

RESPECT! Tips for Coaches

A CALL TO COACHES

Many people judge athletic accomplishments by counting wins and losses; but to coaches like *you* a legacy is truly defined by the number of lives you are able to impact.

Today we invite you to help usher in an era of renewed responsibility. You have a unique position to shape lives and, in doing so, help shape a world free of relationship violence against women.

Domestic and sexual violence are pervasive problems that affect all of us, including your athletes. By helping your athletes understand and embody the core value of respect, you can help your players build healthy relationships for themselves and become leaders and role models in their school and society.

WHAT CAN COACHES DO?

As a coach you are in a position to directly influence the attitudes of your athletes and to help transform the disrespectful perceptions of women and girls that are at the heart of this tragic problem.

- **Be prepared.** Relationship abuse is actual or threatened acts of physical, sexual, psychological, and verbal harm. It can include controlling what someone does or where they go, isolating them from their friends or family, and intimidating or threatening someone. It also includes hitting, slapping, pushing, or forcing someone to do something sexual.
- **Know your school's policies.** Be aware of mandatory reporting requirements that apply to you and notify your school counselor if you suspect abuse.
- **Coach RESPECT!** Tell your athletes that you believe in treating women and girls with respect. Let them know that while you're focusing on their development as athletes, you're also focusing on their development as young men. This includes how they carry themselves and how they treat others on and off the field.
- **Listen.** Listen to what your athletes tell you and what you see and hear. Let them know you care and are paying attention.
- **Spread the word.** Tell your fellow coaches and school administrators about the importance of preventing relationship abuse. Start the *Coaching Boys into Men* program in your school today!

COACHING BOYS INTO MENSM

The *Coaching Boys into Men Coaches Leadership Program* is a Futures Without Violence initiative that trains and equips coaches of male athletes with tools and resources to discuss the importance of respect for women and girls with their athletes, and stress that violence doesn't equal strength. The program includes "teach-easy" tactics and teachable moments that illustrate ways to role model and promote healthy relationships among youth. Weekly trainings that address respect, integrity and non-violence, are provided for you to lead this program with your athletes. Start by downloading the Coaches Kit today at www.coaches-corner.org!