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Child Safeguarding in Sport

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Title of the practice	Time Out Against Bullying (<i>Time-out tegen Pesten</i>)
Country	Belgium
Organisation(s) responsible	Centre Ethics in Sport (ICES)
Main topic addressed	An action plan and campaign to deal with bullying in sports.
Type of resource/practice	Awareness-raising initiatives
Target group(s)	Coaches, sport club managers, Safeguarding Officers
Timing	2016-2018 (the campaign ended in 2018 because the funding ended).
Language	Dutch
Brief description of the practice	Time Out Against Bullying is a campaign to raise awareness about bullying in sport and equip sport clubs and coaches with tools to deal with bullying in their sport organisation.
Context and objectives	The Flemish policy decree on Healthy and Ethical Sport emphasises the need for healthy sport and an ethical sport climate. To this end, a learning network was set up. In 2016, the strategic learning network selected the theme of bullying as the theme they would work on that year. ICES took the lead in developing a campaign to tackle bullying in sports: the TOP campaign (<i>Time-Out tegen Pesten</i>). The objective of the TOP-campaign was twofold – one, to raise awareness about bullying in sport and two, to equip sport clubs and coaches with tools to deal with bullying in their sport organisation.
Steps/activities of the practice	<p>The campaign was launched with a press conference. Promotional material was made available for sport clubs and a photo contest was launched (25 sport federations participated).</p> <p>Six actions were created to help sport organisations deal with bullying:</p> <ol style="list-style-type: none"> 1. Work together on a positive group climate 2. Appoint a Safeguarding Officer 3. Make and implement a code of conduct 4. Learn to react in a good way 5. Use our themed exercises 6. Make everyone aware of bullying <p>Each of the six actions was made public via an online campaign, including a video of a professional athlete introducing the specific action. In addition, emails were sent to all sport federations and municipal sport offices and to coaches.</p> <p>Furthermore, training was developed on how to react to bullying.</p> <p>In the training participants were informed of two methods to react to bullying</p>

	<p>1. ALKA ES</p> <p>Cool down. In the first phase, take some distance. Take the initiative as a supervisor and state your position correctly and clearly. Give all those involved sufficient time to cool down.</p> <p>Listening. Then take the time to look at what happened and acknowledge the facts. Together, look for the reasons behind the problem behaviour. As a supervisor, try to fully understand where the behaviour is coming from and address this to the child as well.</p> <p>Give a chance. After you have considered the facts, it is also important to work towards a solution. Decide together how progress and agreements will be recorded, appeal to the child's own responsibility.</p> <p>Rounding up. Let the child repeat what has been agreed. Make sure that everyone knows what is expected of each other and plan an evaluation, a moment when you look together at how things went. Ask the child how he/she experienced this conversation and give your experience feedback.</p> <p>Evaluation. Finally, consider whether new agreements may be needed to further resolve the situation or prevent it from happening again in the future. Confirm and encourage positive reflection. Discuss whether a new evaluation date is needed. If this is not successful, move on to the sanctioning phase. However, this is not necessary in all cases.</p> <p>Sanction. If someone does not keep to the agreements made, it may be necessary to decide together what punishment to apply. 'What punishment would help you not to re-offend?' Let the athlete find his/her own punishment with the confidence that it will be effective. To prevent athletes from seeing you as 'soft' and thinking they can violate the boundaries, if you are sure the situation is about bullying, it is best to start with the No Blame approach as soon as possible. This way you make it clear you are doing something to solve bullying problems.</p> <p>2. NO-BLAME</p> <p>The No Blame method is a seven-step plan to stop a situation of bullying. It follows the idea of shared responsibility, but it is only recommended if the victim agrees with it.</p> <p>Step 1: Interview the victim, ask who he/she wants to be in the group and what he/she wants you to tell them.</p> <p>Step 2: Organise a first meeting with a small group (about five people) consisting of the bully/-ies, a bystander, some friendly group members.</p> <p>Step 3: Explain the problem.</p> <p>Step 4: Share responsibility. Nobody will be punished - we want the bullying to stop, and we take responsibility as a group to do so.</p> <p>Step 5: Ask for ideas from each group member to improve the situation.</p> <p>Step 6: Leave it up to the group to execute their ideas (for example, pick the victim first when teams are made, ask the victim how his/her weekend was, ...)</p> <p>Step 7: Interview each one individually about how it went.</p>
<p>Resources required</p>	<p>The campaign was financed by the government.</p> <p>For the training part that is still going on, the only resource required is a facilitator with enough knowledge of the practices. Individuals interested in giving the training can follow a train-the-trainer programme and become a facilitator. Coaches and staff members of a sport club can enrol for a training session through ethischsporten.be.</p>
<p>Achievements and outcomes</p>	<p>The campaign was successful and reached many sport clubs. The training that was developed in that period continues to be used.</p>
<p>Follow-up ideas and future plans</p>	<p>While the campaign stopped in 2017-2018 the training and action plan is still available.</p>
<p>Further information</p>	<p>www.ethischsporten.be/time-out-tegen-pesten (in Dutch)</p>