



About the Program:

Athletes As Leaders (AAL) is a gender-inclusive program designed for high school athletes on girls’ sports teams. The program aims to empower student athletes to take an active role in promoting healthy relationships and ending sexual violence. Athletes As Leaders 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. The program is designed to be used in conjunction with programs with intentional efforts to engage men and boys, and athletes on boys’ sports teams.



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

Program Principles:

Athletes are encouraged to lead by example in their community and to promote:

- [Health & Safety] [Inclusive & Welcoming Community] [Empathy]
- [Consent] [Gender & Racial Equity] [Youth Leadership]

To access the program, toolkits and training, find us at www.AthletesAsLeaders.org