

Athletes As Leaders



Session 9: Promoting Positivity

Make sure you have:

- Group agreements to refer to during "Warm Up" (only if needed)
- Technology to show YouTube video during "Work Out"
- Ball to throw during "Cool Down"

Warm Up

Introduce topic: (30 sec)

Welcome! Last session we talked about messages about manhood. Today we are going to talk about how we can create a culture that is more supportive to women and girls.


Introduce & show video: (4 min)

We are going to watch a video from Nike called "Dream Further." Often society tells us that women, or other groups who experience oppression, have to compete with one another to succeed. While watching the video, think about what the world would look like if we turned unhealthy competition and jealousy into support.

"Nike | Dream Further" (3:00)
https://youtu.be/D22_XZYUVek

Work Out

Discussion Questions: (5 min)

-  *In the video we see great examples of women who are supporting, encouraging and mentoring other women and girls. How is this the same or different from what you see in your community?*

- ❓ *Most of us have seen many examples of jealousy and girl-on-girl hate. Why does society give the message that women should see each other as competition instead of allies?*
- ❓ *As athletes, competition is often what drives success. What do you see as the difference between healthy and unhealthy competition?*

Talking Points: (5 min)

- » *Many athletes already practice showing love and support to each other. Think of the things you already do on your team, like motivating a teammate at practice, team cheers, huddles, and high fives. Think about how that positivity can be spread to the rest of the school.*
- » *We talked about how girls often hate on other girls out of jealousy. But if you're jealous of someone, it could actually mean you admire them. Think about checking your own feelings of jealousy, and how to turn that into admiration. It takes practice. It's okay to feel jealous, but try to practice saying things that you admire about someone else and see if that shifts your thinking.*
- » *There is a famous quote from Marian Wright Edelman: "You can't be what you can't see." Experts say having a positive role model or mentor can help a person succeed further in life. Part of being a student athlete is being a role model at this school. Think about your own mentors and how you can help create a supportive environment for women and girls through mentorship.*
- » **So here is a challenge for you:** *Think about a young person in your life who you could play a role in mentoring. Think about one personal quality that makes you a good mentor and another quality that you admire in someone else.*
- » **As student leaders and athletes,** *it is important for you to help create a culture that is more encouraging and empowering of one another. Admire what other people have instead of being jealous. It feels better, and you will be contributing to a positive environment at _____[name of high school].*

Cool Down

Team Talk: (6 min)

Now it is time for you to lead the Team Talk! Let's get in a circle and get ready to pass the ball. We are going to think of things that you can all do as student leaders & athletes. Hopefully these will be things everyone in the group can agree to do, when you are interacting with people on your team, at school, on social media, or in the community. We are hoping they will become the new team norms that will help you take action as leaders in the community.

This week we will address how you can better support each other and how to promote a culture that is more supportive to women and girls.

- ① *What are some ways you want your team to show love and support to each other?*
- ② *What are some things you can do to make social media a more supportive and positive space for yourself and others? [Possible answers: be authentic; compliment others on social media; share and comment on peoples' accomplishments; follow people you admire; keep it positive and don't make mean comments].*
- ③ *What can you do if you do have a friend who is hating on a certain girl and being disrespectful? [Possible answers: ask your friend why they feel that way, encourage your friend to just leave her alone, say positive things about the girl].*

Thank you for all of your great ideas to promote support and mentorship. I'm really looking forward to our last session next week. It's time to break for the day (or get to practice).

Close the circle with a team cheer.

