Welcome, This Web Conference Will Begin Soon

Supporting Women and Girls’ Leadership in Sport to Prevent Sexual and Domestic Violence
PreventConnect

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Website: preventconnect.org
Email: info@preventconnect.org
Email Group: preventconnect.org/email-group
eLearning: learn.preventconnect.org
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How to use this technology

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- Web conference guidelines

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PreventConnect

- Domestic violence/intimate partner violence
- Sexual violence
- Violence across the lifespan, including child sexual abuse
- Prevent before violence starts
- Connect to other forms of violence & oppression
- Connect to other prevention practitioners
Other PreventConnect Web Conferences

January 25: Back to basics and moving beyond: A prevention approach to sexual and domestic violence

February 15: Intertwined and aligned: Supporting health equity and justice in sexual and domestic violence prevention

March 15: How do we Connect the Dots? Local approaches to preventing multiple forms of violence

May 31: Healthy masculinities: Mobilizing men and boys to foster healthy gender norms

June 28: Community accountability for safety: Building capacity to make sexual and domestic violence prevention a community responsibility

July 19: Organizing for economic opportunity: Movements and strategies to improve economic opportunities for sexual and domestic violence prevention

August 16: A safe place to call home: Strategies and movements to transform the physical/built environment for sexual and domestic violence prevention

August 28: Using Essential Elements to Select, Adapt, and Evaluate Violence Prevention Approaches

September 20: From research to practice: Addressing shared underlying factors to prevent sexual and domestic violence
Learning Objectives

• Describe the value of supporting women and girls' leadership in sport to prevent sexual and domestic violence
• Describe the “Athletes As Leaders" program and opportunities to pilot the program
• Gain skills in implementing the “Athletes As Leaders" program
Supporting Women and Girls’ Leadership in Sport to Prevent Sexual and Domestic Violence

August 22, 2017
11am-12:30pm PT; 2pm-3:30pm ET

PreventConnect.org is a national project of the California Coalition Against Sexual Assault (CALCASA) and is sponsored by the U.S. Centers for Disease Control and Prevention (CDC). The views and information provided in PreventConnect.org activities do not necessarily represent the official views of the United States Government, the CDC, or CALCASA. For more information, visit PreventConnect.org.
Welcome

Lindsay McDaniel Mapp
Prevention Manager
Raliance/CALCASA
• Collaborative initiative to end sexual violence in one generation
• Advances the field nationally
• National Sexual Violence Resource Center, California Coalition Against Sexual Assault/PreventConnect, National Alliance to End Sexual Violence
Presenters

Rebecca Milliman, MSW
Harborview Center for Sexual Assault & Traumatic Stress

Kayla Brundidge, Student Athlete

Carlin Bills, Student Athlete
Why Sport?

• Development
  – Values, norms, life skills
  – Connection through the lifespan

• Social Influence
  – Platform
  – Community engagement and investment
Where are we now?

• Sport cultures and environments contribute to sexual and domestic violence
  – Gender socialization
  – Accountability and response
  – Aggression, dominance, inequity
Where are we now?

- Sport has not realized its potential to prevent sexual and domestic violence
  - Connected system
  - Development system
  - Cultural influencer
  - Inherent protective factors
  - Role models
What are we working toward?

Values, norms, and behaviors are taught and reinforced throughout the sport pipeline to cultivate and support healthy individuals, teams, and communities.

And thus, sport culture contributes to ending sexual violence in one generation.
What examples have you seen of engaging women and girls in sexual violence prevention through sport?
Athletes As Leaders
Game Plan for Today

- Snapshot of Comprehensive Prevention Project
- A Look at the Program for Girls’ Sports & Toolkit
- Evaluation Results & Opportunities
GHS Project

- Policy Work at the School District
- Sexual Health Education in Health Classes
- Student Campaigns and Outreach
- Staff Training
- Leadership Program with Boys’ Sports
- Leadership Program with Girls’ Sports
A new program for high school athletes on girls’ sports teams

Designed to be a complement to prevention programs that intentionally target men & boys
**sly**

killed it. succeeded in something amazing.

*Miley's new album slayed*
Why the New Name?

Athletes As Leaders
A Unique Approach...

• Avoids traditional sexual assault messages aimed toward girls and women
• Rooted in prevention research and anti-oppression
• Strives to not be victim-blaming, and instead to increase empathy for survivors
• Encourages youth to be leaders and set their own group norms
Program Goals

- Builds strong teams and fosters healthy relationships among athletes and their peers
- Builds trust, positive girl culture, sets norms for behavior within the team, school, and community
- Helps define healthy and unhealthy behaviors in relationships
- Challenges harmful gender stereotypes & media messages
Program Structure

• Fits into a typical high school sports season (10 sessions total)
• Once a week, 20 minutes long
• Meant to be done during team’s practice time
• Facilitators are female-identified mentors in the community
Mentors (Facilitators):

- Female-Identified
- “Near Peers”
- Well Trained
- Diverse mentors
- Committed to completing the program
- Interested in building relationships
- Passionate about creating a safe and respectful community for all!
Who can the mentors be?

- Sexual Assault or Domestic Violence Prevention Advocates
- High school alumni and former athletes
- College students and graduate students, Interns, Volunteers
- Head coaches or assistant coaches
- Team captains & current athletes, ideally those who have completed the program, and/or those who tend to be natural leaders on the team
1. Introductory Session
2. Challenging Gender Stereotypes
3. Privilege and Oppression
4. Self Image and Standards of Beauty
5. Rumor Spreading
6. Relationships
7. Consent
8. Messages About Manhood
9. Girl Positivity
10. Celebrating our Successes
Structure of Sessions

• Warm Up: Video and Introduction

• Work Out: Facilitated Discussion

• Cool Down: Discuss New Team Norms
Text Chat Question

Girls can be....
How are you challenging the social messages & limited roles for girls in your prevention work?
What would you say to a girl who is trying to change the way she looks or acts to fit in?
Girls can be:

TOUGH

POWERFUL

AMAZING

“BE YOURSELF”

“Tell younger girls they can be whatever & who ever they want”

“Don’t use language that puts girls down”

“BE YOURSELF”

“Tell younger girls they can be whatever & who ever they want”

“Don’t use language that puts girls down”
Expectations for Coaches

• Commit to schedule with Mentor*
• Reinforce the messages:
  ✓ There are lots of ways to “be a girl”
  ✓ Focus on accomplishments
  ✓ Girls supporting other girls
  ✓ Consent & boundaries
• Support survivors
Timeline for Coaches & Mentors

**PRE SEASON**
- Attend training
- Send home parent letter
- Select day/time for weekly sessions
- Athlete pre survey

**DURING SEASON**
- Bring athletes at scheduled time
- Mentor: Facilitate sessions
- Coach: Reinforce the messages
- Communication between coach & mentor
- Plan for the end of season

**POST SEASON**
- Celebrate!
- Athlete post survey

(RALIANCE - Ending Sexual Violence in One Generation)
Pilot Sites

- Garfield High School, Seattle WA
- Worland High School, Worland, WY
- Lovell High School, Lovell, WY
- Charles City High School, Charles City, IA
- Red River High School, Grand Forks, ND
<table>
<thead>
<tr>
<th>Survey Item</th>
<th># of athletes who strongly agreed before program</th>
<th># of athletes who strongly agreed after program</th>
</tr>
</thead>
<tbody>
<tr>
<td>I can recognize the signs of an unhealthy relationship.</td>
<td>35</td>
<td>96</td>
</tr>
<tr>
<td>I feel confident that I can challenge the stereotype that girls are weak and inferior.</td>
<td>63</td>
<td>116</td>
</tr>
<tr>
<td>I believe that I have the ability to influence my peers positively as a student athlete and a leader.</td>
<td>35</td>
<td>71</td>
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<tr>
<td>My judgement of a girl is usually based on her physical appearance</td>
<td>27</td>
<td>70</td>
</tr>
<tr>
<td>I think that boys should always act tough in order to be seen as real men.</td>
<td>71</td>
<td>107</td>
</tr>
<tr>
<td>I think that SLAY has helped to create a more positive girl culture among girls’ sports teams.</td>
<td></td>
<td>99% agreed</td>
</tr>
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<td>----------------------------------------------------------------------------</td>
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<tr>
<td>I can recognize the signs of an unhealthy relationship.</td>
<td>8</td>
<td>33</td>
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<tr>
<td>I feel confident that I can challenge the stereotype that girls are weak and inferior.</td>
<td>4</td>
<td>36</td>
</tr>
<tr>
<td>I believe that I have the ability to influence my peers positively as a student athlete and a leader.</td>
<td>10</td>
<td>29</td>
</tr>
<tr>
<td>My judgement of a girl is usually based on her physical appearance</td>
<td>6</td>
<td>24</td>
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<td>14</td>
<td>32</td>
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Feedback from Athletes
“I think it is really important to talk about these topics as a group and it helps to understand others' perspectives.”

“It allowed a space for girls to talk about the issues and ways to positively change them.”

“Lessons help develop a positive mind-frame for females.”
“Watching the videos was a huge eye opener to issues that I was not aware of before this.”

“It has made us a stronger team because we have gotten so much more close”

“Girls know that they are just as important as men and they can be and do whatever they want.”
TRAINING OUR STUDENT ATHLETES TO BE LEADERS

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www.AthletesAsLeaders.org
Seeking Pilot Sites!

www.AthletesAsLeaders.org/evaluation-tools

**Evaluation Tools**

**Pilot Project:**
We are currently seeking teams to participate in a pilot project to evaluate the program. [Read more here.]

If you are interested in participating in our national pilot project, please [complete this survey here] to give us your contact information. We will be in touch with more information.

**Implementation Evaluation:**
Check your score! If you want to know how athletes perceive the program week by week, consider using this [Weekly Survey] with athletes. You can administer this survey every week, or a few times throughout the season.

**Outcome Evaluation:**
Check your season stats! After finishing all of the SLAY sessions, use the [SLAY Post Survey] to assess the impact that the program had.
Contact Information

Athletes As Leaders

www.AthletesAsLeaders.org

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UW Medicine
HARBORVIEW MEDICAL CENTER

PreventConnect
Text Chat Question

What are some other ways that you are engaging the sport community in sexual violence prevention?
Forthcoming Resources from Raliance

September 2017 at Raliance.org:

• Overview Report
  • Literature Review
  • Asset Mapping
• Theory of Change
  • Framework for prevention
• Strategy Map
  • Existing strategies being implemented

How Sport Can End Sexual Violence in ONE GENERATION

Developed by the Center for Gender Equity and Health at the University of California, San Diego for RALIANCE
APRIL 2017
September 2017 at Raliance.org:
Website: RALIANCE.org

Prevention Contact:
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