

## Tips for Stepping In and Stepping Up

It takes courage to step up and step in when we see a parent losing control. Here are some tips to make stepping up and stepping in safer and less intimidating so that you can protect your children and yourself:

- People who bully often believe they are speaking for the group. They do not know they have crossed the line unless someone says otherwise. Often, if you point out how others are feeling, the person doing the bullying will understand the impact of their actions and stop.
- There is power in numbers. If you are witnessing out of control behaviour, chances are other parents are too. Never approach someone alone. Take at least one other person to help diffuse the situation.
- Research shows that the best way to stop bullying behaviour is to say something calmly and respectfully. If you approach someone angrily or try to intimidate them, you can worsen the situation. Remember, be cool, calm, and respectful.
- When you step up and step in to approach a bullying parent and they are unwilling to control themselves, don't get angry and don't escalate the situation. If you lose your temper the situation will get worse not better. Walk away, then bring the situation to the attention of the coach and the sport organization.
- Most of all, never put yourself in danger. If you feel at risk, get to a safe place or with other people. Leave, then call police.