

Athletes As Leaders™

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, building a positive girl culture within their team, and ending sexual violence. During ten 20-minute sessions led by a trained mentor, athletes discuss the root causes of violence and generate new social norms for their team.

During the 2017-18 school year, high school sports teams across the nation were recruited to participate in an evaluation of the program conducted by researchers at the University of Pittsburgh. Participating athletes completed pre- and post-program surveys, which were analyzed for changes in attitudes and beliefs.

PARTICIPANTS SAY...

"Girls are, and can be, more than what stereotypes say. You have a bigger voice than you think."

"Athletes as Leaders made us great leaders in the school and made the school a better social environment."

"Girls are powerful, and can do anything!"

"Girls should be sticking up for other girls and not tearing them down because we are all in this together."

"I learned it's up to us to change the stereotypes."

NATIONAL EVALUATION RESULTS

2017-2018 SCHOOL YEAR

268 ATHLETES



ON 12 TEAMS



IN 8 STATES



SURVEY RESPONSES SHOW STATISTICALLY SIGNIFICANT CHANGES:

IMPROVED ABILITY TO IDENTIFY ABUSIVE BEHAVIORS

Survey questions include:

"How abusive is this behavior in a relationship:

- "Someone making fun of somebody in front of other people?"
- "Someone spreading sexual rumors about somebody?"

IMPROVED BELIEF IN GENDER EQUITY

Survey items include:

- "Girls should have the same freedoms as guys."
- "It's alright for a girl to ask a guy out on a date."

INCREASED SELF-IMAGE AND CONFIDENCE

Survey items include:

- "I feel I can challenge the stereotype that girls are weak and inferior."
- "Our team can help create a safe and welcoming school environment."

FOR MORE INFORMATION

AthletesAsLeaders.org