

Welcome,  
This Web Conference  
Will Begin Soon



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

**PreventConnect**  
**1215 K Street**  
**Suite 1850**  
**Sacramento CA**  
**95814**

**Website:** [preventconnect.org](http://preventconnect.org)

**Email:** [info@preventconnect.org](mailto:info@preventconnect.org)

**Email Group:**

[preventconnect.org/email-group](http://preventconnect.org/email-group)

**eLearning:** [learn.preventconnect.org](http://learn.preventconnect.org)

**Wiki:** [wiki.preventconnect.org](http://wiki.preventconnect.org)



[preventconnect.org/Facebook](http://preventconnect.org/Facebook)

[preventconnect.org/Twitter](http://preventconnect.org/Twitter)

[preventconnect.org/Flickr](http://preventconnect.org/Flickr)

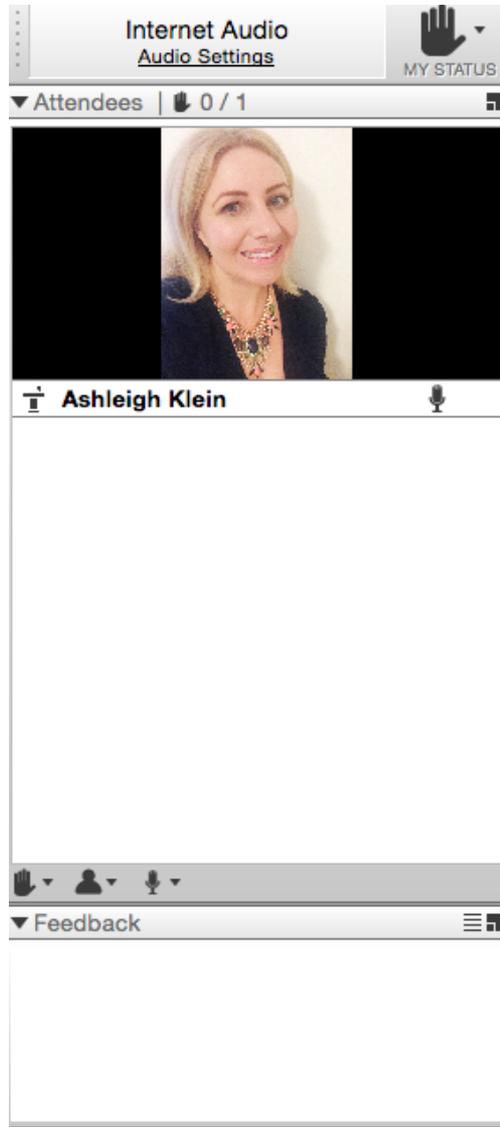
[preventconnect.org/YouTube](http://preventconnect.org/YouTube)

[preventconnect.org/LinkedIn](http://preventconnect.org/LinkedIn)

[preventconnect.org/Pinterest](http://preventconnect.org/Pinterest)



# How to use this technology



- Raise hand
- Text chat & private chat
- PowerPoint slides
- Polling questions
- Phone
- Closed captioning
- Web conference guidelines

Please send a private chat message for help.

Call iLinc Technical Support at 800.799.4510.



# 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



# RALIANCE

Ending Sexual Violence in One Generation

- 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

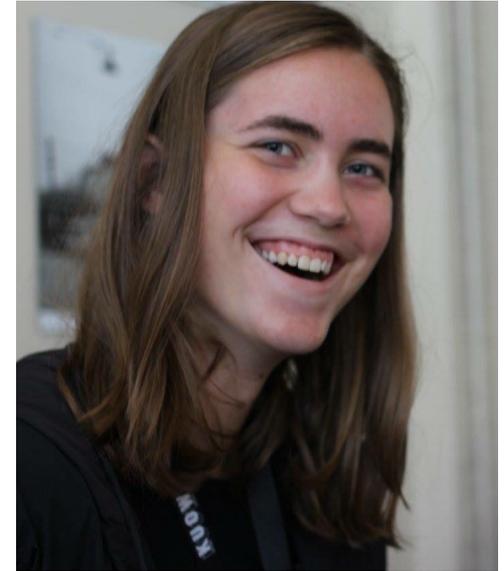


**Rebecca Milliman,  
MSW**

**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



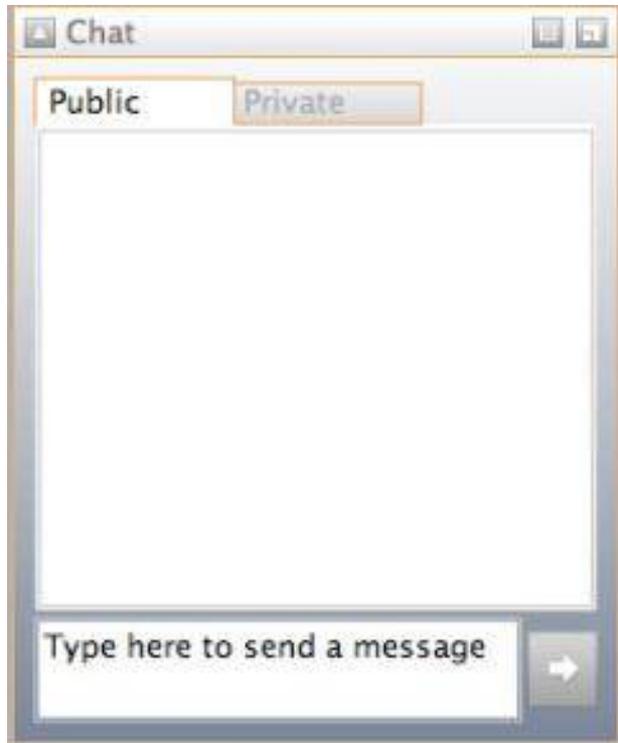
# What are we working toward?

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.**



# Text Chat Question



**What examples have you seen of engaging women and girls in sexual violence prevention through sport?**

**RALIANCE**

Ending Sexual Violence in One Generation



**RALIANCE**

Ending Sexual Violence in One Generation



PreventConnect

**Athletes As  
Leaders**



# Game Plan for Today

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

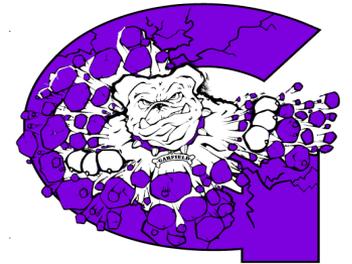
**RALIANCE**

Ending Sexual Violence in One Generation



# 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



# Athletes As Leaders



- > A new program for high school athletes on girls' sports teams
- > Designed to be a complement to prevention programs that intentionally target men & boys

**RALIANCE**

Ending Sexual Violence in One Generation



TOP DEFINITION

slay

killed it. succeeded in something amazing.

*Miley's new album slayed*

# Student Leaders & Athletic Youth

**RALIANCE**

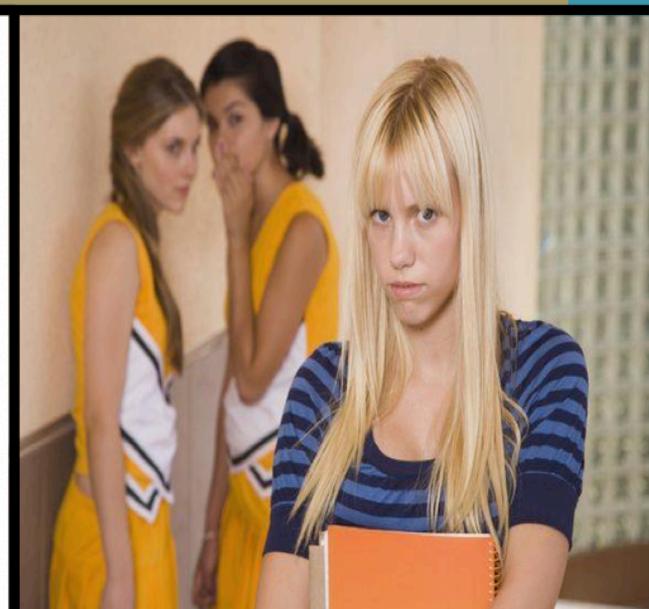
Ending Sexual Violence in One Generation



# Why the New Name?

**Athletes As  
Leaders**





Getty/HuffPost Women

# RALIANCE

Ending Sexual Violence in One Generation



PreventConnect

# 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



# Session Topics

- 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



# #LikeAGirl

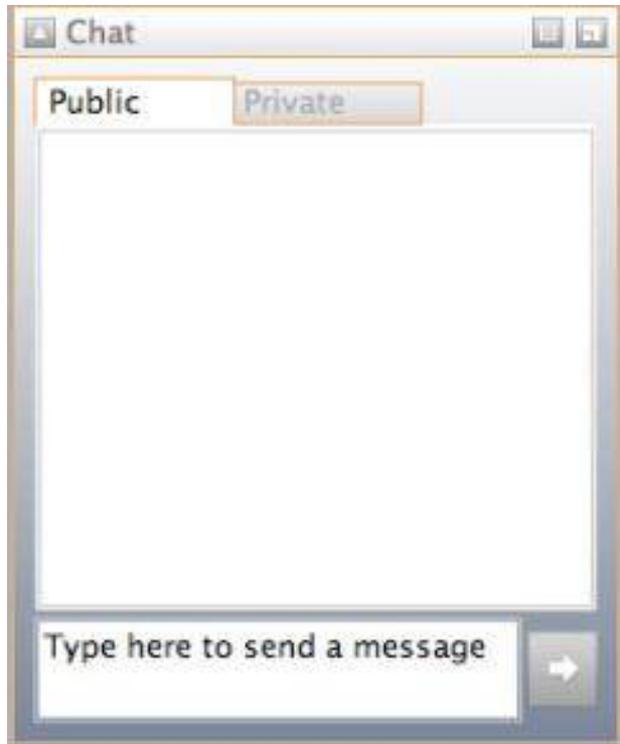


**RALIANCE**

Ending Sexual Violence in One Generation



# Text Chat Question



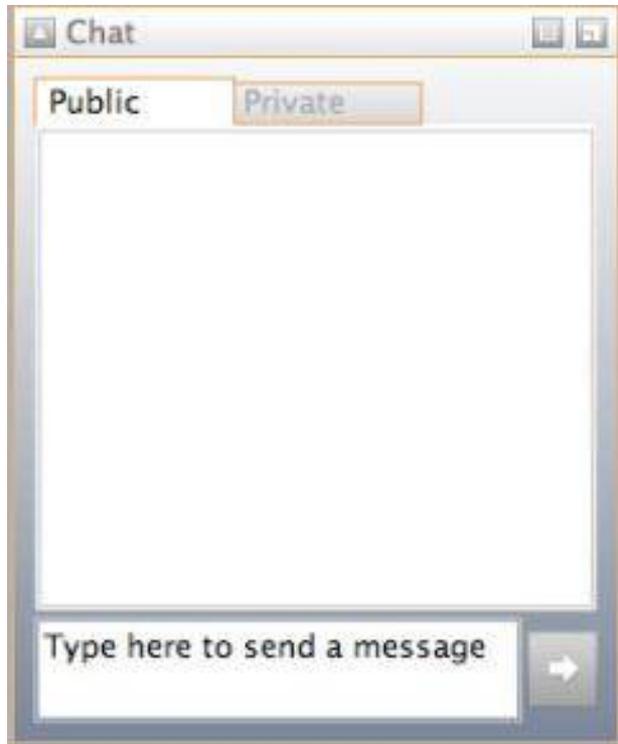
Girls can be....

**RALIANCE**

Ending Sexual Violence in One Generation



# Text Chat Question



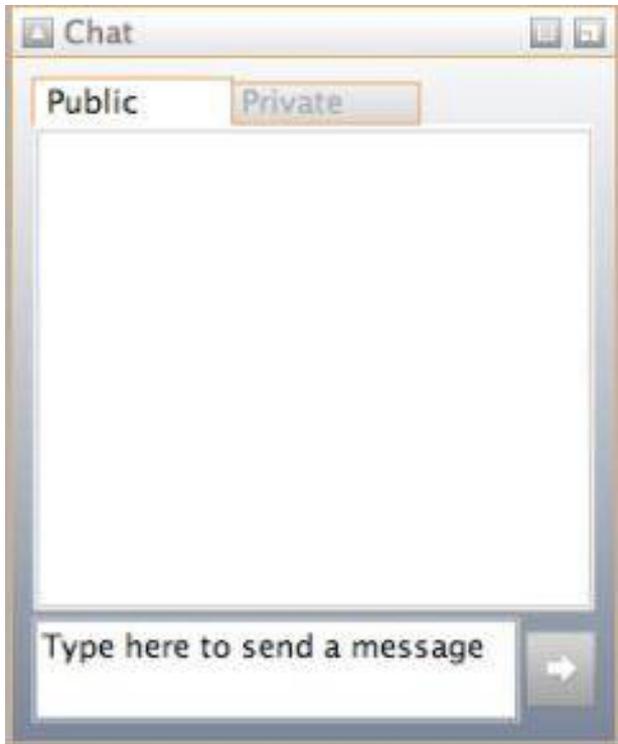
How are you  
challenging the  
social messages &  
limited roles for  
girls in your  
prevention work?

**RALIANCE**

Ending Sexual Violence in One Generation



# Text Chat Question



What would you say to a girl who is trying to change the way she looks or acts to fit in?

**RALIANCE**

Ending Sexual Violence in One Generation



“BE  
YOURSELF”

“Don’t use  
language that  
puts girls  
down”

Girls can be:  
TOUGH  
POWERFUL  
AMAZING

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

**RALIANCE**

Ending Sexual Violence in One Generation



# 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



PreventConnect

# Evaluation



**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



Survey Item	# of athletes who <b>strongly agreed</b> before program	# of athletes who <b>strongly agreed</b> after program
I can recognize the signs of an unhealthy relationship.	35	96
I feel confident that I can challenge the stereotype that girls are weak and inferior.	63	116
I believe that I have the ability to influence my peers positively as a student athlete and a leader.	35	71
	# of athletes who <b>strongly disagreed</b> before program	# of athletes who <b>strongly disagreed</b> after program
My judgement of a girl is usually based on her physical appearance	27	70
I think that boys should always act tough in order to be seen as real men.	71	107
I think that SLAY has helped to create a more positive girl culture among girls' sports teams.	99% agreed	



Survey Item	# of athletes who strongly agreed before program	# of athletes who strongly agreed after program
I can recognize the signs of an unhealthy relationship.	8	33
I feel confident that I can challenge the stereotype that girls are weak and inferior.	4	36
I believe that I have the ability to influence my peers positively as a student athlete and a leader.	10	29
	# of athletes who strongly disagreed before program	# of athletes who strongly disagreed after program
My judgement of a girl is usually based on her physical appearance	6	24
I think that boys should always act tough in order to be seen as real men.	14	32
I think that SLAY has helped to create a more positive girl culture among girls' sports teams.	96% agreed	



“

# 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.”





**RALIANCE**  
Ending Sexual Violence in One Generation



TRAINING OUR STUDENT ATHLETES TO BE

# LEADERS

[Watch Our Video](#)

Join our mailing list!  
Never miss an update

[Subscribe Now](#)

[www.AthletesAsLeaders.org](http://www.AthletesAsLeaders.org)

# Seeking Pilot Sites!



[www.AthletesAsLeaders.org/evaluation-tools](http://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**

The logo graphic for Athletes As Leaders features a stylized starburst or sunburst shape in white and yellow, set against a background of diagonal stripes in shades of purple, blue, and pink.

[www.AthletesAsLeaders.org](http://www.AthletesAsLeaders.org)

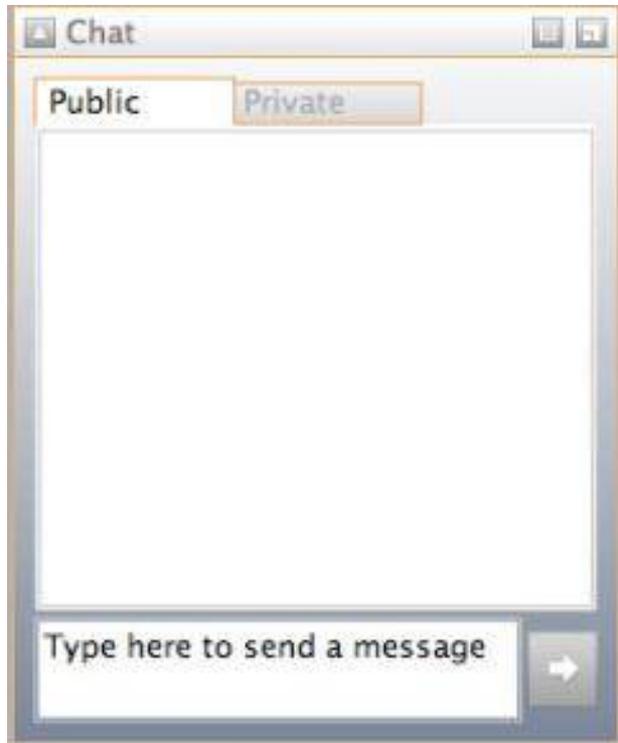
**Rebecca Milliman**  
[rebamill@uw.edu](mailto:rebamill@uw.edu)

**UW Medicine**

HARBORVIEW  
MEDICAL CENTER



# Text Chat Question



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

**RALIANCE**

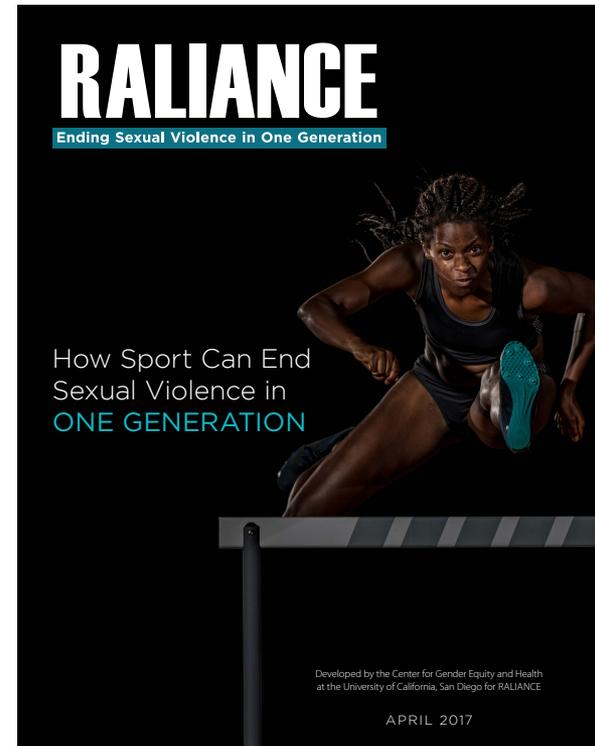
Ending Sexual Violence in One Generation



# 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



**Website:** RALIANCE.org

**Prevention Contact:**

Lindsay McDaniel Mapp – [lmapp@calcasa.org](mailto:lmapp@calcasa.org) / [lmapp@raliance.org](mailto:lmapp@raliance.org)

1875 Connecticut Ave, 10<sup>th</sup> Floor

Washington, DC 20009



[raliance.org/Facebook](https://raliance.org/Facebook)

[raliance.org/Twitter](https://raliance.org/Twitter)

**RALIANCE**

Ending Sexual Violence in One Generation

**PreventConnect**  
**1215 K Street**  
**Suite 1850**  
**Sacramento CA**  
**95814**

**Website:** [preventconnect.org](http://preventconnect.org)

**Email:** [info@preventconnect.org](mailto:info@preventconnect.org)

**Email Group:**

[preventconnect.org/email-group](http://preventconnect.org/email-group)

**eLearning:** [learn.preventconnect.org](http://learn.preventconnect.org)

**Wiki:** [wiki.preventconnect.org](http://wiki.preventconnect.org)



[preventconnect.org/Facebook](http://preventconnect.org/Facebook)

[preventconnect.org/Twitter](http://preventconnect.org/Twitter)

[preventconnect.org/Flickr](http://preventconnect.org/Flickr)

[preventconnect.org/YouTube](http://preventconnect.org/YouTube)

[preventconnect.org/LinkedIn](http://preventconnect.org/LinkedIn)

[preventconnect.org/Pinterest](http://preventconnect.org/Pinterest)

