

What are SOPU activities?

SOPU = model for reconciliation and mediation

How to reduce bullying?

#coachingexpertise #sportsculturedevelopment
#nobullyinginsports #strengthfromgymnastics

People experience bullying differently

- What feels like bullying to me, may not feel like it to you.
- Verbal bullying, staring, gestures, facial expressions, pushing and shoving or other physical harassment, discrimination, threats, blackmail or leaving out of the group, online bullying or nasty messages on WhatsApp, name-calling, swearing, mocking clothes or appearance
- Acts on bullying should not be set on a scale: it is impossible to say what is worse or milder bullying because people experience it differently.



The goal is to

- Find the courage to intervene in bullying
- Discover the desire to stand up for oneself and others
- Eliminate the atmosphere of fear
- Joy and shared successes are part of high-quality gymnastics activities



1. SAFETY STEP

We all make mistakes

- 1. 'STOP' = Tell your friend that she or he hurt your feelings
- respect yourself, do not settle for being the landing mat for others
- if you feel hurt, you must be able to say 'that hurt my feelings'
- Unfortunately, a bully may not listen or stop immediately and there may be more than one bully.



2. SAFETY STEP

Be humble and own up to your mistakes



- 2. 'SORRY' = apologising
- respect others
- 'I did something that, however I might feel about it, hurt someone else's feelings so I must apologise'

Saying sorry means:

- A) I REALISE I HURT SOMEONE'S FEELINGS
- B) BY APOLOGISING, I ALSO PROMISE NOT TO DO IT AGAIN

3. SAFETY STEP

Forgiving means learning new things



- 3. 'OK' = Apology accepted
- When the other person apologises, you must accept the apology
- the apology is always about that moment in time and something that happened at training last week or on a camp a year ago should NOT be dragged into it
- **Forgiving is not forgetting; it is about learning new ways of behaving and thinking**

4. SAFETY STEP

Working together gives strength!

- 4. Talk to an adult about the matter so that it will not keep bothering you
- The adult makes sure that you remembered to say 'STOP' and that the other person said 'SORRY' and that you 'ACCEPTED THE APOLOGY'



The situation must be monitored and, when necessary, discussed with team mates, parents, coaches, club management, the head coach, coaching manager etc.

From bystanders to upstanders

Gymnasts and other coaches/judges/people present are the eyes and ears of the training hall/dressing room/competition trip/training camp.

If you do not stand up for the person being bullied, you are on side of the bully.

Everyone is involved: either a bully or an upstander.

Support the PERSON BEING BULLIED!



From bystanders to upstanders

- Encouraging the passive bystanders to become active upstanders is a more effective way of reducing bullying than trying to get the bully to stop and behave differently.
- Bystanders -> upstanders

Laughing

- The most negative memories that adults have about bullying that may have taken place decades ago:
- EVERYONE JUST LAUGHED AND NO ONE DID ANYTHING
- thus, the most hurtful thing was not words or physical violence but the fact that everyone LAUGHED



People at the training hall can become upstanders

Do not berate or criticise the bully; instead give your support to the person being bullied so that they can gain the courage to defend themselves.

You can say:

- 'How are you?'
- 'Are you ok?'
- 'Do you want me to support you?'

Talk to another adult or contact
[The You are not alone service.](#)

[I take a stand for responsible gymnastics!](#)

The role of parents, coaches and others present

- It is important to have an adult/support person present when someone talks about bullying or inappropriate conduct.
 - The other person can also ask whether you said something yourself, whether you apologised/accepted the apology.
- A model on the level of children for action...
 - on the club level,
 - on camps,
 - on the level of the federation,
 - on foreign trips etc.



REMEMBER THAT BULLYING ALSO TAKES PLACE IN SOCIAL MEDIA AND IT HAS TO BE INTERVENED IN!

In brief: The SOPU model consists of 4 safety steps

1. Saying stop
2. Saying sorry
3. Accepting the apology
4. Talking to an adult



I stand up for myself and others in the right way!

Let's take care of our team!

