

DARE TO CARE INC.
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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 sporting world, there is a fine line between competitive spirit and true bullying. Whether it's from parents, guardians, players 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 The 'fun' in sport has been replaced by a 'win at all cost' attitude which has led to increased dropout rates, childhood obesity and youth mental health challenges.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 **4%** percent of bullying is reported.



1 in 5 Teens report being targeted by cyberbullying.



90% of bullying takes place with peers present.



Children with disabilities are **3X more** likely to be targeted.



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



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



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

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. Through emphasizing topics of Safe Sport and Diversity, Equity and Inclusion, Dare to Care is creating a lasting impact in the Canadian sports landscape and beyond. 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 stakeholder groups:

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

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



MISSION - To make Dare to Care the "Go To" Bully Prevention Program in Canada.



VISION - To equip and mobilize youth with the skills and courage to prevent bullying so they can thrive in life, learning and play.



VALUES - C.A.R.E. Commitment; Advocacy; Relevancy; Excellence

Signature Programs



1.

Athlete & Team Workshop

(1.5-2 hour session)

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:

- ♥ Junior Session: 7 - 9 years old
- ♥ Development Session: 10 - 12 years old
- ♥ Performance Session: 13+ 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

**“IF I HAD KNOWN THE IMPACT
THIS PROGRAM WOULD HAVE ON
OUR ORGANIZATION, WE WOULD
HAVE DONE IT YEARS AGO.”**

– COACH EXPERIENCE



2.

Coach & Management Workshop

(2.5 hour session)

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 and club 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 all 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 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.

3.

Official & Referee Workshop

(2 hour session)

Officials/Referees are often some of the most vulnerable and targeted individuals in the sports community. This workshop is geared 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 kids they are officiating. This workshop will assist officials and referees identify bullying behavior and understand how to de-escalate situations.



4.

Parent & Guardian Workshop

(2 hour session)

Unlike many programs, Dare to Care includes a parent/guardian workshop to provide a common understanding for families regarding language and club policies. Including parents/guardians in the Dare to Care programming is integral in creating a respectful and supportive environment. In this 2-hour session one of the key learnings is for parents and guardians 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 behavior 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.



“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. Dare to Care is doing good work for many.”

– **Parent Experience**



“My eyes are forever opened to the issue of bullying. I did not know the difference between bullying and conflict. I had no idea of the prevalence of bullying in sports and the potentially devastating effects it can have on a team. The information and tools provided by Dare to Care will help foster a safe environment for all of our athletes to pursue personal excellence.”

– **Parent Experience**

The Impact

Dare to Care in Sport (Pilot 2018)



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

Dare to Care is proven to provide thorough and relevant programming which can make an immediate impact at your sports 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 in 2019, the USCS Safe Sport Officer spent 0 hours investigating reports of bullying as they were all dealt with immediately at the athlete and coach level. This shows that Dare to Care creates a sporting culture that is informed on issues of bullying and harassment, has mobilized a caring majority and is addressing issues early on 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:

- ♥ Proven to **reduce bullying** behavior such as exclusion, intimidation, rumors and gossip, physical bullying, verbal bullying, racism, cyberbullying and sexual harassment.
- ♥ **Provides support** for referees, officials, coaches, athletes, volunteers and parents/guardians who are experiencing bullying.
- ♥ Establishes **common language** across the organization on important terms such as bullying, conflict, harassment, discrimination, and more.
- ♥ 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.
- ♥ Implements of a **strong club policy** surrounding bullying, maltreatment and abuse.
- ♥ Reduces the **investigative hours** related to bullying, maltreatment and abuse.
- ♥ Participants will gain an understanding of **bullying and the law**.
- ♥ Actively promotes **Safe Sport** practices at your organization and prioritizes efforts to increase diversity, equity and inclusion.

Dare to Care

Client Testimonials

What people
are saying about
Dare to Care!



Coach Experience

"The Dare to Care workshop was an excellent experience for our athletes. It kept them engaged throughout, gave them a lot of concrete information and steps to take in the event that they are witnessing or a target of bullying. The exercises were very impactful and I felt that having them see some of the things that their peers have experienced was very powerful."

Athlete Experience

"Dare to Care reinforced to me that if you see bullying, or are being bullied, you must go to a coach or a trusted adult. Since Dare to Care I've noticed a positive change to the training environment with my teammates and I am looking forward to practicing without all the drama and distraction."

Parent Experience

"In only a short time, the Dare to Care program helped my daughter in and out of sport. The best thing about the program is that it provides life skills that can be used anywhere. I am a true believer that sport helps produce great kids and this adds to that. I can't speak highly enough about what the Dare to Care program has done, and will continue to do, in our sport community."



Meet Our Team



LISA DIXON-WELLS
lisa@daretocare.ca

Lisa Dixon-Wells has been working in schools across Western Canada since 1990. After completing her M.Ed in Educational Psychology (1997), 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 elementary and junior high schools. 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. In 2018, Lisa adapted the award winning program to work with sport organizations.

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.



RAINE PAUL
raine@daretocare.ca

Raine Paul joined Dare to Care as a facilitator in 2022. She is passionate about the power sport can have in creating social change and driven 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.



MATHIEU CONSTANTIN
mathieu@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 Arts in 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.

Investment



Contact Dare to Care
for pricing and additional
information!

Pricing is based on the number of sessions and delivery method (virtual or in-person).

Get Your Quote Today:

- ♥ Email us at lisa@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!

For organizations that schedule a Coach & Management Workshop, Dare to Care will provide an optional policy or code of conduct review/update for:

\$200 (usually a \$500 service)

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.

**** Organizations will need to provide a meeting space (both for in person and virtual sessions) and cover any rental/hosting costs that may apply.**



Dare to Care

Contact Us



Contact us
today for more
information.



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 is happy to answer any questions you may have.

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**DON'T WAIT, OUR SCHEDULE FILLS UP QUICKLY SO
CONTACT US TODAY TO HELP TACKLE BULLYING!**



Recipient of the Government of Alberta Inspiration Award for Leadership in Bully Prevention.



Awarded the Imagine Canada Award for Community Partnership: Building Stronger Canadian Communities



Acknowledgments



Dare to Care acknowledges the ancestral, unceded, and unsundered territory of all the Inuit, Métis, and First Nations people that call Alberta and Canada home. We acknowledge the deep-rooted grief, trauma, and loss caused by Canada's colonial systems and policies. As we take part in sport and physical activity across Turtle Island, we recognize the caretakers of the land where we live, work and play. At Dare to Care we are committed to continuously learning about the history and culture of Canada's indigenous communities.