

SAFE SPORTS, STRONG ATHLETES

Athlete Statistics:

- Suicide is the second most common cause of death in NCAA athletes.
- 65% of athletes indicated experiencing at least one incident of psychological harm or neglect while participating in youth sports
- 37% of athletes reported having experienced one form of physical abuse at least once as a child in sport
- 14% to 29% of athletes have been a victim of at least one form of sexual violence before age 18

(sources: British Journal of Sports Medicine; U.S. Center for Safesport)

1. Identifying Different Types of Abuse

Emotional Misconduct

- Repeated verbal or physical actions meant to intimidate, control, or degrade.
- Examples: name-calling, shaming, isolation, stalking, throwing objects.
- Note: Intent to harm is not required.

Physical Misconduct

- Intentional acts that cause or could cause physical harm.
- Examples: hitting, denying food/water, forcing play while injured, giving drugs/alcohol.
- Note: Legal contact in sports (e.g., sparring) is not misconduct.

Bullying

- Repeated, intentional aggression toward a minor.
- Forms: physical (hitting), verbal (taunts), cyber (spreading rumors), social (exclusion).
- Includes: Sexual bullying (mocking identity or appearance).

Harassment

- Repeated/severe behavior causing fear, offense, or humiliation.
- Often tied to bias or discrimination (race, religion, gender, disability).
- Creates a hostile or threatening environment.

Hazing

- Forcing someone to do something harmful, abusive, or humiliating to join or stay in a group.
 - Examples: forced drinking, humiliating dares, nudity, beatings.
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2. Prevention – Healthier Alternatives & Positive Culture

Emotional Misconduct → Motivation & Support

- Praise effort and build self-esteem.
- Encourage growth with constructive feedback.

Physical Misconduct → Accountability & Safety

- Prioritize injury prevention.
- Use discipline as teaching, not punishment.

Bullying → Inclusion

- Uplift teammates rather than shame.
- Team leaders set examples by supporting others.

Harassment → Respect

- Celebrate diversity and individuality.
Create an open, welcoming environment.

Hazing → Team Bonding

- Choose safe, fun activities that build trust.
- No shame, abuse, or danger involved.

3. Reporting Misconduct

- *Anyone* has a duty to report abuse or suspected abuse.
- Sexual misconduct or abuse of a minor must be reported to SafeSport (US Center for Safe Sports 833-5US-SAFE or SafeSport Hotline 866-200-0796) and law enforcement.
- Emotional and physical abuse, harassment, hazing, or bullying can and should be reported to coaches, school staff, or organizational leaders.
- Documentation (texts, photos, dates, witnesses) can help support reports.

Life-threatening? Call 911 | Suicide & Crisis Lifeline: Call or text 988



(source: <https://uscenterforsafesport.org/survey-results/>)