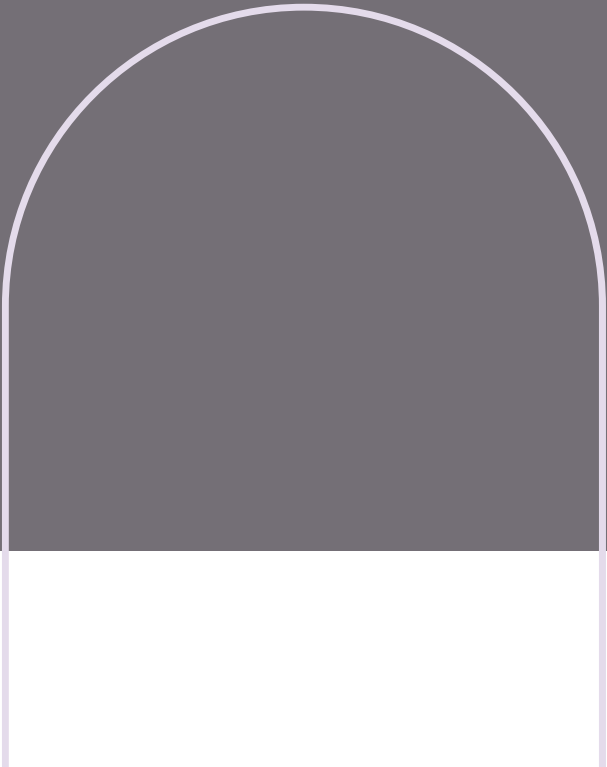


THE PRESEASON CHAT

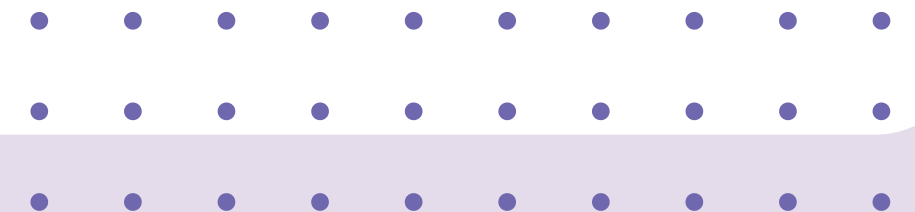
Athletes As Leaders offers preventative approach to hazing on high school teams

Ellie Greenberg

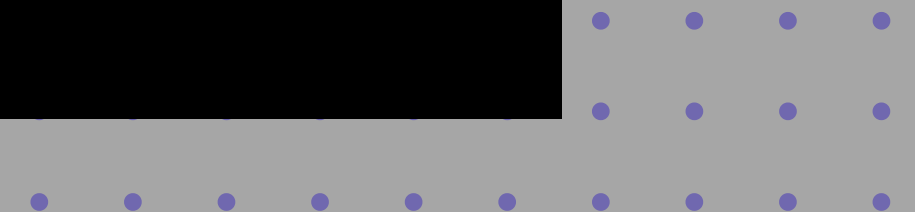
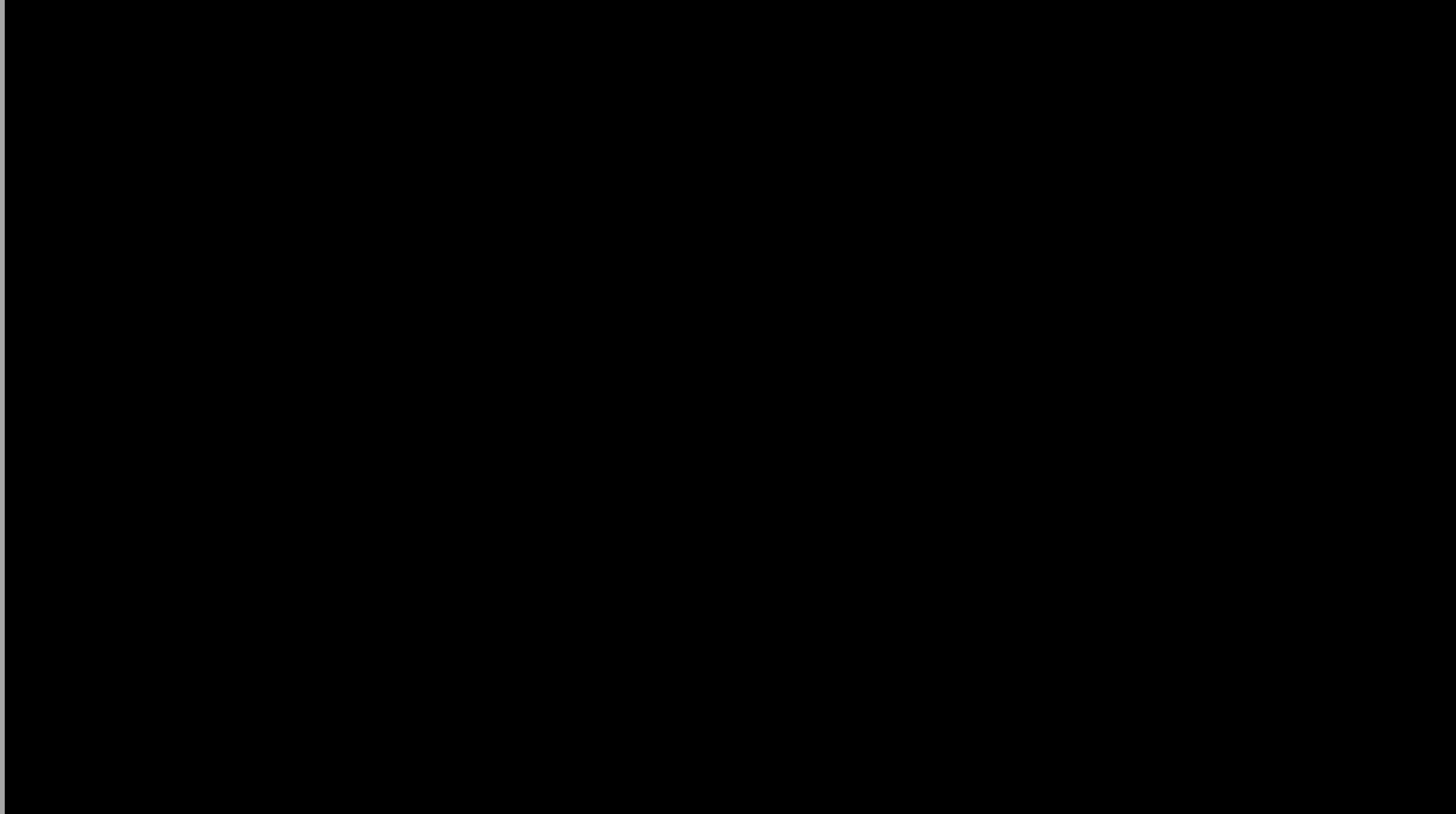


ATHLETES AS LEADERS

- Empowering student athletes to be leaders in school and beyond
- High school athletes on girls' sports teams
- Based on research and best practices in sexual assault prevention
- Recommended to be a complement to prevention programs that intentionally engage boys' teams



ATHLETES AS LEADERS

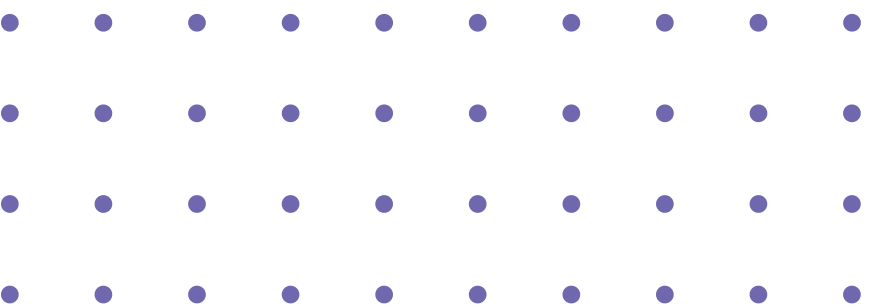


THE PROGRAM

10 topics

20 minutes

1 X week



THE PROGRAM

Session 1

Pre-Survey

Topic: Introductions & Group Agreements

For Reference: AAL Core Principles

Session 2

Topic: Understanding Privilege & Oppression

Optional Video: "Sometimes You're a Caterpillar"

Session 3

Topic: Challenging Harmful Stereotypes

For Reference: Oppression Chart & Glossary

Session 4

Topic: Addressing Misinformation & Bias

Session 5

Topic: Unpacking Beauty Standards

Session 6

Topic: Ending Rumor Spreading & Shaming

Session 7

Topic: Promoting Consent

Optional Video: "Consent is Everything"

Session 8

Topic: Fostering Healthy Relationships

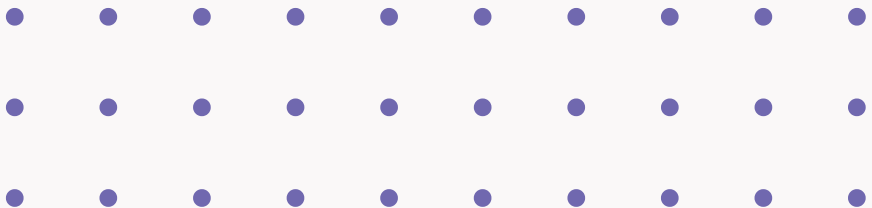
Session 9

Topic: Building Community

Session 10

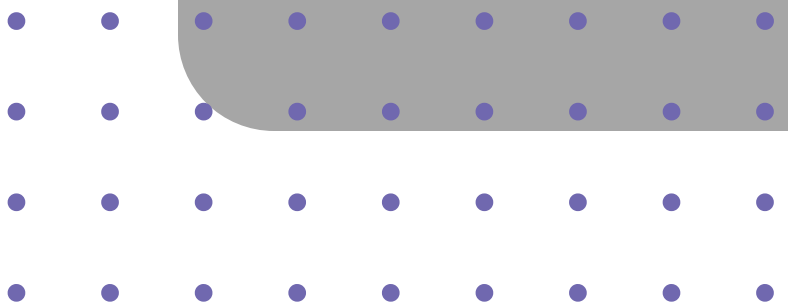
Topic: Celebrating Our Successes

Post-Survey



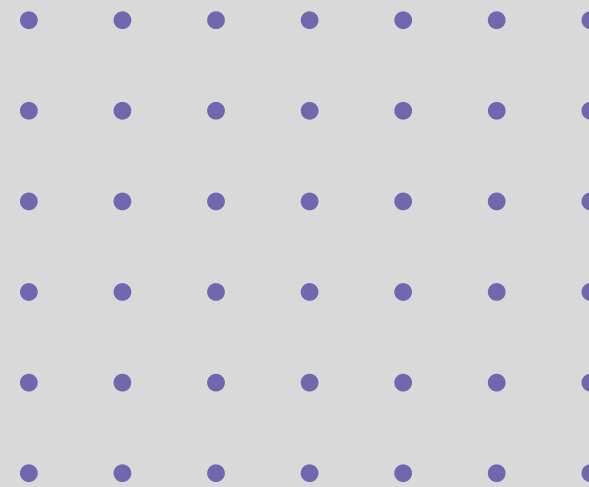
A PREVENTATIVE APPROACH TO HAZING:

THE PRESEASON CHAT



Returning Athletes & Team Building

- Returning athletes or team leaders
- 20 minute conversation
- Coach leads discussion
- Stand alone or before AAL implementation
- Teams of all genders



Preseason Session: Returning Athletes & Team Building

Prep Before Session:

Make Sure You Have:

- Unlike sessions 1-10, this preseason session is intended to be with only returning athletes. Determine who the returners are, also referred to as veteran players or sophomores/juniors/seniors.
- Review the definition of hazing:
Hazing is any activity expected of someone joining or participating in a group that humiliates, isolates, abuses, downgrades, or endangers them, regardless of a person's willingness to participate. (Adapted from stophazing.org)
- Have a way to document brainstorming team building activities.

Review Key Messages:

- Team leaders are responsible for creating a safe and welcoming environment for new teammates.
- Team leaders play a key role in preventing harm. This includes harm that happens on and off campus, within or beyond sports, and online. Hazing, assault, emotional abuse, bullying, and harassment will not be tolerated.
- Creating new traditions helps build team bonding and growth.

Warm Up

Introduce Topic: (2 min)

Welcome back to the team! I am really excited about our team this year and all we will accomplish together. Forming a new team is an exciting opportunity to reflect on past years. Let's be intentional about the group environment we want to build and maintain this season.

As returning athletes and team leaders, you all have experience that the new members do not. You know what to expect from me as a coach. You have practice with balancing homework and our season's busy schedule. You have a history of

KEY MESSAGES

01. Team leaders are responsible for creating a safe and welcoming environment for new teammates.
02. Team leaders play a key role in preventing harm. This includes harm that happens on and off campus, within or beyond sports, and online. Hazing, assault, emotional abuse, bullying, and harassment will not be tolerated.
03. Creating new traditions helps build team bonding and growth.

DISCUSSION QUESTIONS

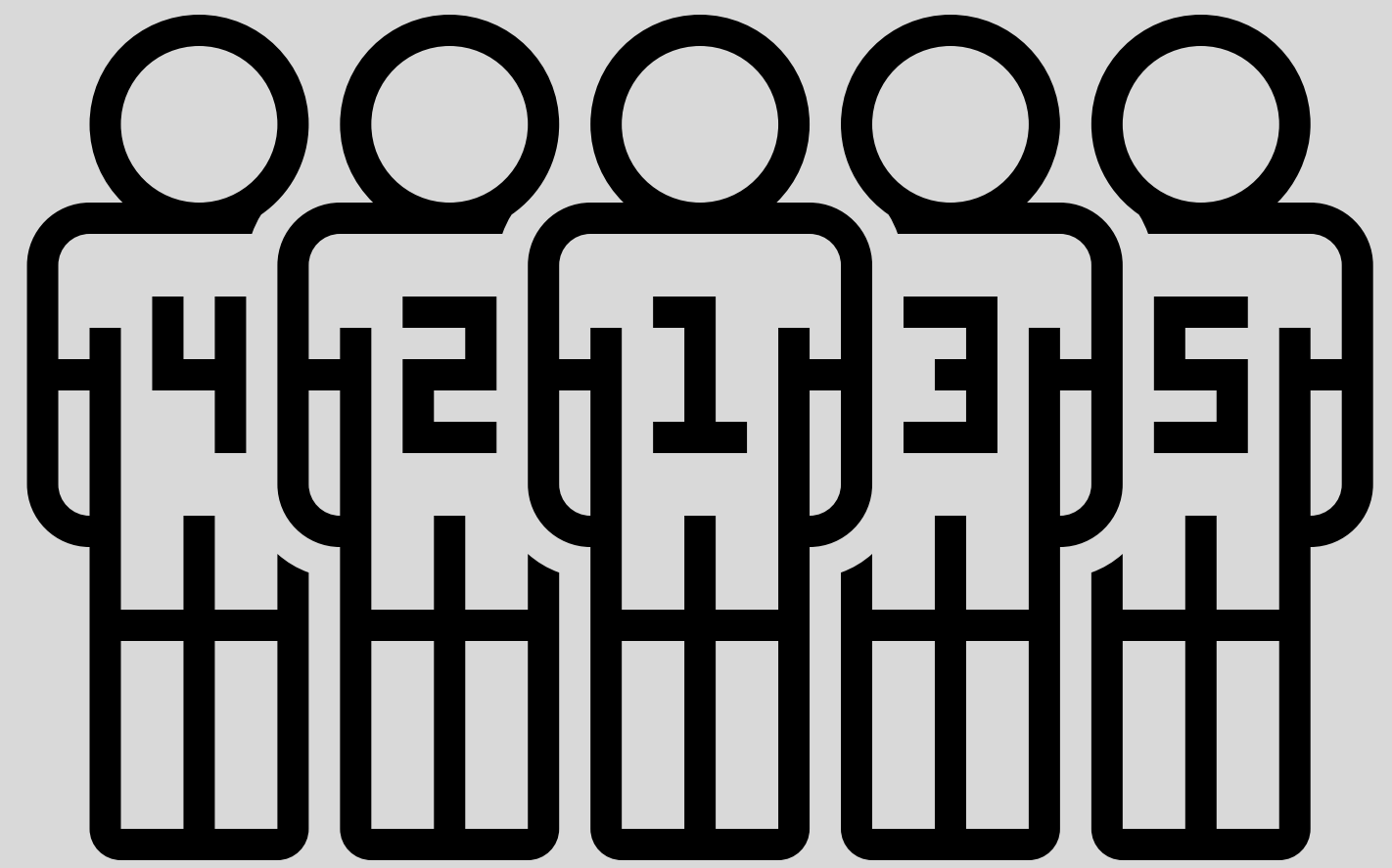
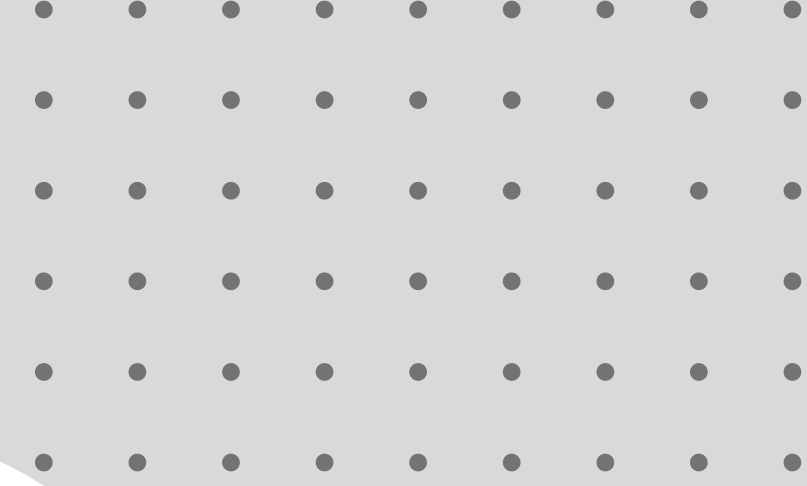
① **What would make you feel welcomed if you were a new player?**

② **As a leader on this team, what type of team culture do you want to promote? What type of team culture do you want to avoid?**

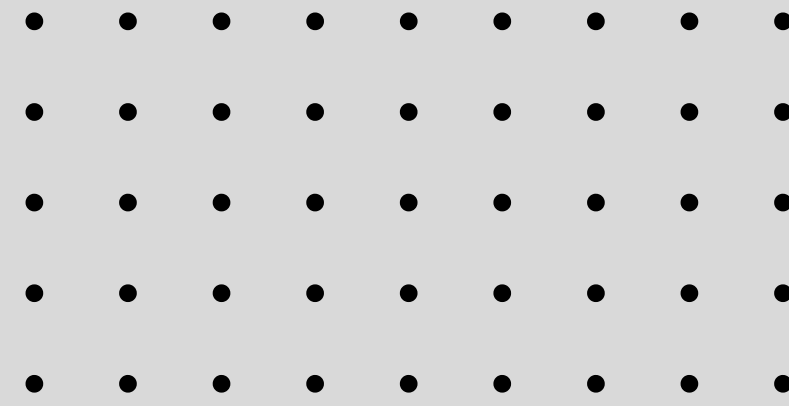
TEAM TALK

- ① **Do we have any traditions on this team? What do we like or not like about them?**
- ② **What are some healthy team building activities that we can plan for this season?**
- ③ **There will be times when you are all together as a team without any coaches. What are some ways that you can create a safe and welcoming environment without adults present?**

PILOT SITE



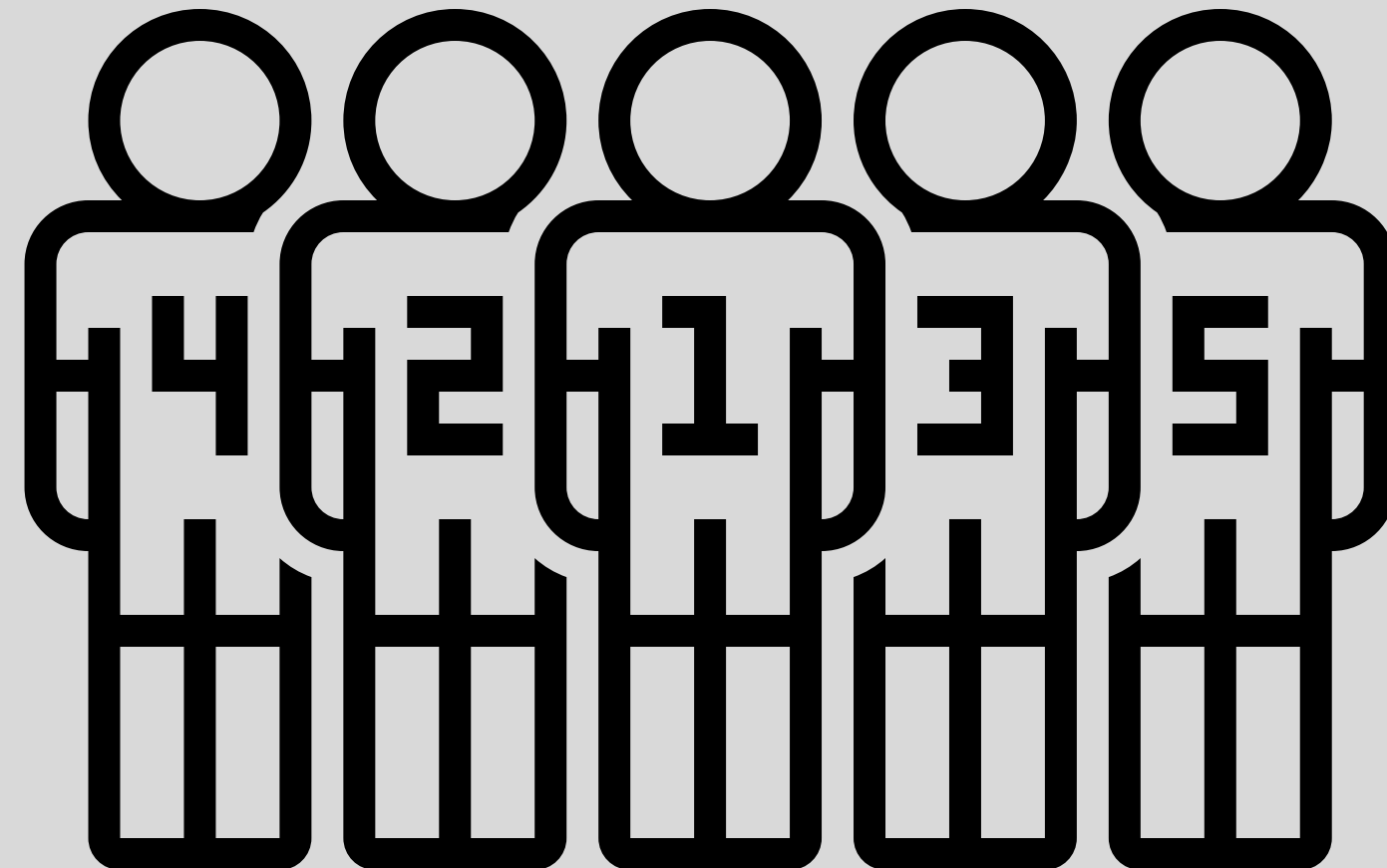
PILOT SITE



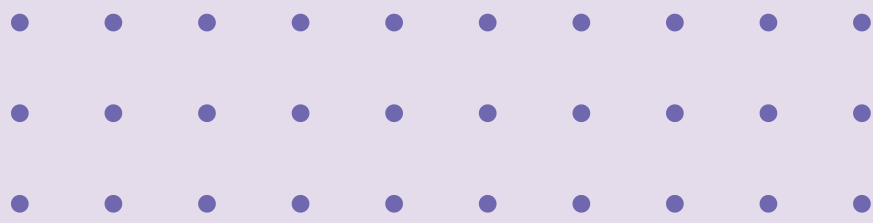
As a leader I want to promote a culture of positivity. When I was younger the seniors called the freshman names and I don't want to do that anymore

I like when we have team dinners but I also wish we could have one big table so starters are sitting with everyone else

I felt welcomed on this team as a freshman when older players helped me with homework and encouraged me at practice



As a leader I want to set a good example for the younger players. I remember how one negative senior affected the whole team culture



THANK YOU!

RESOURCES:

athletesasleaders.org

stophazing.org

teamupwa.org