

TUCSON YOUTH FOOTBALL AND SPIRIT FEDERATION

P.O. BOX 30236 TUCSON, AZ 85751

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**BULLYING**

No one has the right to bully, as no one deserves to be bullied.

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| A Bully is someone who purposely and repeatedly, overtime, irritates hurts or harms, threatens, harasses or intimidates another person. Bullying can be either physical or mental aggression. |

WHAT DOES BULLYING LOOK LIKE?

* Name calling
* Punching, shoving, and other acts that physically hurt someone.
* Spreading bad rumors about people
* Teasing in a mean way.
* Getting people to “GANG UP” on others
* Intentional humiliation of another
* Other behaviors that make you feel “PICKED ON”

YOU DO NOT HAVE TO BE THE VICTIM OF BULLING. WE ARE HERE TO HELP!

BULLYING WILL NOT BE TOLERATED IN TUCSON YOUTH FOOTBALL & SPIRIT FEDERATION.

IMMEDIATELY SEE A COACH OR ASSOCIATION EXECUTIVE BOARD MEMBER. KEEP TALKING UNTIL SOMEONE LISTENS AND/OR THE BULLYING STOPS. ALL REPORTS OF BULLYING WILL BE HELD INSTRICT CONFIDENCE.