



## Book Description

---

Based on an extensive national research project with global relevance, this pioneering volume draws on unique data on bullying in youth sports training collected from both athletes and coaches using a variety of methodological approaches. Nery, Neto, Rosado and Smith use this research to establish a baseline of the prevalence of bullying among young male athletes, offering evidence-based strategies for prevention and providing a solid theoretical basis for the development of anti-bullying intervention programs.

*Bullying in Youth Sports Training* explores how often bullying occurs, how long it lasts, where and when bullying takes place, the coping strategies used by victims, and the individual roles of victims, bystanders and bullies. It provides new insights into theories of youth sport bullying and highlights the particular characteristics specific to bullying in sport. The backgrounds of bullies and victims are also explored, as well as the consequences and practical implications of sustained bullying. The book provides both theoretical and practical approaches to bullying in youth sport training, providing anti-bullying guidelines based on the results of the research.

The book is essential reading for scholars and students in child development and sport sciences as well as sports coaches and professionals in mental health, education and social work.

# Table of Contents

---

Preface

About the authors

INTRODUCTION

**PART I. CONCEPTUAL ISSUES**

Chapter 1 – Research on bullying

Chapter 2 - History of sport, violence in sport and issues in youth sport training

Chapter 3 – The Portuguese context

**PART II. RESEARCH ON BULLYING IN YOUTH SPORT TRAINING**

Chapter 4 – Methods

Chapter 5 – Quantitative data: frequency of bullying behaviours

Chapter 6 – Quantitative data: circumstances of bullying episodes

Chapter 7 – Qualitative data: narratives of the athletes

Chapter 8 – Qualitative data: narratives of the coaches

Chapter 9 – Qualitative data: narratives of the ex-elite athletes

**PART III. CONCLUSIONS AND PRACTICAL IMPLICATIONS**

Chapter 10 – Discussion and conclusions

Chapter 11 – Coach abuse

Chapter 12 – Practical implications, and guidelines for athletes, parents and coaches

**REFERENCES**

**APPENDICES** – Questionnaire and Interview scripts