

# RALIANCE

Ending Sexual Violence in One Generation

How Sport Can End  
Sexual Violence in  
**ONE GENERATION**



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AN OVERVIEW REPORT

SEPTEMBER 2017

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# EXECUTIVE SUMMARY: HOW SPORT CAN END SEXUAL AND DOMESTIC VIOLENCE IN ONE GENERATION

For the purposes of this report and in order to examine sport as a complete system, we define sport as all facets of the sport pipeline: any youth, high school-age, college-age or professional sport organization, league, or association working at the local, state or regional, and national level that implements or supports one or many sport programs.

*Sport is uniquely positioned to support and model healthy relationships, values, and norms that can reduce, and end, sexual violence (SV) and domestic and dating violence (DV) within the sport system. Additionally, sport's significant influence on culture could lead to shifts in social norms, attitudes and beliefs about SV/DV. This suggests that by engaging sport as part of the solution, we could create a climate and culture that can end sexual and domestic violence in one generation.*

## WHY SPORT?

Sport is a system that develops and influences millions of people throughout their lifespan. The sport pipeline starts with children who participate in youth sports and then continues as they move through middle and high school athletics to more competitive collegiate and professional sports, which are also followed by millions of spectators of all ages. Therefore, sport has an important role and powerful opportunity to reflect and shape the values of the greater society, including those related to preventing SV/DV.

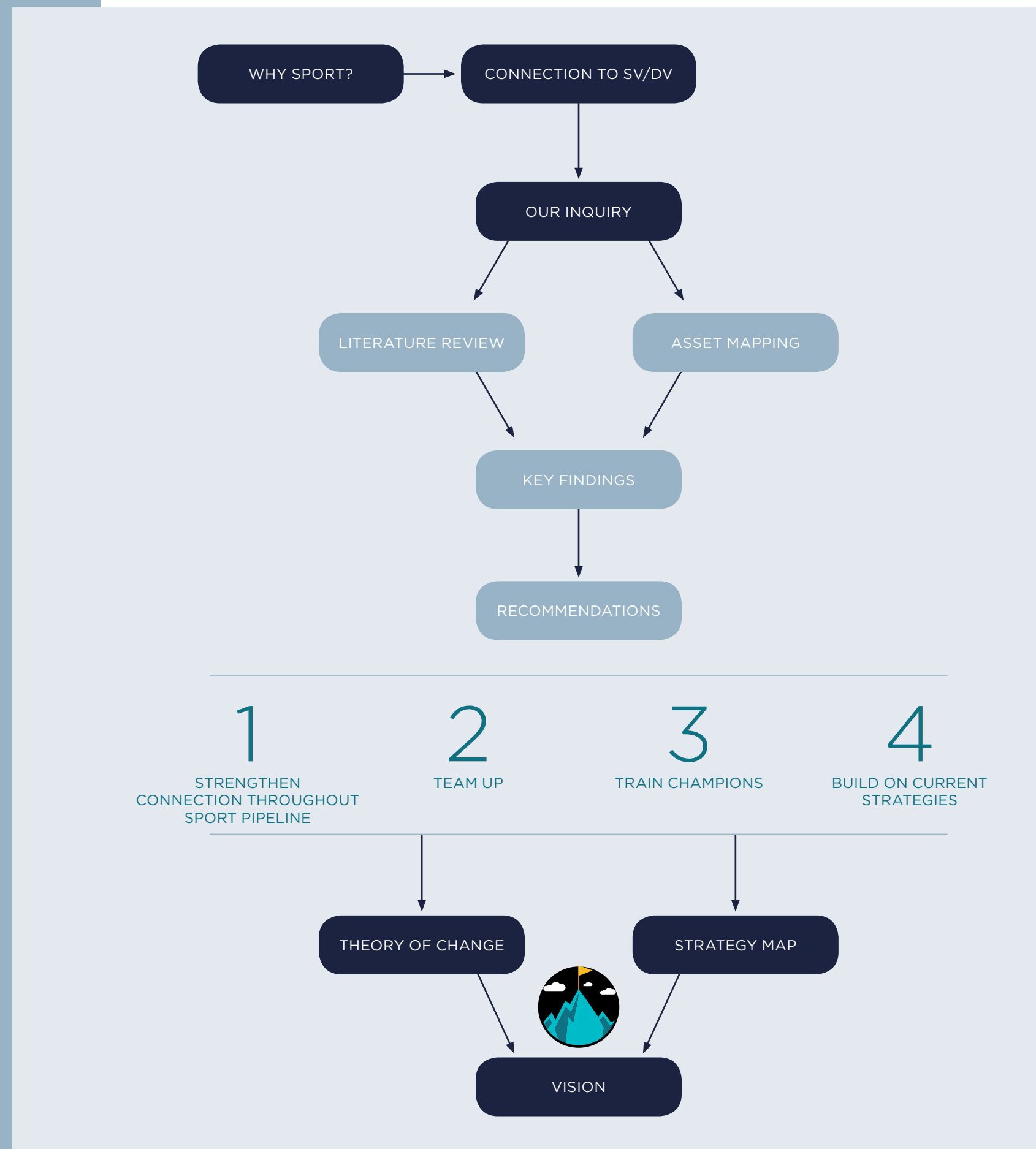
## CONNECTION TO SEXUAL AND DOMESTIC VIOLENCE

Sexual and domestic violence (SV/DV) is a pervasive problem throughout the United States, with 1 in 3 women and 1 in 6 men experiencing some form of sexual violence in their lifetime.<sup>1</sup> The sport system has been both part of the problem and part of the solution in preventing SV/DV. Sport has played a role in contributing to SV/DV by supporting climates and cultures that accept and condone SV/DV.<sup>30</sup> Recently, sport has attempted to shift this paradigm by engaging as a powerful part of the solution to prevent SV/DV, including raising awareness and reinforcing positive values.

## OUR INQUIRY

Raliance is a national partnership dedicated to ending sexual violence in one generation. Raliance's activities include funding local grants, shifting media messaging on SV, influencing national and state SV policy, and leveraging SV prevention efforts. Given sport's role as a development system and key cultural influencer, Raliance has identified sport as a crucial sector to advance prevention of SV/DV.

Raliance has engaged in a multi-pronged strategy to explore how sport shifts the paradigm from contributing to the problem of SV/DV to being part of the solution to end it. In this inquiry, Raliance identified opportunities for sport to play its most powerful role to engage sport as both an avenue to prevent SV/DV within its own system and a platform to spread values to end SV/DV in broader society. This report presents findings from those efforts.



## LITERATURE REVIEW

We completed a comprehensive review of the peer-reviewed research on sport and SV/DV and concluded that addressing and preventing SV/DV in sport requires organizational change through a multi-level approach to:

1. Promote gender equitable attitudes and behaviors;
2. Build on SV/DV prevention throughout the sport pipeline;
3. Improve response to SV/DV;
4. Develop healthy, respectful people and communities.

## ASSET MAPPING

We interviewed 49 experts in or working with sport at the local, state or national level to address or prevent SV/DV and concluded that SV/DV prevention in sport could be advanced by:

1. Engaging in a multi-level approach;
2. Connect SV/DV prevention efforts throughout the sport pipeline;
3. Aligning around common standards;
4. Tapping into inherent strengths of sport.

## KEY FINDINGS

Based on the research conducted, Raliance identified 3 key findings :

1. Sport's role in ending SV/DV is to activate as both an AVENUE and a PLATFORM for change;
2. Sport has internal and external strengths that can be built upon to advance SV/DV prevention;
3. There are specific gaps in sport where opportunities exist to advance SV/DV prevention.

## RECOMMENDATIONS

Based on the information gathered and themes that were generated in the content analysis, 4 recommendations emerged:

1. **Strengthen Connections Throughout the Sport Pipeline** – We recommend consistent approaches across sport to shift the culture in and through the sport community to prevent SV/DV.
2. **Team Up** – We recommend alignment across fields (sport and SV/DV) to build credibility and gain insight from both sport and SV/DV experts. We recommend formalized sport-SV/DV partnerships.
3. **Train Champions** – We recommend individuals and role models in sport support a sport culture free of SV/DV. Therefore, training and support for individual champions in the sport community is recommended.
4. **Build On Current Strategies** – We recommend sport and SV/DV prevention experts build on and enhance current SV/DV prevention efforts already being implemented across the sport pipeline.

## THEORY OF CHANGE

Based on these recommendations, Raliance has developed a **THEORY OF CHANGE** – a framework that illustrates how ending SV/DV in one generation can be realized in and through sport and identifies specifics steps toward achieving this goal.

## STRATEGY MAP

Based on these recommendations, Raliance has developed a **STRATEGY MAP** – an online portal that maps out specific strategies across the sport pipeline that contribute to the prevention of SV/DV.

## VISION

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 AND DOMESTIC VIOLENCE IN ONE GENERATION



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### About Raliance

Raliance is a collaborative initiative dedicated to ending sexual violence in one generation. As the go-to resource for policymakers, experts, service providers, prevention practitioners and the media, Raliance boldly and innovatively advances the field nationally. Raliance is comprised of three national sexual violence prevention organizations – the National Sexual Violence Resource Center (NSVRC), the California Coalition Against Sexual Assault (CALCASA) – PreventConnect and the National Alliance to End Sexual Violence (NAESV) – with over 70 years of anti sexual violence activism. Raliance – be the generation that ends sexual violence.

### About the Center on Gender Equity & Health

The mission of the Center on Gender Equity and Health is to improve population health and development by improving the status, opportunities and safety of women and girls, globally. The Center focuses on conducting innovative global public health research, medical and academic training, and development and evaluation of evidence-based policies and practices related to:

- Gender inequities (girl child marriage, son preference and daughter aversion)
- Gender-based violence (partner violence, sexual assault & exploitation, sex trafficking)

The overarching goal of the Center is reducing gender inequities and gender-based violence, as such reductions are key to improving sexual, reproductive, and maternal and child health. To achieve this mission of creating sustainable and large-scale change, the Center seeks and maintains partnerships with governmental and non-governmental agencies around the globe. A social justice framework is utilized by the Center across these efforts, and innovative technologies are employed to facilitate and accelerate change at individual, community and national levels.

# INTRODUCTION

Because sport is both a developmental system that reaches millions of young people and a powerful cultural influencer that can catalyze change in broader society, strengthening sport's role in preventing sexual violence is both strategic and necessary.

**1 IN 3 WOMEN AND 1 IN 6 MEN TO EXPERIENCE SOME FORM OF CONTACT SEXUAL VIOLENCE IN THEIR LIFETIME.**<sup>1</sup> It is no surprise that the pervasive societal issue of sexual violence affects the huge system of 'sport'. While sport is not responsible for creating the problem of sexual violence, the sport community can either reinforce the social forces that contribute to the problem of sexual violence or become part of the solution to end sexual violence. In the past several years alone, there have been many public stories that demonstrate how sport systems contribute to sexual violence taking place. From 'systematically failing to identify or respond to a pattern of sexual violence by a student athlete';<sup>2</sup> to team cultures that objectify women<sup>3</sup> or use sexual violence as a hazing ritual,<sup>4</sup> the sport community has been complicit in supporting behaviors that allows sexual violence to occur. However, there are also examples of sport taking stand against sexual violence. There are an increasing number of instances where the sport community has actively worked to shift this paradigm to support a culture that prevents sexual violence. From creating a peer culture that denounces sexual violence<sup>5</sup> to organization-wide commitments to teaching healthy, respectful relationships through sport,<sup>6,7</sup> the sport community has taken proactive steps toward fostering a climate that prevents sexual violence.

Sport is uniquely positioned to take action toward ending sexual violence. Sport reaches millions of people through a complex set of organizations and systems ranging from youth sports to professional leagues, referred to as the 'sport pipeline'. The 'sport pipeline' (see Appendix A) includes any sport organization, league, or association, from youth to high school-age to college-age to professional, working at the local, state or regional, and national level to implement or support one or many sport programs. By mobilizing the sport pipeline as a complete system, sport can make an extensive impact on sexual violence prevention.

With the bold mission to end sexual violence in one generation, Raliance has engaged in a multi-pronged strategy to explore how sport can shift the paradigm from contributing to the problem of sexual violence to being part of the solution to end sexual violence. While Raliance focuses on preventing and ending sexual violence, sport's efforts in this area typically address and prevent all forms of violence in the sport community, which include both sexual violence and domestic violence. Since sexual violence has many risk and protective factors in common with other forms of violence, especially with domestic violence (intimate partner violence)<sup>8</sup>, our inquiry included any prevention strategy that addresses the risk and protective factors known to prevent any form of violence, primarily focusing on sexual violence (SV) and dating and domestic violence (DV).

This report gives an overview of the readiness and opportunities for sport to play its most powerful role to engage as both an avenue to prevent sexual violence within its own system and a platform to spread values to end sexual violence in broader society based on the following efforts undertaken in the past year:

### LITERATURE REVIEW

A comprehensive review of peer-reviewed published literature on sport and sexual violence, assessing the state of the evidence on the role of sport in the perpetration and prevention of sexual violence.

### ASSET MAPPING

A series of interviews with 49 key stakeholders from both sport and the sexual violence and domestic violence field to understand existing structures, interests, capacities, and partnerships that support the role of sport in preventing sexual violence and domestic violence.

As a result of this inquiry, Raliance created two products:

### THEORY OF CHANGE

A framework that illustrates how ending sexual violence and domestic violence in one generation can be realized in and through sport, identifying specific steps toward achieving this goal.

### STRATEGY MAP

A catalogue of existing strategies currently being implemented throughout the sport pipeline to prevent sexual violence and domestic violence.

### HOW DID WE DEFINE 'SPORT'?

The goal of this review was to examine how sport as a complete system, comprised of many complex parts, is engaged in sexual violence and domestic violence prevention. Therefore, we explored all facets of the sport pipeline (see Appendix A), which we defined as any sport organization, league, or association, from youth to high school-age to college-age to professional, working at the local, state or regional, and national level to implement or support one or many sport programs.

Ending sexual violence in one generation can only be realized when all sectors and members of the community play their best and greatest role in creating the conditions where sexual violence no longer exists.

Sport, in particular, can be a powerful part of the solution to end sexual violence in one generation.

**This report outlines why and how sport can contribute to shifting values, behaviors and attitudes that will work to end sexual violence.**

# SPORT AND SEXUAL VIOLENCE: WHAT THE PEER-REVIEWED LITERATURE TELLS US

PREPARED BY THE CENTER ON GENDER EQUITY AND HEALTH

Overall, this data suggests the importance of focusing on adolescents and young adults for SV prevention efforts, and to consider the intersection of SV and DV.

## BACKGROUND ON SEXUAL VIOLENCE IN THE UNITED STATES

**WHAT IS SEXUAL VIOLENCE?** The US Centers for Disease Control and Prevention defines sexual violence (SV) as “any completed or attempted sexual act committed against someone without that person’s freely given consent.” Perpetration of SV can occur through force, coercion (via verbal pressure, intimidation, misuse of authority, etc.), or when the person is incapacitated or otherwise unable to act in self-protection (e.g., due to drugs or alcohol).<sup>9</sup> This includes unwanted non-penetrative sexual contact, such as kissing or touching of genitals without consent. Most states in the US define these forms of violence as criminal activity, but there is still some variation by state. Regardless of whether the threshold of a given incident of SV reaches the standard for conviction, extensive research provides evidence that SV has severe social and health impacts on victims, including, but not limited to: anxiety and depression, physical trauma, HIV/STI, as well as social and economic costs to society, such as health costs and loss of productivity among victims and convicted perpetrators.<sup>10</sup>

**PREVALENCE OF SEXUAL VIOLENCE IN THE UNITED STATES (US)** Among women in the US, 14.4% (or 17.4 million women) have experienced forced penetration; 9% (or 10.8 million women) have been penetrated when incapacitated by drugs or alcohol; 13% (or 15.9 million women) have been sexually coerced, and 32% (or 38.7 million women) have experienced unwanted sexual contact that was non-penetrative.<sup>1</sup> Perpetrators across these forms of SV against women were almost exclusively (92-97%) reported as males. Among men in the US, 1% (or 1.1 million men) have experienced forced penetration, 0.8% (or 935,000 men) have been penetrated when incapacitated by drugs or alcohol; 5.8% (or 6.6 million men) have been sexually coerced, and 11% (or 12.5 million men) have experienced unwanted sexual contact that was non-penetrative.<sup>1</sup> Six percent of US men (6.7 million males) also reported being forced to penetrate someone. The majority of men who reported rape (forced or incapacitated penetration) victimization reported perpetration by a male (86.5%).<sup>1</sup> Most victims know the person who perpetrates SV; it is commonly a partner or former partner, particularly among women.<sup>11</sup> Rape victims are commonly young; the largest proportions are adolescents (age 11-17 years, 30%) and young adults (age 18-24 years, 37%) among female victims of rape. Over a quarter of male victims of rape are 10 years old or younger (age <11 years, 27%).<sup>11</sup>

## SPORT AND SEXUAL VIOLENCE LITERATURE REVIEW

To provide greater insight into this issue, Raliance’s academic partner, the Center on Gender Equity and Health at the University of California, San Diego, undertook a review of the literature on sport and sexual violence, with the goal of clarifying:

1

The scope and scale of SV in sport;

2

The factors related to sport that may increase or decrease risk for SV perpetration, victimization, and help-seeking; and

3

Effective intervention approaches that engage sport as a means to prevent SV.

This review was limited to peer-reviewed publications of original empirical research (involving qualitative or quantitative data collection) or review articles that focused specifically on sport and sexual violence, published from January 1, 2000 to January 26, 2017. We selected the following search terms to identify potential papers for our consideration: “sports” or “athletes” or “coaches” AND “sexual violence” or “sexual assault” or “sexual abuse.” All possible combinations were used to conduct the search, using the following social science and public health databases: PubMed, Google Scholar, EconLit, Sociological Abstracts, Social Sciences Abstracts, Family and Society Studies Worldwide, PsycINFO, Women’s Studies International, SocioFile, and Web of Science. Although we identified a sports-specific database, SPORTDiscus (EBSCO), we were unable to obtain access for its inclusion.

# DEFINING THE PROBLEM

## WHAT IS HAPPENING: SV VICTIMIZATION IN SPORT

PREVALENCE AND RISK FACTORS FOR SV VICTIMIZATION IN SPORT – Research on prevalence of SV victimization among athletes, including data from a representative sample, suggests that the prevalence of SV victimization among youth in athletics is 2-10%,<sup>12,13</sup> a rate comparable to that seen in youth generally, using the more comprehensive definition of SV, inclusive of sexual harassment.<sup>12</sup> This research also indicates that abuse from coaches occurs in 5% of SV cases in a sport context.<sup>12</sup> SV against young athletes is more likely to occur for girls relative to boys (14% of girl athletes and 3% of boy athletes report SV), though risk for SV from a coach is equivalent for girls and boys.<sup>12</sup> Retrospective studies with adult athletes, inclusive of elite athletes, suggest SV may be even higher, particularly for elite and international athletes. An Australian study with elite and club athletes found that 31% of females and 21% of males had been sexually abused; of those, 13% and 6%, respectively, were abused in the sports environment.<sup>14</sup> A recent large panel study of adults from the Netherlands and Belgium sample found that 17% of females and 11% of males had experienced SV while playing sports during childhood, with those currently playing at an international level reporting twice the rate of SV in sport during their childhood.<sup>15</sup> Notably, both these studies document that SV in sports was twice as likely to be reported among elite and international athletes, relative to the club and local athletes, demonstrating significantly greater risk for the elite athlete.<sup>14,15</sup> This heightened risk may be attributable to perpetrators' greater access to youth who participate more heavily in sport due to their elite status, as well as to victims being less likely to report abuses for fear that reporting could compromise their participation in the sport at the elite level.

Youth vulnerable to child sexual abuse in sport are likely those vulnerable to child abuse more broadly. These youth are often in socially vulnerable households, particularly those with parents or guardians unable or unwilling to support or monitor their child.<sup>16</sup> These households may be affected by domestic violence, poverty, and diminished adult supervision, and youth looking for attention, connection, or affection in such contexts can be vulnerable to mistreatment and abuse.<sup>16</sup> Within sport, the time and dedication required for advancement and the desire for approval from senior teammates or a coach can be misused by the given authority figure or role model, and this power differential may explain the greater vulnerability to SV in sport experienced by elite athletes. Most research on SV (other than sexual harassment) has focused on male coaches as perpetrators, despite the fact that other males (e.g., peer or senior athletes, other sports staff) are more likely than coaches to be the perpetrators of SV in sports.<sup>12,17-21</sup> [We focus on male perpetrators, as females are far less likely than males to be the perpetrators of SV in sport.<sup>21</sup>] Nonetheless, despite coaches being less likely to perpetrate SV, research does suggest a need to focus on both coaches and other sports staff, since the severity of SV appears to be greatest when perpetrated by these groups.<sup>21</sup> Some researchers have argued that coaches' stature and power in the eyes of athletes and competitive "win at all costs" ethos may contribute to an environment that leads to SV and sexual exploitation of athletes.<sup>17,21-25</sup> Consensual sexual relations can also develop between a coach and athlete,<sup>12,26</sup> which, even for an adult athlete, can be a misuse of power, given the hierarchical nature of the coach-athlete relationship. Ultimately, as in the case of SV more broadly, the primary risk factor for SV in sport is exposure to a perpetrator who will take advantage of a power imbalance in their relationship to the victim. Too often, known SV perpetrator behavior goes unchecked<sup>27</sup> due to denial and minimization; lack of knowledge and resources; and fear that disclosure may create difficulties at the administrative level.<sup>28,29</sup> **Overall, sport can provide greater protection against victimization and eliminate potential perpetrators in sport by establishing a culture that maintains systems to check and balance power dynamics inherent to relationships in sport as well as improves training for and response to disclosure of SV.**

## HOW IS IT HAPPENING: PERPETRATION IN SPORT

PREVALENCE AND RISK FACTORS FOR SV PERPETRATION IN SPORT – While there are no representative estimates of SV perpetration by athletes nationally, or even at state or school-specific levels, reviews of the literature document higher rates of SV perpetration among male athletes versus male non-athletes in college settings.<sup>30,31</sup> A recent non-representative study of male undergraduate students at one US university documented that 46% of participants had perpetrated some form of SV or sexual harassment, with athletes significantly more likely to report such perpetration, relative to non-athletes.<sup>32</sup> Notably, this prevalence of SV perpetration is higher than that seen in multi-campus research on SV from 2007, which indicated that less than 3% of men in a general university population reported SV perpetration.<sup>33</sup> This discrepancy demonstrates the need for additional research to more accurately assess prevalence estimates of SV perpetration among males as well as among females.

Data on risk factors related to SV perpetration have predominantly focused on understanding male athletes' attitudes and behaviors related to SV in sports; the limited research done with women shows no differences between athletes and non-athletes on acceptance of SV-related beliefs or behavior.<sup>34</sup> Although most of this research has focused on college athletes, two studies involved high school athletes as participants. Findings suggest that male high school athletes, relative to females and male non-athletes, held higher acceptance of rape myths (e.g., beliefs that women lie about rape, that rape cannot happen in a relationship) and a lower willingness to intervene with a perpetrator to take responsibility after an assault.<sup>35</sup> Among male high school athletes, those with less traditional gender role norms (i.e., examples of traditional gender role norms include beliefs regarding male hyper-sexuality, homophobia, and expectations of female deference to males), those who demonstrate a greater intention to intervene in cases of SV (i.e., engaging in positive bystander behavior), and those who did not maintain the secrecy of someone known to have perpetrated SV (i.e., not engaging in negative bystander behavior) were less likely to engage in abusive behaviors against a partner.<sup>36</sup>

Studies with male college students document similar findings to those seen with high school students, with athletes being more likely than non-athletes to report acceptance of rape myths, traditional gender role norms, male entitlement, greater hostility toward women, and negative bystander intent and behavior,<sup>32,37-45</sup> with attitudes and beliefs associated with increasing athletes' risk for SV perpetration.<sup>31,46</sup> Studies document variation in these associations by type and other specific characteristics of the sport. For example, findings imply that there is greater risk for acceptance of rape myths, hostile attitudes toward women, hyper-masculine gender role ideologies, belief in male dominance, negative bystander behavior, and even perpetration of SV among those in team – rather than individual – sports,<sup>37,37,38</sup> Division I – rather than Division II – athletic programs,<sup>37</sup> and contact versus non-contact sports.<sup>38,44</sup> These findings suggest that groups of male athletes, particularly when positioned with more elite status, may foster attitudes and behaviors of sexual entitlement among one another, and protect group members who act on that entitlement, thereby supporting systemic barriers that contribute to attitudes of acceptance towards SV.<sup>47</sup> Without realizing it, coaches may reinforce these beliefs and behaviors in athletes, by way of their own demonstrated belief systems and actions. One qualitative study with coaches documents that they, too, hold rape myths, lack understanding of the problems of sexual aggression, and engage in negative bystander behavior.<sup>48</sup> These problematic beliefs can be fostered in the context of televised sports, which too often include commercials and entertainments that glorify SV and create confusion regarding acceptability of SV.<sup>49,50</sup> Research documents that exposure to sports media increases rape myth acceptance and reduces positive bystander intent among men and women.<sup>49,50</sup> **Overall, these findings indicate the need for a multi-level response, reaching athletes, coaches, and the culture in which they operate, tackling not only the acceptability of SV but the underlying and damaging promotion of male aggression, hostility toward women, and sexual entitlement that maintain this acceptability. Such an approach cannot simply target the athletes, coaches, or staff who may perpetrate SV, but also the individuals and structures that tolerate and even reinforce this violence.**

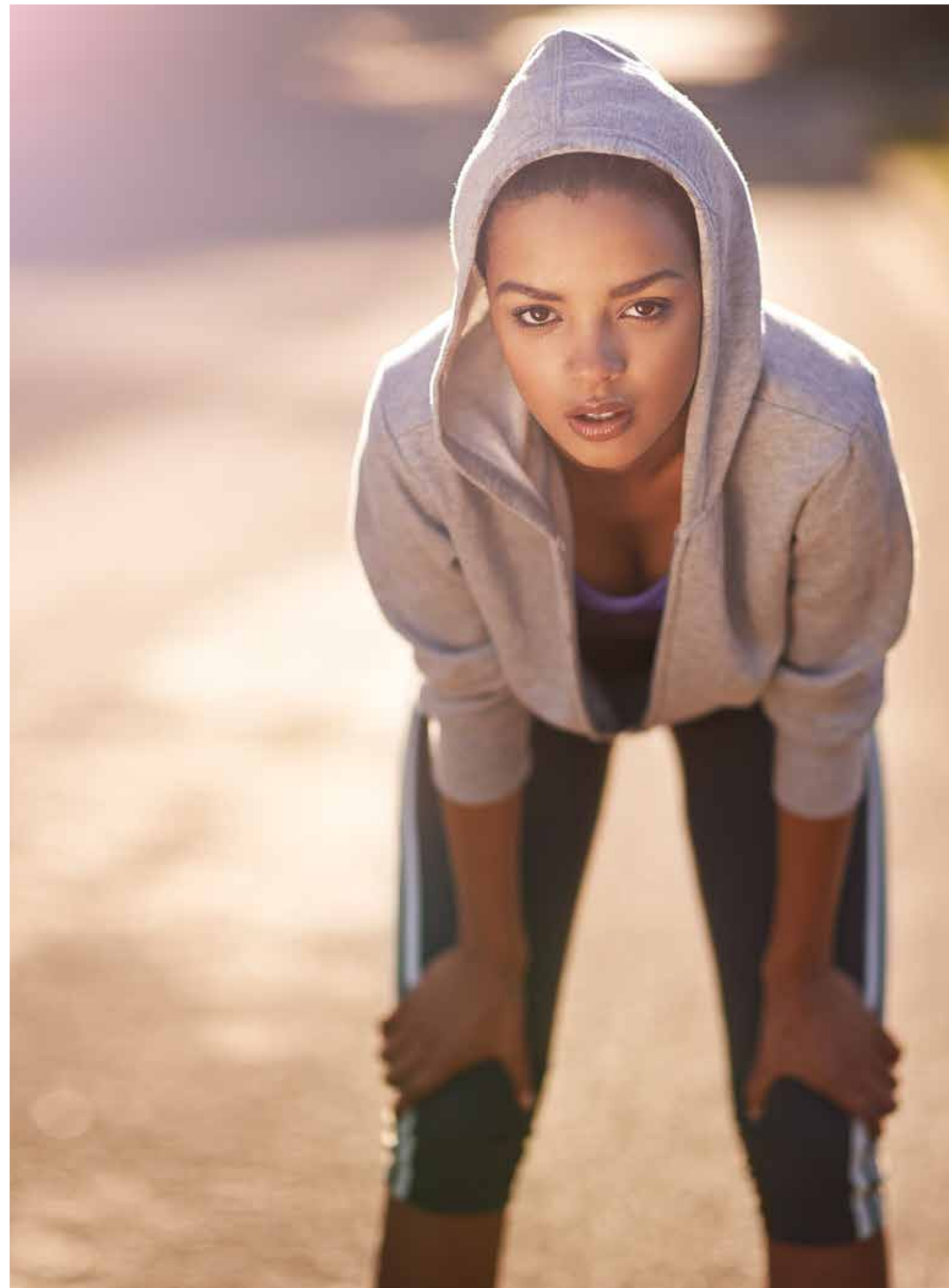
# DEFINING THE SOLUTION

## HOW TO STOP IT FROM HAPPENING: EVIDENCED-BASED SV PREVENTION IN SPORT

**WHAT WORKS IN SPORT TO PREVENT SV** – Extensive evidence documents the importance of sport for positive youth development and reduction of problem behaviors such as truancy and substance abuse.<sup>51,52</sup> Use of developmentally positive peer relationships, as well as both coach-athlete and parent-child relationships, are central to youth sport and builds a sense of responsibility and accountability.<sup>51</sup> Studies of youth sport programs highlight their capacity to bring about the “Five ‘C’s of Positive Youth Development,” which include competence, confidence, character, connections, and compassion.<sup>51,53</sup> Numerous studies document the value of sport in psychological tailored approaches that engage positive adult-child interactions. Both coach-athlete and parent-child relationships are central to youth sport, and this approach is able to build developmental assets such as well-being and higher academic and occupational achievement, with effects lasting into adulthood.<sup>52,54-56</sup> While most research on the positive development of youth through sport does not examine SV prevention, sports involvement is associated with pro-social values and skills among youth, including accountability, social cohesion, and self-control,<sup>52</sup> all of which are SV prevention factors. In addition, athletes and coaches are frequently viewed as leaders within their local and sport communities,<sup>57,58</sup> and can have enormous influence on changing the paradigms related to masculinity, aggression, and acceptability of SV.

**PREVENTING SV VICTIMIZATION IN SPORT** – Prevention of SV victimization of school-aged children largely focuses on interventions at the organizational level, with the goal of social protection for children.<sup>29</sup> The recommended approaches include screening sports staff for SV and other criminal histories; trainings for coaches and administrators on the issue of SV and the importance of reporting SV; establishing policies and disciplinary measures when SV occurs; creating complaint management systems; and providing resources for victims.<sup>29</sup> For college-aged athletes, programs for victims or potential victims have focused on females, and emphasize empowerment, and the strategies for women to halt a sexual assault in process and to effectively utilize services if SV occurs.<sup>59</sup> *Programs to support victims and potential victims of SV in sport require better structures for disclosure and service utilization, though empowerment counseling may also be useful. Programs for male victims over the age of 18 are notably absent, which is a concern as prevalence data indicates that they may be at continued risk for SV or may be contending with effects of trauma from abuse earlier in life.*

**PREVENTING SV PERPETRATION IN SPORT** – Coaches, a group that is predominantly male for both male and female athletes, are in a position of authority and influence over athletes, and have an existing role of reinforcing positive values with their athletes and the larger community.<sup>45,48,58</sup> The program with the strongest evidence for engaging sport around healthy relationships is Coaching Boys into Men (CBIM), a model that trains coaches to talk to male high school athletes and educate them by modeling positive attitudes toward women, reinforcing the unacceptability of intimate partner violence (IPV) and SV, and helping them develop masculinity ideologies rooted in responsibility and respect rather than aggression. A two-armed cluster randomized controlled trial compared CBIM schools to those that did not receive CBIM.<sup>60</sup> Coaches at the CBIM schools were more likely than those at the control schools to report positive bystander intent and behavior, and male athletes at CBIM schools were less likely than those at control schools to report partner violence perpetration. Other interventions have demonstrated some positive outcomes in less rigorous studies designs. The Bystander Prevention Program (BPP) is another intervention that documented improvements in bystander intent among participants.<sup>61</sup> The study has also been implemented with student athletes specifically.<sup>62</sup> BPP involves a single session delivered to sex-segregated groups of college youth by a co-ed team of peer educators. Participants are trained on how to be a positive bystander in cases of potential SV and how to respond sensitively to an individual disclosing SV victimization; furthermore, they are trained in safety planning and provided with contact information for the campus police and rape crisis center resources. *This work documents that a focus on men is important to help reduce SV perpetration.<sup>63,64</sup> Male coaches can be reached and effectively trained to prevent athletes from becoming perpetrators of SV, and college youth and athletes can be trained to intervene in situations of SV by becoming engaged bystanders and knowing the campus resources to support intervention for SV victims. There is a notable absence of evidence-based prevention strategies that focus on other sport staff (ex. athletic trainers), female athletes, and sport organizations as a whole.*



# CONCLUSION

## SPORT AND SEXUAL VIOLENCE LITERATURE REVIEW

RESEARCH SHOWS THAT SV IN SPORT IS PERVASIVE – Females are at slightly elevated risk to SV victimization than males, and elite athletes are at greater risk than non-elite athletes. SV perpetration in sport is largely perpetrated by male athletes, against both female and male victims, with SV perpetration more likely to be from athletes rather than non-athletes in the college setting. SV perpetration among male athletes, particularly elite male athletes, appears to be driven by sexual entitlement and reinforced by acceptance of rape myths, hostility toward women, traditional male gender roles regarding male dominance, and hypersexuality. Such violence may often occur in dating relationships, as a part of a broader constellation of forms of dating /domestic violence (DV) including physical and verbal abuse. Such beliefs and behaviors can be reinforced by other athletes, coaches, and sports media, contributing to a culture that unintentionally supports attitudes accepting of SV/DV within a given sport group. Nevertheless, sport’s emphasis on character building via the development of pro-social values and skills, the growth of interventions and programs dedicated to SV prevention efforts, and sport’s willingness to engage with these efforts indicates promise.

Findings from this review reveal that the literature focuses primarily on SV victimization and perpetration in sport and less on SV prevention in sport. The review is intended to act as a guide to assist readers with understanding the following, as it relates to sport: perpetration of SV, risk factors for both SV victimization and perpetration, as well as opportunities for intervention and prevention of SV.

The findings from the literature review tell us that addressing and preventing SV/DV in sport requires organizational change, through a multi-level approach (see Figure 1) to:

1

### PROMOTE GENDER EQUITABLE NORMS, ATTITUDES AND BEHAVIORS

Because the sport system can support and perpetuate traditional male roles that support SV/DV, individuals in sport and sport organizations need to actively address those behaviors and intentionally shift to promoting gender equitable norms, attitudes and behaviors.

2

### BUILD ON SV/DV PREVENTION THROUGH THE SPORT PIPELINE

Because elite athletes at greater risk for SV/DV, it is critical that sport take a multi-level approach to SV/DV prevention that builds from entry into sport to the highest level of sport to best equip elite athletes and the sport organizations supporting them.

3

### IMPROVE RESPONSE TO SV/DV

Because SV/DV is happening in the sport community, it is critical that solid, consistent response systems are in place in the sport community to address the behaviors of those who commit acts of SV/DV and those who are harmed by it.

4

### DEVELOP HEALTHY, RESPECTFUL PEOPLE AND COMMUNITIES

Sport’s focus on developing people, both in their physical talent and skills as well as their character, and attitude, provides an essential entry point for culture change. Organizations and sport leaders can work to shift the culture of sport to create an environment that teaches healthy, respectful relationships, gender equity, and positive character development.



# THEORETICAL FRAMEWORK

## LEVELS OF INFLUENCE IN SPORT



FIGURE 1 - SPORT CULTURE SOCIAL-ECOLOGICAL MODEL

This review of the literature recommends a multi-level approach to engage sport in the prevention of SV/DV. We propose the use of the social-ecological model (see Figure 1), as it recognizes multiple levels of influence that predict behavior or experiences of SV/DV,<sup>65</sup> and has been effectively used to understand violence against women across cultural contexts.<sup>10</sup> This model allows us to consider the range of factors at each level of influence that affect risk or protection from SV/DV victimization or perpetration.

To that end, the model describes four distinct levels: individual, relationship or interpersonal, organizational, and societal. At the individual level, which considers personal risk factors associated with likelihood of experiencing or perpetrating SV/DV, are athletes. Family and friends, as well as coaches and administrators are classified under the relationship, or interpersonal, level due to the nature of their relationship with and influence on athletes. The organizational level is assigned to organizations or leagues, as it considers settings where social relationships are established, such as schools, churches and sports leagues and organizations. Lastly, the societal level considers social and cultural norms as well as policies that are upheld and instituted within sport and in broader society that convey acceptance or rejection of SV/DV.

Prevention efforts should be encouraged and normalized with sport culture at all of the these levels to maximize the opportunities to prevent SV/DV.

# SPORT AND SEXUAL VIOLENCE PREVENTION: ASSET MAPPING IN SPORT

PREPARED BY RALIANCE WITH CONTRIBUTIONS FROM THE CENTER ON GENDER EQUITY AND HEALTH

How can a powerful system such as sport play a vital role in ending sexual violence in one generation? To answer this question, Raliance initiated and led an asset mapping exercise to understand how gender-based violence prevention, and more specifically sexual violence prevention, was already being implemented both in and through the sport system. The asset mapping exercise explored potential solutions and recommendations for this work.

## ASSET MAPPING PROCESS

Raliance staff were trained on the principles of asset mapping by the UC San Diego Center on Gender Equity and Health (GEH). Raliance developed an asset mapping procedure, based on a model developed by McKnight & Kretzman<sup>66</sup> (e.g., interview tools and protocols) and with guidance from the GEH team. We specifically selected the McKnight & Kretzman model because it supports the exploration of asset-based community development, which works to strengthen a community by studying the assets, resources, and talents that exist. Though the McKnight & Kretzman approach has historically focused on geographic communities, it can also be applied to a community of practice, as would be the case for “sport.” This procedure involved interviews with key stakeholders from both the sport community (e.g., youth coaches, college athletics administrators, national sport membership organizations) and SV/DV prevention experts working within and through the sport community.

The goal of the asset mapping exercise was to:

1

Understand the networks and structures that comprise the ‘sport pipeline’ as a means to find entry points for SV/DV prevention,

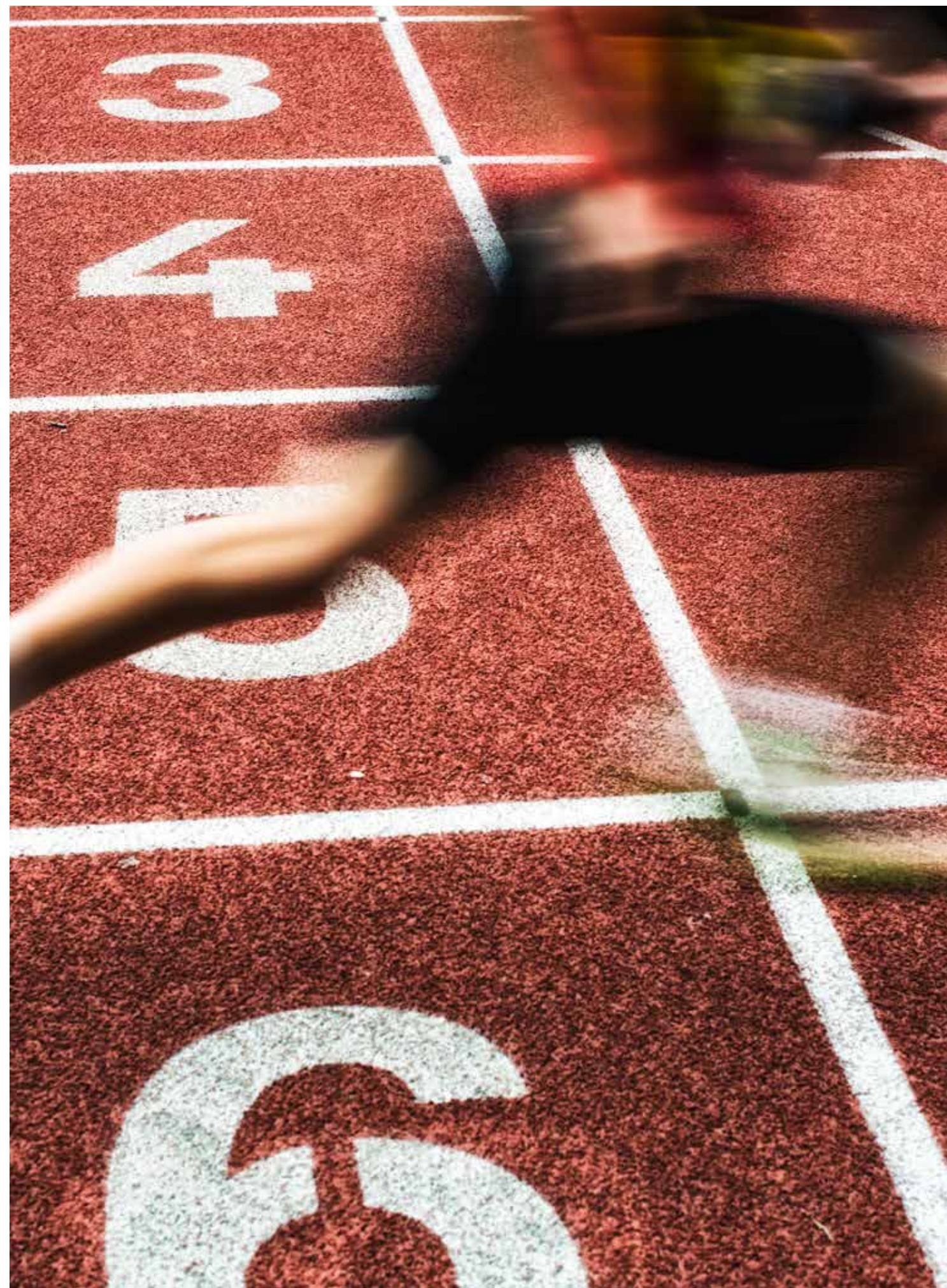
2

Catalog SV/DV prevention strategies already in use, both in and through the sport system, and

3

Gather recommendations for how SV/DV prevention could be advanced in and through sport.

Because the goal of this inquiry was to identify where there were successes and traction in sport on SV/DV prevention, Raliance targeted its outreach to key stakeholders who were interested or already committed to SV/DV prevention in or through sport. This process of selection of key stakeholders allowed us to identify the potential of SV/DV prevention in sport, but is not representative of the sport community overall.



## ASSET MAPPING PROCEDURE AND TOOLS

From February to December 2016, Raliance staff conducted 49 qualitative, semi-structured interviews with key stakeholders, on the phone or in-person; these included 19 sports stakeholders (e.g., coaches, administrators, parents, athletes from local to national levels) and 30 SV/DV prevention experts working in or with the sport community. Direct and indirect (snowball) sampling was used to identify stakeholders. Initially, potential stakeholders were identified by Raliance staff and asked to complete an interview. Subsequently, stakeholders who were interviewed were asked, but had the right to decline, to identify additional stakeholders to complete an interview. No incentive or compensation was offered for referrals. Refusals were few and attributed to challenges in availability. The criteria for key stakeholders included employment

(volunteer or paid) in organizations, institutions, or businesses affiliated with the following topic areas; sexual and/or domestic violence expertise, and/or sport organizations or leagues at the local, state, regional, or national level. In addition, stakeholders needed to have worked on violence prevention with at least one of the following: youth, middle school, high school, college, or professional sport organizations or leagues. Recruitment criteria for stakeholders was purposely broad and inclusive, to extend reach and ensure that the asset mapping exercise captured perspectives across the entire sport pipeline (see Appendix A). The interviews were conducted with stakeholders who have expressed interest and/or activity with SV/DV prevention.

Raliance collected qualitative data from each stakeholder by noting their background, such as role and agency, and recording notes on their responses the following open-ended questions:

### Interview Questions

1. *What are you doing or see as most relevant in or through sport that is working to prevent gender-based violence (more specifically, sexual violence prevention)?*
  - *What trends are you seeing?*
  - *Who are your current partners that are working on this issue?*
2. *How (if at all) do people come together to share what's working in preventing gender-based violence in or through sport?*
3. *If you had unlimited resources, what would you do to engage sport in preventing gender-based violence (beyond what is already happening)?*
  - *What research is missing to best understand how to prevent gender-based violence in or through sport?*
  - *What research questions haven't been asked or answered?*
4. *What would you like to see us do with the information we collected*
5. *Are there any questions we should have asked or something important that we didn't cover?*

## DATA ANALYSIS

Interviews were recorded via detailed notes and quotes documented by the trained Raliance staff interviewer; all interviews were de-identified for analysis. Trained research staff from both GEH and Raliance reviewed each de-identified interview and conducted a content analysis to code the data to identify themes in the qualitative data collected. Themes were identified based on this review.

Additionally, visualization tools, in the form of Word Clouds (see Figures 2 and 3) were created to conduct an exploratory textual analysis that examined common words and phrases used during interviews. For this purpose, GEH research staff utilized the word cloud generator, WordSift, created at Stanford University. In the tool, words that came up with greater frequency in the interviews were displayed as larger and in darker shades, providing a graphic representation of potential themes. Inessential words such as determiners (words placed in front of a noun, such as "the", "a", "my") were removed prior to utilizing the tool. In addition, the following words were removed from the SV/DV expert interviews: person/people, thing/things, look, make, way, see, know, get, lot, every, use and much. The following words were also removed from the sport stakeholder interviews: convo/conversation, people/person, every, make/making, give, use, come, way, see, lot, look/looking and like.

# RESULTS

## FRAMING THE SPORT PIPELINE

By conducting the asset mapping exercise, Raliance was able to visualize sport as a complete system, which we refer to as the "sport pipeline" (see Appendix A). The sport pipeline is a highly structured system of organizations, membership associations, and affiliates, which span across the developmental stages, beginning at age three and lasting throughout some individuals' entire lives. Sport includes multi-sport and single sport organizations and entails a wide variety infrastructure and mandating power (e.g., school athletics departments, national clubs, athletic conferences, etc.).

This visual can serve to identify points of entry and coordination for SV/DV prevention in sport and is a critical reference point for SV/DV experts to most effectively engage sport in comprehensive SV/DV prevention. Key stakeholder interviews revealed the most common entry points for SV/DV prevention to be with athletes, especially male athletes, and coaches. The analysis found less engagement with sport administrators, parents, and female athletes. Additionally, it was noted that SV/DV prevention programming often occurred at one part of the sport pipeline with little connection or coordination with the previous or subsequent parts of the sport pipeline (i.e., SV prevention education was conducted with collegiate sport organizations but it was not linked to SV prevention education in high school sport or professional sport organizations).

## EXPLORATORY TEXTUAL ANALYSIS

In a textual analysis of sport stakeholder interview content and SV/DV expert interview content, Word Clouds revealed many common words, including “sport”, “coach”, “community”, “school”, and “program” (see Figures 2 & 3). Furthermore, sport stakeholders emphasized the words “organization”, “need”, “education,” and “change.” Conversely, SV/DV experts emphasized the words “relationship”, “athlete,” training,” “work,” and “prevention”. The commonalities point to language, targets, and values that are currently shared by both sport and SV/DV experts. The differences offer insight into each sectors respective approaches and focus. In reviewing the differences, SV/DV prevention experts may be using specific words that do not resonate with the sport community directly, such as “prevention” and “relationship”.

FIGURE 2 – SPORT WORD CLOUD



FIGURE 3 – SV/DV EXPERT WORD CLOUD



## INTERVIEW CONTENT ANALYSIS

In reviewing the interviews, broad themes were drawn from both sport stakeholders and SV/DV expert interviews. There were two key findings with supporting themes drawn from the key stakeholder interviews:

1

### THERE ARE KEY ASSETS AND CURRENT GAPS IN SV/DV PREVENTION IN SPORT

The analysis identified existing assets that contribute to SV/DV prevention in sport as well as current gaps.

2

### THERE IS OPPORTUNITY TO ADVANCE THE REACH AND IMPACT OF SPORT TO PREVENT SV/DV

The analysis identified strategies to expand the number of people engaged in SV/DV prevention in sport and enhance the effectiveness of preventing SV/DV in sport.

# 1 THERE ARE KEY ASSETS AND CURRENT GAPS IN SV/DV PREVENTION IN SPORT.

There are SV/DV prevention programs, resources, and trainings focused on coaches and male athletes.

*"The LiveRespect coaching curriculum, coaching events, and other tools to engage coaches and advocates all use sports analogies."* [SV/DV EXPERT, NATIONAL LEVEL]

*"(We) find strong female head coaches as role models and engage in discussions that are around off the field issues."* [ATHLETIC DIRECTOR, LOCAL LEVEL]

*"InsideOut Coaching is working. They are having SV/DV conversations among coaches and there is interest but it feels underground. They (coaches) aren't sure how to start."* [SV/DV EXPERT, STATE LEVEL]

There is a need for programming, training, and resources focused on other sport staff, parents, female athletes and administrators.

*"Many girls programs aren't linked with sport. We need to teach life skills that they can use everywhere AND give them a challenge to reach a difficult goal early in their lives."* [YOUTH ADMINISTRATOR, LOCAL LEVEL]

*"What can advocates do to support the continued change and culture shift that happens within the sports community? Engage spectators, media, parents, and schools."* [SV/DV EXPERT, NATIONAL LEVEL]

There are powerful role models in sport, especially coaches and peer leaders, who reinforce values and set standards for behaviors of individuals and teams, both on and off the field.

*"Captains and better players - (we) engage them as active participants. Attention on them could be negative or positive, so (we) utilize them as role models."* [COACH, LOCAL LEVEL]

*"You cannot separate fatherhood and mentorship from this conversation, especially for communities of color."* [SV/DV PREVENTION EXPERT, NATIONAL LEVEL]

*"Coaches have power and a platform to change the arc of every young person's life."* [SV/DV PREVENTION EXPERT, NATIONAL LEVEL]

There is need to clearly articulate the connections between sport and SV/DV, including how sport contributes to the problem and how sport can be part of the solution.

*"It is hard to get attention to the issue (SV/DV) and even more difficult to change what and how much can be done (in sport) to prevent it (SV/DV)."* [SPORT STAFF, NATIONAL LEVEL]

*"Sport has such a dominant position and status (in the US), which can be used to their advantage to make a difference (on social justice issues)."* [SV PREVENTION EXPERT, NATIONAL LEVEL]

*"(There is a lack of) Awareness and buy-in that there are risks in sport for sexual violence."* [SPORT STAFF, NATIONAL LEVEL]

Sport wants clear messages that resonate with and mobilize the entire sport community - athletes, parents, coaches, fans, and administrators.

*"How do we address sexual violence in a salable way? Can we capture what people are doing already to have sports contribute to the social change we hope to see?"* [ATHLETIC ADMINISTRATOR, STATE LEVEL]

*"We often hear (the sport community ask) 'What is the role of the sports community in violence prevention? What is the value that we each bring?'"* [DV PREVENTION EXPERT, NATIONAL LEVEL]

*"Programming needs to be larger than just sexual violence - it needs to connect to all forms of violence and prevention to reduce common risk factors and elevate common protective factors intentionally for all forms of violence."* [SPORT STAFF, NATIONAL LEVEL]

# 2 THERE IS OPPORTUNITY TO ADVANCE THE REACH AND IMPACT OF SPORT TO PREVENTION SV/DV.

Sport develops people by teaching skills, values, and practices, which can get to the root causes of SV/DV to prevent it.

*"Sport is a place where you practice and form habits, both 'on the field' habits and 'off the field' habits. They are learning what habits need to be formed to become the best athlete and at the same time, they are learning how to build habits to be the best person 'off the field' as well."* [COACH, LOCAL LEVEL]

*"Professional leagues can do some things, but they are inheriting adults. We (in sports) need to be talking to kids in middle school about our expectations and for that to be reinforced throughout the pipeline."* [SPORT STAFF, NATIONAL LEVEL]

*"Incorporate (SV/DV prevention) into team-building, pre-season time when team values, norms, and commitments are being formed/made."* [SPORT STAFF, NATIONAL LEVEL]

The sport system is already reaching millions of people.

*"60 million kids participate (in sport) - (sport) needs to be a safe environment."* [SPORT STAFF, NATIONAL LEVEL]

*"(Sport is a) Great venue to reach men and boys, even those who aren't participating directly but who are following sports (are influenced by sport)."* [SV/DV PREVENTION EXPERT, NATIONAL LEVEL]

Sport already has systems in place that can be engaged in comprehensive, multi-level SV/DV prevention.

*"By focusing on primary prevention of sexual assault with the entire athletics department, we created a common language for talking about sexual assault and we set a standard for behavior, not just within the athletics department, but for the entire campus."* [SV PREVENTION EXPERT, STATE LEVEL]

*"Sport is a connector of a community, not a divider."* [SV/DV PREVENTION EXPERT, LOCAL LEVEL]

Sport is already engaged in SV/DV prevention strategies and there is a readiness to build on these efforts.

*"Coaches are a nexus point for culture change. It is important that (they) have resources to make changes and have materials to go to."* [SPORT STAFF, LOCAL LEVEL]

*"(SV/DV experts should) Market resources and materials (on SV/DV prevention) that are available and market potential (SV/DV) content experts or partners."* [SPORT STAFF, NATIONAL LEVEL]

*"Sport is already teaching these values - we need to know where the linchpins are."* [SV/DV EXPERT, NATIONAL LEVEL]

# CONCLUSION

## SPORT AND SEXUAL VIOLENCE PREVENTION ASSET MAPPING

By mapping SV/DV prevention assets across the sport pipeline, Raliance visualizes how sport can provide a multi-level approach, during key developmental stages, that addresses and ultimately shifts norms related to SV/DV, and subsequently prevents SV/DV. Interviews with key stakeholders confirmed that SV/DV prevention programming and cross-sector partnerships exist between sport and SV/DV experts. However, sport stakeholders expressed a need for clear messages as well as more education and training opportunities to develop a stronger understanding of how SV/DV impacts sport. More education is also necessary to show how sport can be part of the solution to ending SV/DV. Interviews with SV/DV experts revealed that while the SV/DV experts have created promising prevention programs for sport, and prevention efforts would benefit from a greater understanding of sport structures so that SV/DV prevention programming builds throughout the sport pipeline. The SV/DV field needs an understanding of the various 'on ramps' and ways to connect prevention efforts throughout the various levels of sport pipeline (ex. youth to high school; coaches to athletic directors to state athletic organizations).

The findings from the asset mapping exercise tell us 4 primary ways SV/DV prevention can be advanced in sport, which include:

1

### ENGAGE IN A MULTI-LEVEL APPROACH

SV/DV prevention will be most effective when sport organizations and SV/DV experts identify prevention strategies to be implemented at each level of the sport system (see Figure 1 & Appendix A).

2

### CONNECT PREVENTION EFFORTS THROUGH THE SPORT PIPELINE

Sport can increase the impact by intentionally connecting SV/DV prevention strategies already being implemented throughout the sport pipeline.

3

### ALIGN AROUND COMMON STANDARDS

Sport could have greater collective impact by aligning their practices and approach around common SV/DV prevention standards and messages for the broader sport community.

4

### TAP INTO INHERENT STRENGTHS OF SPORT

Sport is a system that develops people. Sport teaches individuals to work together toward a common goal, to practice behaviors and skills that lead to those goals, and that character is an important component to success. As a developmental system of people, sport is well versed in training people and teams excel toward a common goal, which is an invaluable asset in ending SV/DV.

# SUMMARY OF KEY FINDINGS

Sport is both an avenue for change, where young people learn values and skills about who they are and how to behave, and a platform for change, where the general public's relationship with sport is influenced by sport's values and standards. The literature review and asset mapping exercise identified specific strengths from which sport can bolster existing SV/DV prevention efforts. This research also revealed gaps in SV/DV prevention in sport, which is where new opportunity and growth can be realized. Below, Raliance outlines sport's role as the solution to preventing SV/DV in sport and opportunities to close gaps in SV/DV prevention in sport, as well as evidence-based recommendations to advance this work:

## ROLE: SPORT AS PART OF THE SOLUTION

**AVENUE** – Sport can play a role in shifting individual norms, behaviors and values that prevent SV/DV by teaching and practicing it in the sport system. Furthermore, sport organizations can make internal changes to 'sport culture' more broadly that can help to reinforce behaviors, values, and practices that prevent SV/DV. By making internal changes within sport, sport can serve as a powerful and wide-reaching avenue to change individual and organization behaviors, values, and norms that can end SV/DV in one generation.

**PLATFORM** – Sport can play a role in shifting broader cultural norms, values, and behaviors by using its incredibly powerful social capital. Individual's within sport hold status in our communities and can be formidable role models and spokespeople for social change. Sport organizations are connectors in the community, bringing people together for sport events as well as having a unique convening role 'off the field' and in the off season. By using the sport platform to join people both in and outside sport together around a shared vision, sport organizations can take leadership in preventing and ending SV/DV in the broader community. Both individuals and organizations from the sport community have a commanding platform from which to catalyze change to end SV/DV in one generation.

## STRENGTHS: WHERE TO BUILD

**INTERNAL** – Sport has implemented a variety of policies and practices to address and respond to SV/DV as well as programming that aims to prevent it. Within the sport community, coaches and team leaders (or captains) are frequently named as powerful influencers, both in and outside of sport and as pivotal mentors for individuals on their teams. These leaders can shape an environment that promotes and models healthy and respectful values and behaviors. Furthermore, sport is already teaching life lessons via sport and emphasizing character building, which directly align with and support SV/DV prevention. Sport's use of repetition and practice are key components to implement a comprehensive SV/DV prevention strategy. Additionally, because sport is a continuous system through which people learn values and skills, sport is uniquely situated to create and sustain a culture that supports healthy individuals, teams, and communities – free of SV/DV. There are also many factors that protect against SV/DV in sport, including positive adult-child interactions, increased psychological well-being of participants, and the development of pro-social values and skills. Sport is increasingly recognizing it has a responsibility and opportunity to play a role in ending SV/DV.

**EXTERNAL** – Partnerships between SV/DV prevention experts and sport organizations have been formed, resulting in SV/DV intervention and prevention programming as well as resources and tools. There are promising programs and initiatives that build on values inherent in sport to prevent SV/DV that are already being utilized within the sport community.

Overall, sport is uniquely positioned to support and model healthy relationships, values, and norms that can reduce, and end, SV/DV within the sport system. Sport's significant influence on culture could lead to shifts in social norms, attitudes and beliefs about SV/DV. This suggests that, if norms and values that aim to prevent SV/DV could be successfully instilled in the sport community, it would not only impact sport, but the broader community as well.

**ALIGNMENT OF POLICY, PRACTICE, & PROCEDURE** – Even though policies and practices are in place at different levels within the sport pipeline, they require periodic updates, need to be aligned across the sport pipeline, and have processes that ensure stronger accountability for their use and enforcement. Additionally, where sport is part of a larger community, such as a college campus, it is essential that sport is both aligned and coordinated with community policies, processes, and resources to both address and prevent SV/DV.

**ROLE OF ORGANIZATIONS, PARENTS, AND FEMALE ATHLETES** – SV/DV prevention efforts are not uniformly implemented throughout the sport systems and heavily target coaches and male athletes. Generally, there has been limited engagement of parents and communities in sport-affiliated SV/DV prevention efforts. It is also important to note the absence of discussion, both in the literature review and the asset mapping exercise, on the role and experiences of female athletes with regard to SV/DV prevention efforts. Initiating and strengthening communities of practice (ex. set meeting times to share learning, successes, and plan) among athletes, parents, community members, coaches and administrators will help to build greater recognition of everyone's respective roles and influence as well as proliferate successful, impactful programming, resources, and tools.

**STANDARDS AND BEST PRACTICES** – Though sport is an interconnected system, it currently lacks mechanisms by which it can share identified best practices. Coordination and connection through (national to state to local) and across (youth to high school to college to profession) sport is needed, as SV/DV prevention efforts have typically been limited to one discrete activity. For example, many youth sport organizations have policies for screening coaches but few other activities (ex. education and training for coaches or parents, revised codes of conduct to promote positive values and norms). In high school and college level sports, trainings, when provided, are typically very short in duration, based on programs that are not evidence-based, and are not reinforced throughout the season. This "one and done" approach is common, where a 'SV/DV prevention box' is checked off. However, substantive, comprehensive, and consistent strategies are necessary for SV/DV prevention in sport to have the greatest impact. Support for building the evidence base would help advance strategies, as well as increase understanding of the most effective ways for the sport community and SV/DV field to work together.

**EVIDENCE-BASED IMPACT** – A larger evaluation of a system-wide effort to reduce SV/DV in sport is needed in order to inform SV/DV prevention efforts in this arena more broadly. Building the evidence base to establish how sport culture and systems can prevent SV/DV is imperative. Findings suggest the utility of approaches focused on norms change and the use of champions (ex. empowering and equipping individuals, such as athletes and coaches), but more research is needed to identify what SV/DV prevention components will lead to that change. Further research and the pilot testing of novel SV/DV interventions (particularly those engaging in and with sport systems) will help to inform and refine existing and future SV/DV prevention efforts across the sport pipeline.

Based on present efforts, there is strong support for sport systems and culture to play an important role in the greater collective effort to reduce the prevalence and acceptance of SV/DV, while teaching and reinforcing values that support healthy, respectful relationships and every individual's well-being.

# RECOMMENDATIONS

## 1

### STRENGTHEN CONNECTION THROUGHOUT THE SPORT PIPELINE

The networked structure of sport creates an opportunity for consistent standards to be set, practices to be followed, and behaviors to be taught and encouraged throughout an individual's development in sport.

## 2

### TEAM UP

Sport engages young people from early childhood through young adulthood, a time of greatest vulnerability to SV/DV. It is necessary to improve awareness of what constitutes and promotes SV/DV behaviors and establish strategies to develop a sport culture resistant to SV/DV. By teaming up in formal partnerships, sport and SV/DV experts can leverage their collective expertise to advance SV/DV prevention in sport.

### THEORY OF CHANGE

To support these recommendations, Raliance developed a **THEORY OF CHANGE** (see Appendix B) to guide multi-level approaches to shift the culture within and through the sport community to prevent SV/DV.

## 3

### TRAIN CHAMPIONS

By supporting and training leaders in sport, such as coaches, team captains, and league administrators, sport creates role models that uphold, vocalize, and promote healthy relationships and values (such as respect, character, and health). These champions are critical actors in creating and sustaining a sport culture free of SV/DV.

## 4

### BUILD ON CURRENT STRATEGIES

There are several strategies currently being implemented in the sport system to prevent SV/DV and it's critical that those strategies inform future steps and planning.

### STRATEGY MAP

To support these recommendations, Raliance used the research and key stakeholder interviews to catalog the various strategies being implemented across the sport pipeline to prevent SV/DV. This comprehensive **STRATEGY MAP** (see Appendix C) can serve as a reference for future SV/DV prevention planning in and through sport.

By building on the strong initial efforts to prevent SV/DV within sport, which can be found in Raliance's Strategy Map, and using Raliance's Theory of Change to guide efforts toward a shared vision, Raliance is providing a foundation to support the next phase of expanding and refining efforts to end sexual violence in and through sport.



# A THEORY OF CHANGE: HOW SPORT CAN PREVENT SV/DV

Raliance is dedicated to ending sexual violence in one generation and views sport as a key avenue and platform that can create the conditions in which sexual and domestic violence no longer exists. Raliance has developed a Theory of Change (see Appendix B) that proposes a framework that outlines how sport can be part of the solution in ending sexual and domestic violence.

## SPORT IS AN AVENUE FOR CHANGE

Sport is a complex and comprehensive system that plays an essential role in developing individuals who learn values, behaviors and skills to be healthy individuals, teammates, partners, and citizens.

By participating and engaging in the sport system, individuals can learn behaviors and values that promote champion behavior (character, teamwork, respectful, healthy, and gender equitable relationships) and support bystander behavior (interrupting and speaking out against behaviors that condone SV/DV). If these behaviors and values become the standard within sport, a sport culture that values every individual and reinforces healthy, respectful, gender equitable relationships would emerge. That sport culture would be free of SV/DV.

## SPORT IS A PLATFORM FOR CHANGE

Sport is a powerful cultural influencer and individuals within sport - coaches, athletes and teams - have incredible social capital and power to shift broader cultural norms.

Sport organizations and individuals within sport can become role models for champion and bystander behavior. By establishing standards and practices that reject behaviors that condone SV/DV and demonstrate the values of health, respect, and character, sport would influence the broader community to uphold these same ideals, standards, and behaviors. That leadership in the sport community would contribute to a society free of SV/DV.

## VISION

As a result of committing to long term, comprehensive SV/DV prevention, the values, norms, and behaviors that are taught and reinforced throughout the sport pipeline would cultivate and support healthy individuals, teams, and communities.

**And thus, sport culture would contribute to ending sexual and domestic violence in one generation.**

An interactive Theory of Change can be found at  
[RALIANCE.org/TheoryOfChange](https://RALIANCE.org/TheoryOfChange)



# STRATEGY MAP: SV/DV PREVENTION IN SPORT

This online portal provides an overview of various strategies that currently exist across the sport pipeline that contribute to the prevention of SV/DV. While this is not an exhaustive catalog of SV/DV prevention strategies that currently exist, it does provide us with a better overall view of what strategies exist, where they exist, and where there are gaps within the sport pipeline to prevent SV/DV. As an online resource, the Strategy Map (see Appendix C) will add new strategies as developed and strengthened.

## ABOUT THE SPORT PIPELINE

The 'sport pipeline' represents the stages at which individual and sport systems are built to support a particular developmental stage in sport (ex. youth leagues, high school teams, collegiate athletic programs, and professional clubs). Additionally, the sport system is organized in national, state or regional, and local levels, with independent organizations working directly or indirectly with other organizations at different levels (see Appendix A).

## ABOUT THE STRATEGIES TO PREVENT SEXUAL VIOLENCE

The strategies named in the sport pipeline aim to prevent SV/DV within sport and/or through the sport system. In the asset mapping exercise, 8 key strategies were identified in sport to prevent SV/DV:

1. Enforce Policy
2. Engage in Partnership
3. Join Communities of Practice
4. Build Champions
5. Provide Resources
6. Educate & Train
7. Measure Impact
8. Raise Awareness

Strategies that are listed do not necessarily represent evidence-based or best practice, but rather show the depth and breadth of approaches, programs, resources, etc. that are active with in the sport pipeline to prevent SV/DV.

## USING THE STRATEGY MAP

In order for SV/DV to be prevented in and through sport, **comprehensive strategies** must be implemented consistently and targeting every member of the sport community (see Figure 1).

The Strategy Map serves as a database from which to consider current strategies and build an individualized, comprehensive approach to SV/DV prevention in your own sport community.

The Strategy Map can be found at  
[RALIANCE.org/StrategyMap](https://RALIANCE.org/StrategyMap)

YOUTH  
(AGE 3-13)

HIGH SCHOOL  
(AGE 14-18)

COLLEGE  
(AGE 18-24)

PRO/INTERNATIONAL  
(24+)

CLUB

SCHOOL

CLUB

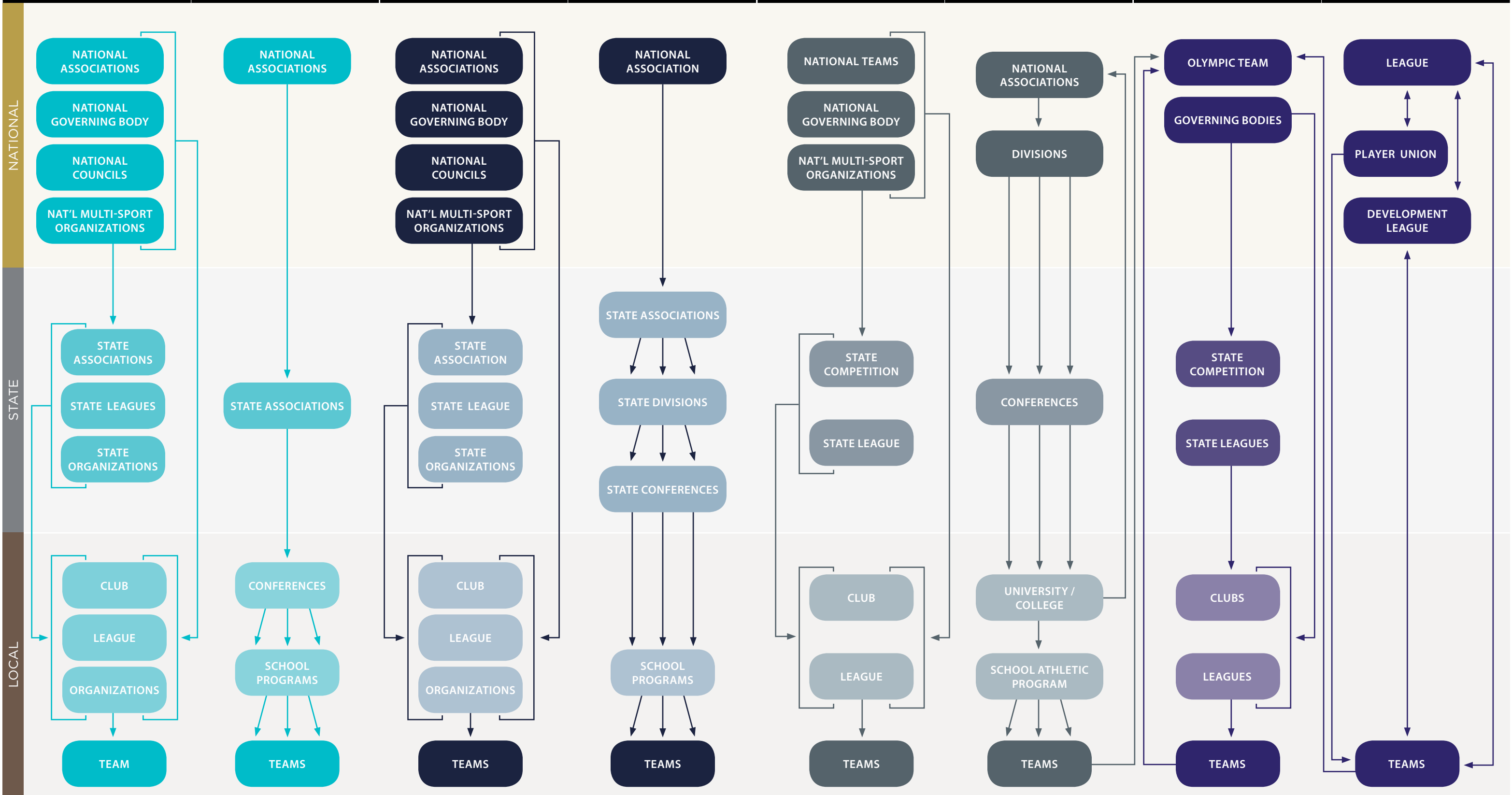
SCHOOL

CLUB

SCHOOL

CLUB

EMPLOYMENT





PROBLEM

Sexual violence and domestic violence is a pervasive problem throughout the United States.<sup>1</sup> As a central component of American society, sport must respond to and prevent sexual and domestic violence because:

- 1 Sport cultures and environments contribute to sexual violence and domestic violence.<sup>30</sup>
- 2 Sport has not realized its potential to prevent sexual and domestic violence.

VISION

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 and domestic violence in one generation.



WHO: TARGETS

WHAT: OUTCOMES

HOW: STRATEGIES

WHY: IMPACT



Equip **Athletes**



Engage **Families & Communities**



Mobilize **Coaches & Administrators**

INDIVIDUAL

SHORT-TERM: EDUCATE

**PARTICIPATE**

Trainings, activities, workshops

**KNOW**

Expectations for character, respect, SV/DV

**LEARN**

Respectful relationships, SV/DV prevention

**SHIFT ATTITUDES**

Gender socialization, commitment to team and values

MEDIUM-TERM: PRACTICE

**PLAY DEFENSE**

**SPEAK OUT | INTERRUPT**

Unhealthy, disrespectful, violent conduct

**PLAY OFFENSE**

**REINFORCE VALUES | STANDARDS UPHELD**

Health and well-being, respect, gender equitable conduct

**TAKE LEADERSHIP**

Mentor, model values

LONG-TERM: MASTER

**THRIVING INDIVIDUALS**

Character, well-being, healthy relationships

**ACTIVE BYSTANDERS**

Accountability, uphold standards and expectations

**REINFORCE POSITIVE CULTURE**

Gender equity, responsibility, respect

**PREVENT SEXUAL & DOMESTIC VIOLENCE**

There are 8 key strategies that currently exist across the sport pipeline.



Engage in Partnerships



Enforce Policy



Join Communities of Practice



Build Champions



Provide Resources



Educate & Train



Measure Impact



Raise Awareness



SPORT IS AN AVENUE FOR CHANGE

**DEVELOP HEALTHY PEOPLE, TEAMS, & COMMUNITIES**

Well-being, relationships

**LIVED VALUES**

Gender equitable, character, health and safety

**END SEXUAL & DOMESTIC VIOLENCE**



SPORT IS A PLATFORM FOR CHANGE

**POSITIVE SPORT CULTURE CHANGES SOCIETY**

Respect, character, responsibility, commitment to community

**SPORT INDIVIDUALS HAVE POSITIVE INFLUENCE IN SOCIETY**

Healthy, respectful, gender equitable relationships, accountability

ORGANIZATION

SHORT-TERM: ESTABLISH

**ALIGN POLICIES & PRACTICES**

Inventory policies, assess practices

**BUILD PARTNERSHIPS**

Leverage resources, connect with content experts

MEDIUM-TERM: SUSTAIN

**PLAY OFFENSE**

**FOSTER POSITIVE CULTURE**

Healthy, respectful, gender equitable

**PLAY DEFENSE**

**SUPPORT SURVIVORS | RESPOND TO SV/DV**

Validate, provide access, address harmful behavior

LONG-TERM: EMBED

**MAINTAIN A THRIVING SPORT CULTURE**

Comprehensive strategies, effective character development

**SAFE ENVIRONMENT**

Response to SV/DV, support provided

**COLLECTIVE IMPACT**

Leverage resources, strong partnerships



Strengthen **Organizations & Leagues**

# USE THE STRATEGY MAP TO:

1

Explore current SV/DV strategies in sport.

2

Find specific programs and resources for each key strategy.

3

Build comprehensive SV/DV prevention approaches that include all 8 strategies.

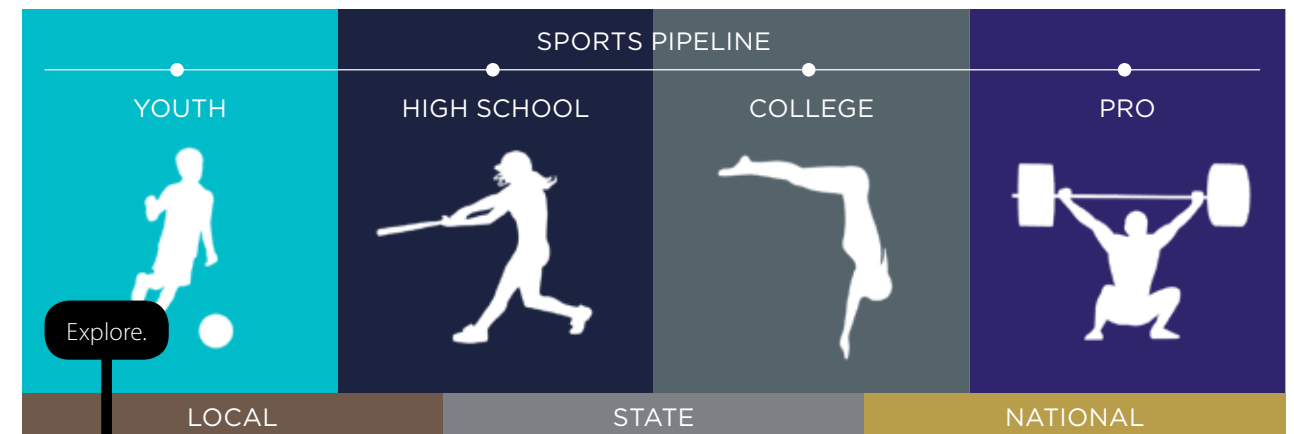
4

See what strategies precede or proceed your work in the sport pipeline to build a consistent SV/DV prevention plan.

There is no single program or resource that will end sexual and domestic violence (SV/DV) in sport. Therefore, comprehensive strategies must be implemented to reach this goal.

This Strategy Map provides an overview of strategies that are being implemented throughout the sport pipeline that contribute to the prevention of SV/DV.

## WHAT SV/DV PREVENTION STRATEGIES EXIST ALREADY IN SPORT?



## WHAT ARE THE SV/DV STRATEGIES SPECIFICALLY FOR YOUTH SPORT?

	Engage in Partnerships	Enforce Policy	Join Communities of Practice	Build Champions	Provide Resources	Educate & Train	Measure Impact	Raise Awareness
NATIONAL	6	6	8	15	15	13	3	1
STATE	5	4	6	9	10	4	2	1
LOCAL	10	7	8	23	30	28	4	1

Click a number to explore specifics by geographical area and strategy.

## WHAT ARE THE SV/DV PREVENTION EDUCATION AND TRAINING STRATEGIES FOR YOUTH SPORT AT THE STATE LEVEL?

[Youth/State Educate & Train](#)

- [Coaching Boys into Men Program](#)  
*Futures Without Violence*
- [MEND Toolkit For Coaches](#)  
**MEND**
- [MEND MEND](#)
- [Positive Coaching Alliance Resource Center](#)  
*Positive Coaching Alliance*

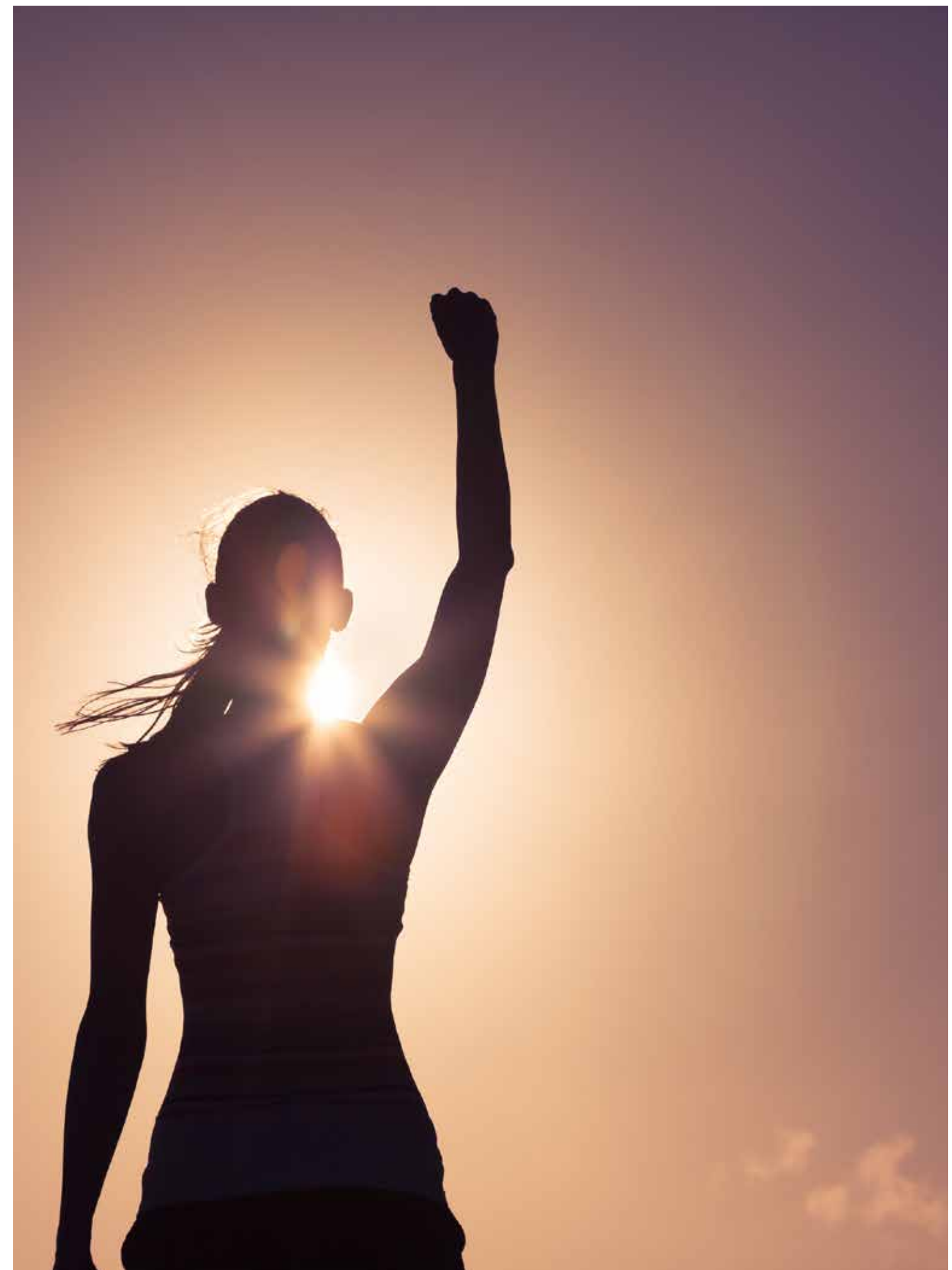
Read more and explore websites with even more information.

Print strategies to view all options.

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