



### **About the Program:**

Athletes As Leaders (AAL) is a program for high school athletes on girls' sports teams. The program aims to empower youth to take an active role in challenging stereotypes, promoting healthy relationships and creating a safe and welcoming community for all. AAL 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. To learn more, and to access facilitation guides and trainings, visit [www.AthletesAsLeaders.org](http://www.AthletesAsLeaders.org).

### **Program Sessions:**

Pre-Season: Returning Athletes & Team Building

1. Introductions & Group Agreements
2. Understanding Privilege & Oppression
3. Challenging Harmful Stereotypes
4. Addressing Misinformation & Bias
5. Unpacking Beauty Standards
6. Ending Rumor Spreading & Shaming
7. Promoting Consent
8. Fostering Healthy Relationships
9. Building Community
10. Celebrating Our Successes

### **Athletes As Leaders was Created by:**

Harborview Abuse & Trauma Center, Seattle, WA

**UW Medicine**

HARBORVIEW  
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The Athletes As Leaders Community: Advocates, Mentors, Coaches and Athletes

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