



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.

Program Sessions:

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



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A Special Thank You To:

Garfield High School, Seattle, WA and Principal Ted Howard
The athletes and coaches of girls' sports teams at Garfield High School, Seattle, WA
Our original pilot groups and Advisory Board at Garfield High School:
 2015-17 Girls' Basketball Teams and Coaches Joyce Walker & Lee Adams
 2015-17 Girls' Wrestling Teams and Coaches Jolynn Wynn & JL Williams
Jayneka Howard
Sara Miller
Kendall Burwell
Jacky Hoang
Laura Harrington
Azure Savage
Kelly Meinig
Dr. Elizabeth Miller & Summer Miller-Walfish, University of Pittsburgh
The Coaching Boys into Men National Advisory Board Sub-Committee
Our National Pilot and Evaluation Sites: 2017-2019
The Athletes As Leaders Community: Advocates, Mentors, Coaches and Athletes

The development of the program was made possible by support from our funders:

Office of Crime Victims Advocacy, Department of Commerce, State of WA: *This publication was supported by the Grant or Cooperative Agreement Number UF2 CE002450-03, funded by the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention or the Department of Health and Human Services.*

Raliance: *This document was supported by a grant from Raliance, a collaborative initiative to end sexual violence in one generation, made possible through a commitment from the National Football League (NFL). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the NFL.*