

Dare to Care **Bully Prevention** **In Sports**



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Scope of the Problem



Bullying is a societal problem that is impacting individuals in all areas: school, work, sport and home life.

In the World of Sport, there is a fine line between competitive spirit and true bullying. Whether it's from parents, guardians, athletes or coaches, disrespectful behaviour has become a growing concern in our gyms, swimming pools, courts, rinks, ski hills and on our playing fields.

In North America, **7 out of 10 youth quit organized sport by age 13**. The leading reason for this mass exodus, according to youth, is the pressure to perform and the toxic culture of sport. The 'fun' in sport has been replaced by a 'win at all cost' mentality which has led to increased dropout rates, childhood obesity and youth mental health challenges. The correlation between a child's participation in sports and their overall well-being, whether it be at a recreational level or competitive level, is undeniable. It is time to bring the fun back to organized sports and the first step is to eliminate the stressors that are causing kids and families to drop out in the first place.

The Facts



Only about **4%** of bullying takes place in front of adults.

**Medicine Net*



1 in 4 Teens report being targeted by cyberbullying.

**Statistics Canada*



More than **85%** of bullying takes place with peers present.

**PREVNet.*



Youth with disabilities are **2X** more likely to be targeted.

**Institute of Education*



80% of people have witnessed or experienced homophobia in sports.

**Out on the Fields*



93% of individuals in sport who experience some form of maltreatment choose not to report.

**U.S. Center for SafeSport*



90% of referees report being the recipient of aggression and anger.

**Clinical Journal of Sports Medicine*

Why Dare to Care?



Dare to Care was founded in 1999 to address the pervasive and crippling impact that bullying continues to have on children, youth and adults to this day. In 2018 this program expanded to the sports sector where it has made a meaningful, immediate and lasting impact. Today Dare to Care is the most practical and comprehensive bully prevention program in Canada. This proven and award-winning program has worked with more than one million participants across Canada and continues to create communities where bullying behaviour is unacceptable and kindness becomes the dominant force. Our comprehensive program not only focuses on the impact bullying has in sport, but also explores best practices from a Safe Sport and EDI (equity, diversity and inclusion) lens. Dare to Care works with industry leaders to stay informed on the latest research to ensure our content is relevant to the issues facing sport today.

Our programs aim to provide consistent messaging and understanding at all levels.

Dare to Care offers workshops for the following key groups:

- ♥ Athletes & Teams
- ♥ Coaches & Management
- ♥ Parents & Guardians
- ♥ Officials & Referees

AT DARE TO CARE WE UNDERSTAND THAT IN ORDER FOR CHANGE TO HAPPEN, ALL MEMBERS OF A SPORTING ORGANIZATION MUST BE INVOLVED.



VISION - To be the leading resource for Bully Prevention in Canada and beyond.



MISSION - To equip and mobilize communities with the skills and courage to prevent bullying so everyone can thrive in life, learning, and play.



VALUES - C.A.R.E. Commitment, Advocacy, Respect and Excellence.

Signature Programs



1.

Athlete & Team Workshop

(1.5-2 hours)

As our flagship sports program, this workshop provides innovative content that is great for athletes and teams of all ages and competition levels. We believe that athletes generally want to do what's best for their team. Unfortunately, it only takes a few toxic individuals to completely change a team culture. Athletes who experience bullying will often lose focus in sport, underperform, experience anxiety, drop out of tournaments/competitions or quit sports altogether. Furthermore, targets of bullying are often reluctant to tell their parents or coaches about the bullying due to feelings of embarrassment, shame or out of fear of retaliation.

Through age-appropriate and sport-specific sessions, Dare to Care will provide athletes with the knowledge to differentiate bullying vs. normal conflict, understand the forms of bullying and provide tools/training so athletes can stand up for themselves and others before incidents of bullying escalate. Dare to Care suggests the following age groupings:

- ♥ 7 - 8 years old
- ♥ 9 - 12 years old
- ♥ 12+ years old

“Dare to Care had a big impact on me. I saw how some of my teammates have been affected by bullying and realized that I had been part of the problem. Dare to Care allowed me to fix some broken relationships.”

– **Athlete Experience**

“Since Dare to Care, I have seen a lot of change on my team. Dare to Care brought us all together and made us more aware of how our actions and words can hurt others.”

– **Athlete Experience**

Signature Programs

“The Dare to Care workshop was an excellent experience for our athletes. It kept them engaged throughout the three hours and gave them a lot of concrete information and steps to take in the event that they witness bullying.”

– **Coach Experience**



2.

Coach & Management Workshop (2-2.5 hours)

Safe Sport is a topic at the forefront of many of today's sporting conversations globally and organizations are dealing with more challenging behaviors than ever before. This workshop will equip coaches, management and volunteers with the awareness and tools needed to make a positive impact in their communities. Coaches set the stage for how kids on a team are treated, and management sets the stage for how coaches, players, parents/guardians and officials treat one another. Both coaches and management must be very clear in creating an atmosphere of respect, support and team unity. In order to do this coaches and management must understand the difference between competitive spirit and true bullying whether it be from players, parents, management or coaches.

In this workshop participants will establish a common language, become better equipped to identify instances of bullying, learn how to take a “no-nonsense approach” to bullying and understand the importance of having clear policies and procedures to deal with issues.

“If I had known the impact this program would have on our organization, we would have done it years ago”


– **Coach Experience**

Dare to Care is an official partner of the Coaching Association of Canada's National Coaching Certification Program (NCCP).

Coaches who attend a Dare to Care workshop are eligible to receive up to 3 NCCP professional development points!



Coaching Association of Canada
Association canadienne des entraîneurs



“Thank you for your excellent parent workshop at our club. I have no doubt that your workshops with the young athletes were equally impressive. Your intelligent and effective strategies will provide our community with much needed tools to address this pernicious and ubiquitous problem.

– *Parent Experience*

3.

Parent & Guardian Workshop

(2-2.5 hours)

Unlike many programs, Dare to Care includes a parent/guardian workshop to provide a common understanding for families regarding a common language around bullying and maltreatment in sports and the role they play. Including parents/guardians in the Dare to Care programming is integral in creating a respectful and supportive environment. A key learning for parents and guardians in this season is to effectively understand the difference between normal conflict and true bullying behavior. This is critical in order to reduce false reports of bullying and to allow organizations to concentrate efforts on legitimate issues. Parents and guardians will also learn the expectations for behaviour at practices/games/competitions, how to work with the organization if there is a concern and will receive bystander training so they are empowered to speak up when they see disrespectful or abusive behaviour.

4.

Official & Referee Workshop

(2 hours)

Officials/Referees are often some of the most vulnerable and targeted individuals in the sports community. This workshop aims to educate, support and promote officials and referees. Retaining officials is as much, if not more, challenging for sporting associations than attracting them in the first place. In a study done with hockey referees, 90% said they were the recipients of aggression and anger (Clinical Journal of Sports Medicine). In this same study, around 46% said that referees are threatened by physical violence. Verbal, physical and emotional abuse of game officials and poor sportsmanship by spectators has led to a shortage of referees, many of whom are only a few years older than the athletes they are officiating. This workshop will assist officials and referees identify bullying behavior and understand how to de-escalate situations.

The Impact

2018 Sport Pilot Project



No one should ever feel alone, afraid or unwelcome in their sport community.

Dare to Care is proven to provide thorough and relevant programming which can make an immediate impact at your sport organization. The program was first piloted by the University of Calgary Swim Club (USCS) in 2018 with over 1400 swimmers, parents and coaches participating.

After the Dare to Care pilot project, the University of Calgary Swim Club Safe Sport Officer went from spending 173 hours investigating reports of bullying and maltreatment in 2018 to 0 hours in 2019. This shows that Dare to Care creates a culture that is informed on issues of bullying and harassment, has mobilized a caring majority and is addressing issues early to avoid more serious situations down the road.

98%

Reported that Dare to Care was helpful in improving their awareness, knowledge-level and skills related to bullying.

98%

Would recommend Dare to Care to other sport organizations.

95%

Indicated that Dare to Care brought about positive changes in themselves.

90%

Feel that Dare to Care should be mandatory with all sport organizations.

The Benefits

While conflict is a normal part of life..Bullying is **NOT** and should **never be tolerated in any environment.**



How Dare to Care will impact your organization:

- ♥ **Reduces** bullying behavior such as exclusion, intimidation, rumors and gossip, physical bullying, verbal bullying, discrimination, cyberbullying and sexual harassment.
- ♥ **Provides support** to all members.
- ♥ Coaches will receive **NCCP Professional Development Points** to go towards their national coach certification.
- ♥ Provides an opportunity for athletes to address past hurts and **strengthen bonds** as a team.
- ♥ Equips members with **tools** to address conflict, identify instances of bullying and speak-up when witnessing acts of bullying.
- ♥ **Empowers athletes** to take leadership roles within their team and organization.
- ♥ Helps organizations implement a **strong club policy** surrounding bullying, maltreatment and abuse.
- ♥ Reduces **investigative hours** related to bullying, maltreatment and abuse because issues are prevented and addressed quickly at the team level.
- ♥ Participants will gain an understanding of **bullying and the law.**
- ♥ Actively promotes **Safe Sport** practices at your organization and prioritizes efforts to increase equity, diversity and inclusion.



Meet Our Team



LISA DIXON-WELLS
Executive Director
kidsmatter@shaw.ca

Lisa Dixon-Wells has been working in schools across Western Canada since 1990. After completing her M.Ed in Educational Psychology Lisa's focus has been on Comprehensive Guidance and Bully Prevention. As the founder of Dare to Care, Lisa's work has focused on early prevention and intervention in schools, sport organizations and communities. Through professional development, parent information nights and classroom facilitation (including assemblies, student forums, and role playing), Lisa has helped over 2000 schools, youth organizations and corporations create and maintain safe and caring environments.

Lisa is a former member of the Canadian National Swim Team and World Masters Swimming Champion. In 2015, Lisa was inducted into the University of Calgary Sports Hall of Fame. The Dare to Care sports program lets Lisa merge her passions: Youth education, community impact and sport.



MATHIEU CONSTANTIN
Sport Program Director
sports@daretocare.ca

Mathieu Constantin is an experienced coach, athletic director, leader and decorated athlete. Originally from Montreal, Mat moved to Calgary in 2009 to train with the Canadian Men's National Water Polo Team where he competed at numerous events representing Team Canada. Mat has coached at the community, high performance, provincial and national levels. Coaching with incredible passion, integrity and patience, Mat is committed to creating sport cultures where everyone feels welcomed and respected.

Mat joins Dare to Care with a Bachelor of kinesiology, with a focus on pedagogy and coaching, and a Bachelor of Arts in Psychology. His professional experience includes working with various not-for-profit organizations where he has acted in leadership/management roles and worked as a youth mentor for community investment projects. Mat works with Raine as the co-founder and co-host of the Sporting Change Podcast.



RAINE PAUL
Marketing Director
marketing@daretocare.ca

Raine Paul joined Dare to Care as a facilitator in 2022. She is passionate about the potential sport can have in creating social change and is motivated to build positive, inclusive and accessible sporting environments. Raine earned her Bachelor of Arts (majoring in Graphic Design & Journalism) and MBA from California Baptist University where she played four seasons of Div 1 NCAA water polo.

As a three time Team Canada Age Group National Team coach, Raine is a fierce advocate for women and girls in sport and has often been a trailblazer in her sports community. Additionally, Raine is the co-founder and co-host of the Sporting Change Podcast which raises awareness on diversity, equity and inclusion topics in the Canadian sports landscape. Raine's coaching experience, advocacy, communication and leadership skills make her a great addition to the Dare to Care team.

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**RIDE OUT
INTIMIDATION™**
A BRP PROGRAM



Dare to Care and BRP are joining forces to amplify our shared mission of fostering a culture of respect, inclusivity and safety so that everyone is free to thrive in life, learning and play. This collaboration is made possible through **BRP's Ride Out Intimidation program** which was launched in 2022 as their global corporate cause. This program consists of collaborations with global and national organizations to raise awareness and implement initiatives to counter the pervasive and crippling issue of bullying. Dare to Care will partner with the BRP Ride Out Intimidation program to create effective, observable and measurable changes in sport culture.

With this united vision, Dare to Care and BRP are poised to make an indelible impact in the Safe Sport movement globally.

BRP is funding **200 FREE** annual workshops for organizations booking with Dare to Care for the **FIRST TIME**. These organizations are eligible to receive up to 6 Dare to Care workshops and \$500+ towards facilitator travel fees. All return organizations are subject to existing fees outlined in the pricing package.

Investment



Contact Dare to Care
for pricing and additional
information!

Get Your Quote Today:

- ♥ First time organizations are eligible for BRP funding
(Free workshops)
- ♥ Email us at info@daretocare.ca
- ♥ Let us know what sessions you are interested in, where you are located and your preferred workshop dates.
- ♥ Dare to Care will connect with you to schedule a meeting to organize your sessions!

Dare to Care also includes an optional policy and/or code of conduct review to all organizations we work with.

Travel and Accommodation: Workshops may require the Dare to Care facilitator to travel. All travel costs such as airfare/mileage, accommodation, car rental and meals will be the responsibility of the hosting organization. First time organizations may be eligible for travel subsidy. Please contact Dare to Care to determine eligibility.

*** Organizations will need to provide a meeting space and cover any rental/hosting costs that may apply.**

Schedule a phone call or virtual meeting with Dare to Care for more information about our game-changing programs. Our team looks forward to learning more about your organization and answering your questions!

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