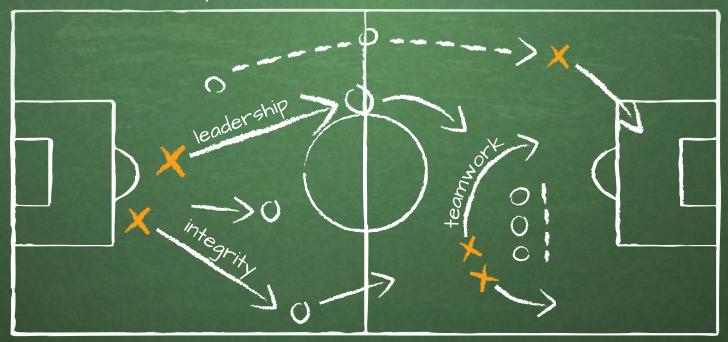
### AS A COACH, YOU TEACH MORE THAN A SPORT.



How can you help young athletes show respect for their peers?

)



**Teach your athletes** that derogatory jokes may seem harmless, but they maintain environments that support disrespect and, in some cases, violence. These comments can shape long-term attitudes that may lead members of your team to think it's acceptable to hurt others.

#### Help the next generation foster healthy attitudes:

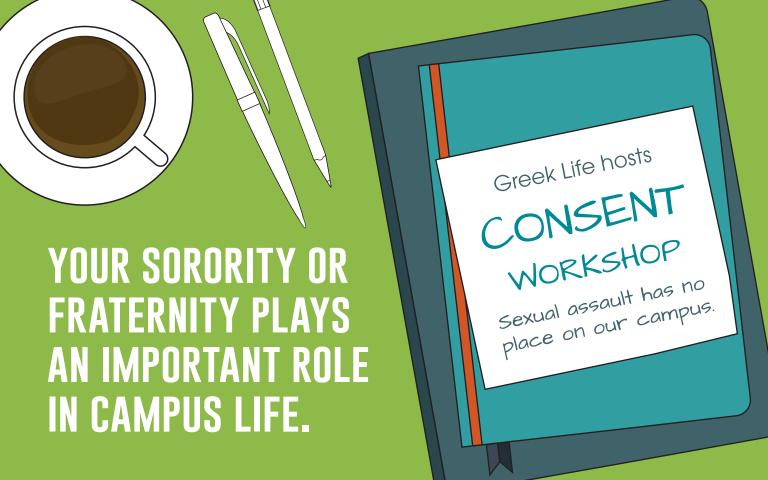
- Set clear expectations for your players. For example, have a code of conduct that outlines consequences for catcalling or players using gender or sexual orientation as an insult.
- Address inappropriate behaviors and turn them into teachable moments.
- Encourage your team members to recognize and confront hurtful behavior, even if it comes from teammates.

#### RESOURCES

Coaching Boys Into Men: www.coachescorner.org
The #TeachEarly Playbook: www.teachearly.org
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## ARE SEXUALLY ASSAULTED WHILE IN COLLEGE IT DOESN'T HAVE

#### RESOURCES

Consent Discussion Guide: bit.ly/ConsentHandout

#### You know sexual assault on college campuses is a major problem.

But it doesn't have to be this way. Your sorority or fraternity has a lot to offer – use your leadership and resources to help prevent sexual violence on campus. When your organization promotes equality, respect, and accountability, it helps create a safer space for everyone.

#### Support an equal and safe campus community:

- Sponsor campus-wide awareness events that focus on consent, healthy sexuality, and bystander intervention.
- •Partner with other groups on campus or in the local community that support equality, such as LGBTQ organizations, your campus women's center, or local rape crisis centers.
- •Educate members about what enthusiastic, affirmative consent looks like.\*
- Step in and speak up when you hear rape jokes, see sexual harassment, or observe situations where consent hasn't been or cannot be given.
- ·Sign the It's On Us pledge\*\*
  - \* bit.ly/Consent101
  - \*\* itsonus.org/#pledge\_open © NSVRC 2017. All rights reserved.











## — YOU ARE — A SURVIVOR

**You know a survivor.** You might be the first person someone tells immediately after being sexually assaulted. A survivor might also wait weeks, months, or even years to share what happened. Both are common reactions. If someone you know tells you their story, here are examples of supportive things you can say:

I believe you. Thank you for telling me. It wasn't your fault. You did nothing wrong. I am here for you. You are brave. You are never alone. How can I help?

**You are a survivor.** Everyone heals in their own time and their own way, and the path isn't always a straight line. You don't need to do it alone – you can:

- •Read or share messages of encouragement here: #SupportSurvivors
- Join an online survivor group\*
- •Connect with your local rape crisis center for resources\*\*
- \*bit.ly/OnlineSurvivorResources
- \*\*bit.ly/CoalitionDirectory

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What did she expect?

Sexual assault is NEVER the victim's fault.

EVERYONE CAN HELP ADDRESS AN ONLINE CULTURE THAT TOLERATES RAPE.





#### Sexual violence undermines the values of strong communities.

Online comments that blame victims contribute to a broader climate in which sexual violence is tolerated and not taken seriously.

#### Help end rape culture by taking action online:

- Believe and support survivors. For example, thank survivors for sharing their stories in the comments.
- Respond to victim-blaming, rape jokes, or other problematic comments on social media:
  - -Post a response like, "Sexual assault is never the survivor's fault."
  - Refocus accountability on the individual(s) who committed sexual abuse.
- •Link to an educational resource about sexual violence prevention that you can find at nsvrc.org/publications.
- Promote Sexual Assault Awareness Month using the hashtag #SAAM. Sample tweet: April is Sexual Assault Awareness Month #SAAM. Find out how you can use your voice to change the culture: www.nsvrc.org/saam

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AS A FAITH LEADER, YOU CAN

PROMOTE HEALTHY RELATIONSHIPS.

SUPPORT SURVIVORS.

FOSTER A CONGREGATIONAL CULTURE OF RESPECT FOR ALL.





#### RESOURCES

Faith Trust Institute: www.faithtrustinstitute.org Religious Institute: www.religiousinstitute.org Organizational Assessment for Faith Communities: bit.ly/FaithResource Safe Church: www.safechurch.com As a leader of a faith community, you help set the tone for how your community responds to this issue. One of the most important things you can do is be prepared to address sexual violence in your congregation.

#### Support survivors and prevent sexual violence:

- •Believe survivors when they share their stories with you. Assure them it wasn't their fault, no matter the circumstances.
- Train staff, volunteers, and congregants to model healthy behavior and boundaries with adults and children.
- •Organize educational programs on topics like healthy relationships and healthy masculinity.
- Collaborate with and support your local rape crisis center. For example, post its contact information on bulletin boards.
- Create a victim-centered policy around safe ways for people who commit sexual harm to remain part of your congregation.

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#### Parents of young children

It's important to demonstrate healthy personal boundaries with your child early on. Age-appropriate lessons about boundaries and consent can help shape your child's values.

#### Support your child's healthy development:

- •Respect your child's right to make choices about their body. For example, don't make them hug someone they don't want to.
- •Encourage your child to respect the choices of others. For example, tell them to ask their friends if it's okay before giving hugs, holding hands, taking pictures, etc.
- Teach your child the correct names of all their body parts, including their genitals. This information empowers children to know their bodies and better understand development.

#### RESOURCES

A Safer Family. A Safer World: bit.ly/CSAFlipbook

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# DISCUSS HEALTHY SEXUALITY YOUR TEENAGER TO CONTINUE

#### Parents of young adults

As your son or daughter enters their teenage years, it's important to discuss healthy sexuality.

#### Help your teen develop healthy attitudes about sexuality:

- Talk openly about sexuality and development. Say things like, "It's normal to have a lot of questions. It might feel uncomfortable at first to ask but I'd rather you hear information from me."
- Practice how you could respond to questions that might make you uncomfortable. For example, what would you say if your daughter asked about birth control?
- •Look for opportunities in pop culture to continue the conversation about healthy relationships. For example, when you're watching TV together, point out examples of positive relationships.
- Talk frequently about consent. You can say, "Consent should be freely given. If you pressure someone, that isn't consent even if they haven't said 'no.' That applies in real life, online, and in texts."

#### RESOURCES

100 Conversations: www.100conversations.org



