

Athletes As Leaders

AthletesAsLeaders.org

About the Program:

Athletes As Leaders is a program for high school athletes on girls' sports teams. The program aims to empower female-identified youth to take an active role in promoting healthy relationships and ending sexual violence. It is based on research and best practices in the field of sexual assault prevention. Athletes are encouraged to be leaders in changing peer norms and school climate to a culture of safety and respect. Athletes As Leaders is intended to be used as a complement to programs with intentional efforts to engage men and boys in prevention.

Program Goals:

- » Build strong teams and foster healthy relationships among athletes and their peers
- » Build trust, positive girl culture, and set norms for behavior within the team, school and larger community
- » Help define healthy and unhealthy behaviors in relationships
- » Challenge harmful gender stereotypes & media messages

Session Topics:

1. Introductions and Group Agreements
2. Challenging Gender Stereotypes
3. Privilege & Oppression
4. Self Image & Standards of Beauty
5. Rumor Spreading
6. Relationships
7. Consent
8. Messages About Manhood
9. Girl Positivity
10. Celebrating our Successes

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