



### **About the Program:**

Athletes As Leaders is a program for high school athletes on girls' sports teams. The program aims to empower youth to take an active role in challenging gender stereotypes, promoting healthy relationships and ending sexual violence. It 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 other programs with intentional efforts to engage men and boys.

### **Program Sessions:**

1. Introductions & Group Agreements
2. Challenging Gender Stereotypes
3. Privilege & Oppression
4. Self- Image & Standards of Beauty
5. Rumor Spreading
6. Relationships
7. Consent
8. Messages About Manhood
9. Promoting Positivity
10. Celebrating our Successes

### **Athletes As Leaders was created by:**

Harborview Center for Sexual Assault and Traumatic Stress, Seattle, WA

**UW Medicine**

HARBORVIEW  
MEDICAL CENTER

### **Authors:**

Rebecca Milliman, Lead Author

Jahtia Benton

Lisa Brooks

### **Created in collaboration with:**

Brian O'Connor, Futures without Violence

Yesenia Gorbea, Futures without Violence

Mo Lewis, National Sexual Violence Resource Center

Kat Monusky, Washington Coalition of Sexual Assault Programs

The Athletes at Garfield High School, Seattle, WA

## **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

Elise Morris

The Coaching Boys into Men National Advisory Board Sub-Committee

**Our first national pilot sites:**

2017 Track Team, Worland High School, Worland, WY

2017 Track Team, Lovell High School, Lovell, WY

2017 Tennis Team, Charles City High School, Charles City, IA

2017 Softball Team, Red River High School, Grand Forks, ND

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

Office of Crime Victims Advocacy, Department of Commerce, State of Washington

*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.*