented matters. If your team code of conduct includes athlete behavior while representing the team, this should extend to social media. Talk with the team about what the expectations are when they're wearing the team shirt, traveling, or competing with the team.

Wrap It Up:

How do we show respect for one another on this team?

You're not always going to like everyone on the team, and that's okay. You don't have to be best friends, but you DO have to respect each other and get along. Everyone contributes to the team in some way, and it is not good for the team environment when someone puts down another teammate or bullies.

>How do we build each other up and hold each other accountable for our actions with teammates?

***For Coaches: for more information on team culture, visit www.usaswimming.org/toolkit. To report concerning behavior, contact Safe Sport at (719) 866-4578 or safesport@usaswimming.org.**