

USA Gymnastics SAFE SPORT POLICY

SPIRAL OF EMOTIONAL ABUSE

Power & Control

Intimidation

- Screaming
- Personal property damaged or destroyed
- Items thrown at or near athlete
- Personal Space invaded
- Exercise used as punishment

Degradation

- Public humiliation
- Criticism unrelated to the skill
- Discriminatory language
- Body shaming
- Name calling
- Public isolation

Isolation

- Removal from social circle
- Isolation from the team
- Practices closed for unspecified amounts of time
- Controlling outside social time

Parental Manipulation

- Professional lines blurred
- Success promised to maintain control
- Parents made to feel the child is at fault
- Threats made if athlete/parent wants to leave

Minimizing

- Responsibility is shifted to others
- Parents blamed for reporting
- Work ethic of athlete questioned
- Competitive success is used as excuse

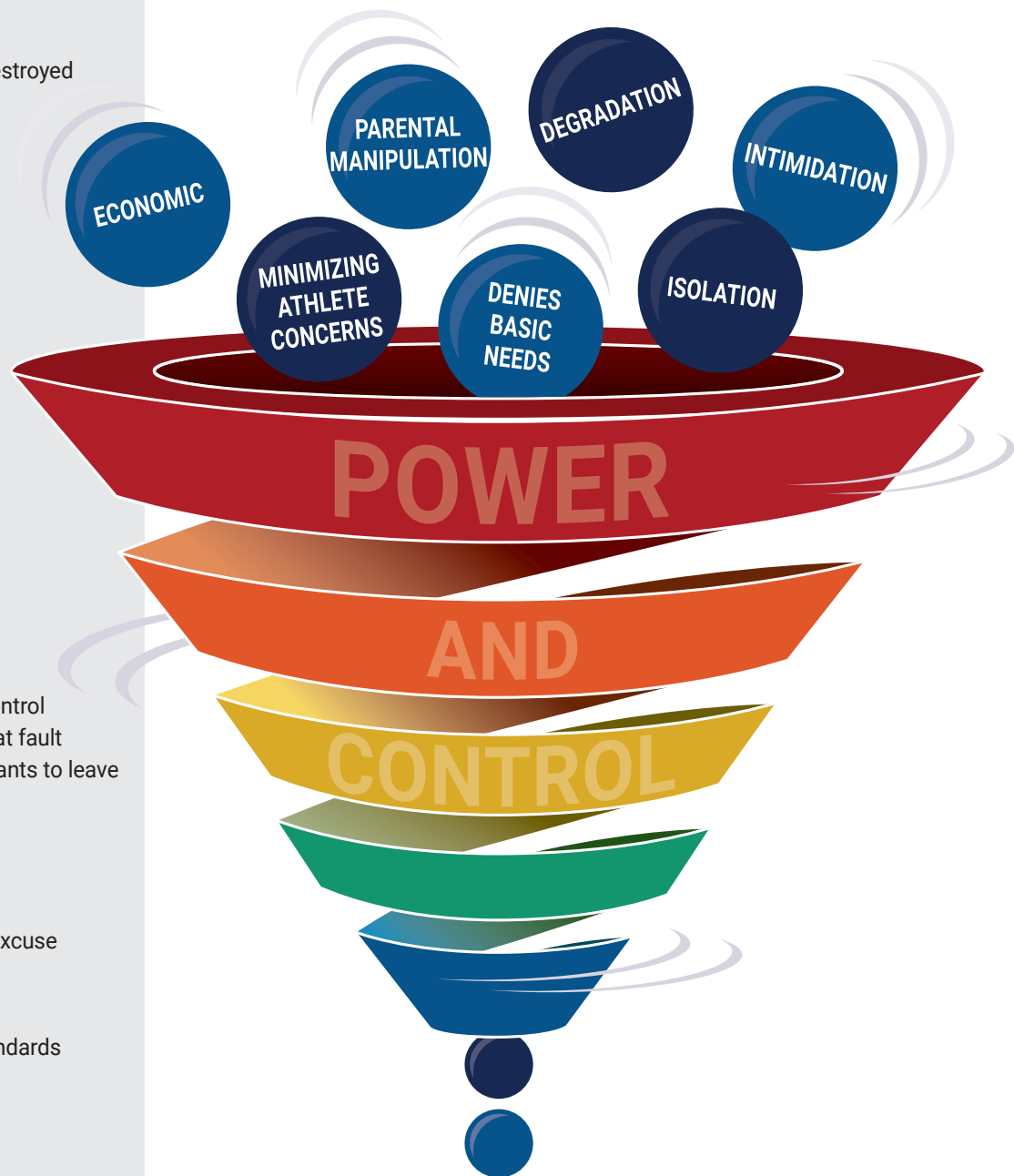
Economic

- Shifting fee structures
- Fees that go against industry standards
- Athlete's career threatened

Neglect of Basic Needs

- Injuries ignored
- Medical care denied
- Water, food, bathroom denied for punishment
- Mental health care denied
- Time off refused

Emotional Abuse



EMOTIONAL ABUSE

