

Coaching Boys Into Men:

“Engaging Young Men/Boys Through Athletics To
Prevent Violence”

Futures Without Violence

The Community Violence Action Council (COMVAC)

Education/Prevention Committee

THEMES IN COMMON

- Kansas Social, Emotional, and Character Development Model Standards (SECD), 2012
- Eleven Principles of Character Education
- Dept. of Education – Guiding Principles for Improving School Climate and Discipline, 2014

KANSAS FACILITATORS

Brian Porch, DV Court Advocate

- **Community Violence Action Council (COMVAC) Board/Exec Committee**
- **Education/Prevention Committee, Chair**

**Andre Tyler, Deputy Court Administrator for
The District Court, Johnson County**

- **COMVAC Board/Exec Committee**
- **Education/Prevention Committee**

COMVAC – Education/Prevention

- **Johnson Co. Parks & Recreation**
- **City Of Olathe Parks & Recreation**
- **City of Gardner Parks & Recreation**
- **Johnson Co. District Court Administration**
- **SAFEHOME**
- **MOCSA**
- **Johnson Co. District Attorney's Office**

TODAY'S LEARNING OBJECTIVES:

- DESCRIBE THE VALUE OF **CBIM** AS TEAM BUILDING TOOL
- DEFINE ABUSIVE RELATIONSHIP BEHAVIORS & HEALTHY RELATIONSHIP SKILLS
- IDENTIFY HOW YOUR BEHAVIOR DEFINES YOUR INFLUENCE AS A ROLE MODEL
- USE **CBIM** CARDS TO FACILITATE DISCUSSION AND REFLECTION ON RELATIONSHIPS
- OUTLINE THE RESPONSIBILITIES REQUIRED OF A COACH TO RUN **CBIM**.

KANSAS COMMUNITIES Currently Teaching Coaching Boys Into Men

- St. Thomas Aquinas High School

Overland Park, KS

- Winfield High School

Winfield, KS

- Thomas Moore Prep-Marion

Hays, KS

- Hays High School

Hays, KS

- Western Plains High School

Ransom, KS

- Johnson Co. Parks & Rec

- Olathe, KS Parks & Rec

- Gardner, KS Parks & Rec

Now Training:

- JoCo Community College

- KCMO Public Schools

Tell us

What is your favorite thing
about coaching?

What Is Coaching Boys Into Men?

“CBIM is an evidence-based violence prevention program for athletic coaches designed to inspire them to teach their young male athletes about the importance of respect for themselves, others, and particularly women and girls.”

– Futures Without Violence.

- **Main focus – respect for women and girls.**
- **“Others” can incl. – respect for opponents, the sport, referees, teachers, parents and peers.**
- **Universal message – not gender specific.**

CBIM: AN EVIDENCE-BASED PROGRAM

AMERICAN JOURNAL OF PREVENTIVE MEDICINE

- July, 2013

One-Year Follow-Up of a Coach-Delivered Dating Violence Prevention Program

Background

Perpetration of physical, sexual, and psychological abuse is prevalent in adolescent relationships. One strategy for reducing such violence is to increase the likelihood that youth will intervene when they see peers engaging in disrespectful and abusive behaviors.

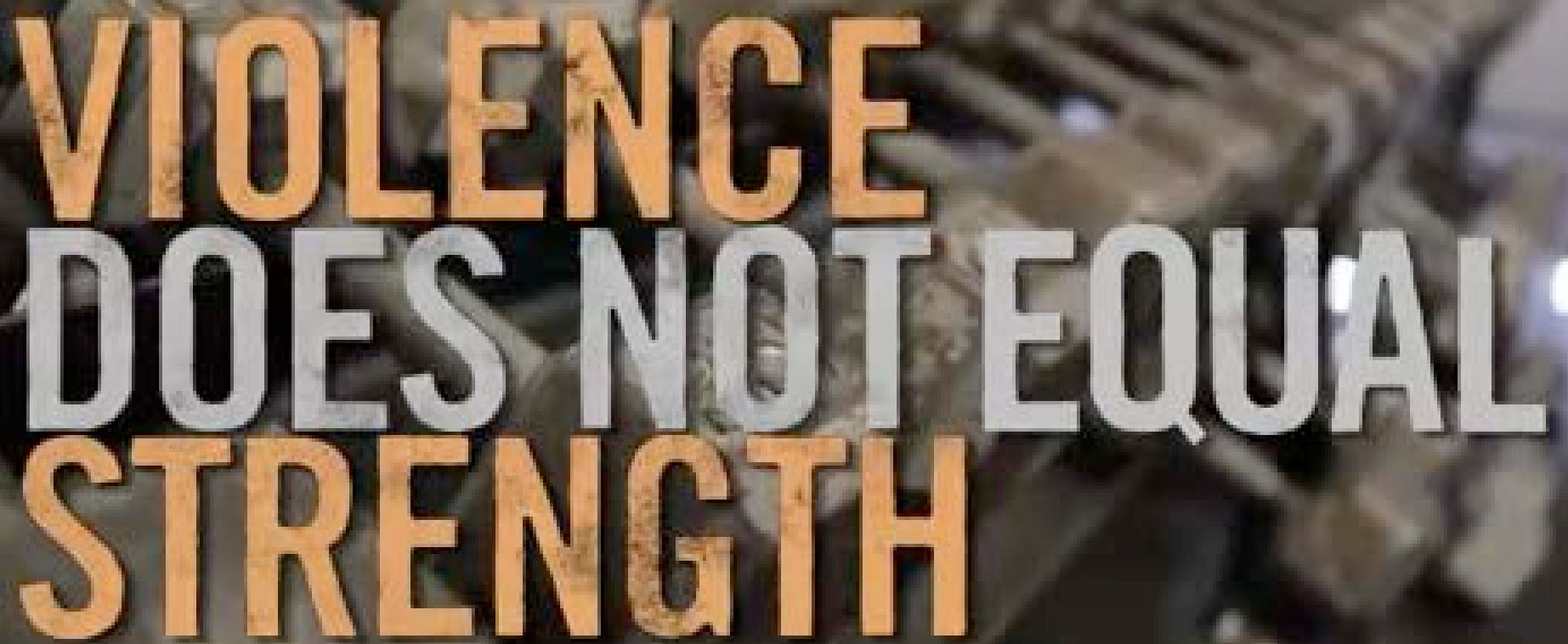
Results

Perpetration of dating violence in the past 3 months was less prevalent among intervention athletes relative to control athletes...

Intervention athletes also reported lower levels of negative bystander behaviors.

Conclusions

This school athletics–based dating violence prevention program is a promising approach to reduce perpetration and negative bystander behaviors that condone dating violence among male athletes.



**VIOLENCE
DOES NOT EQUAL
STRENGTH**

What is Coaching Boys into Men?

Builds strong teams and fosters healthy relationships among athletes and their peers

- **Defines abusive behaviors and teaches healthy relationship skills**
- **Sets expectations for acceptable behavior**
- **Leverages coaches' influence as role models to their athletes**

Fits into the sports season

- **12 lessons - just 15 min. discussion per week**
- **Choose any day of the week to conduct the training**

CNN Opinion Article

By Mark O'Mara

Wed December 3, 2014



“While I know... that domestic violence is not limited to female victims, the overwhelming percentage of domestic violence events are men using their physical strength to overpower women. It is an insidious assault upon our mothers, sisters, girlfriends and wives. As a society, we tolerate far too much of this type of abuse.”

“When we tell domestic abusers such as Ray Rice, in such a public way, that it's OK to knock out your wife and drag her out of an elevator, then we are telling everyone it's OK. We're telling the young boys and teenagers who wear Rice jerseys that hitting women is OK. Well, it's not OK.”

Year later, Jovan Belcher murder-suicide pain lingers

KANSAS CITY, MO (KCTV) -

A Chiefs player shot and killed himself in front of the head coach and general manager after allegedly killing his girlfriend Saturday morning.

The news would horrify the NFL, Kansas City and the nation. A year later, the pain, while softer, still lingers.

Why would someone who seemed to have everything... shoot his girlfriend nine times? Why would he drive...to the Chiefs' practice facility, thank then-coach Romeo Crennel and GM Scott Pioli for all they had done for him, and then put the gun to his head and pull the trigger?

[Eric] Winston said the incident made him more cognizant of the people in the locker room. **"They aren't just football players, they're people. They have real demons in their real lives, and it's important to be available, to ask, "Hey, what's wrong? What's up? Let's try to talk."**



Agree, Disagree, Unsure

The main goal of
high school sports
is to win games.

Building Strong Teams

**On-field
Training**

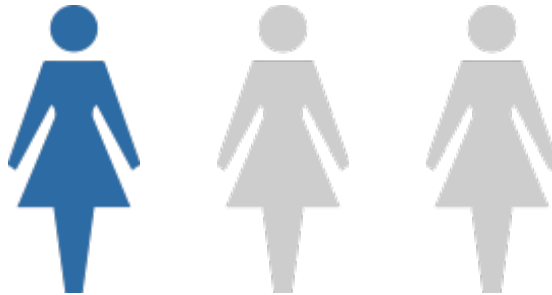
**Off-the-field
Leadership**

**COACHES
ARE
CRITICAL**

COACHING VALUES

- ✓ **SELFLESSNESS**
- ✓ **TEAMWORK**
- ✓ **INTEGRITY**
- ✓ **LEADERSHIP**
- ✓ **COURAGE**
- ✓ **HONOR**
- ✓ **RESPECT**

Prevalence



Approximately **1 in 3** adolescent girls in the US will experience physical, emotional or verbal abuse from a dating partner.

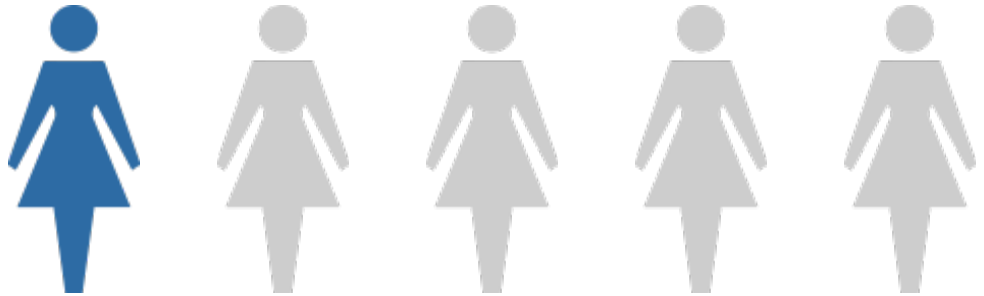


Impacts

Teen victims of *physical dating violence* are more likely to:

- Engage in risky sexual behaviors
 - Smoke
 - Use drugs
 - Consider or attempt suicide
 - Have unhealthy diet behaviors
 - Do poorly in school
- **1 in 3** teens reports **knowing a friend or peer** who has been physically hurt by a partner, but many of them don't know what do.

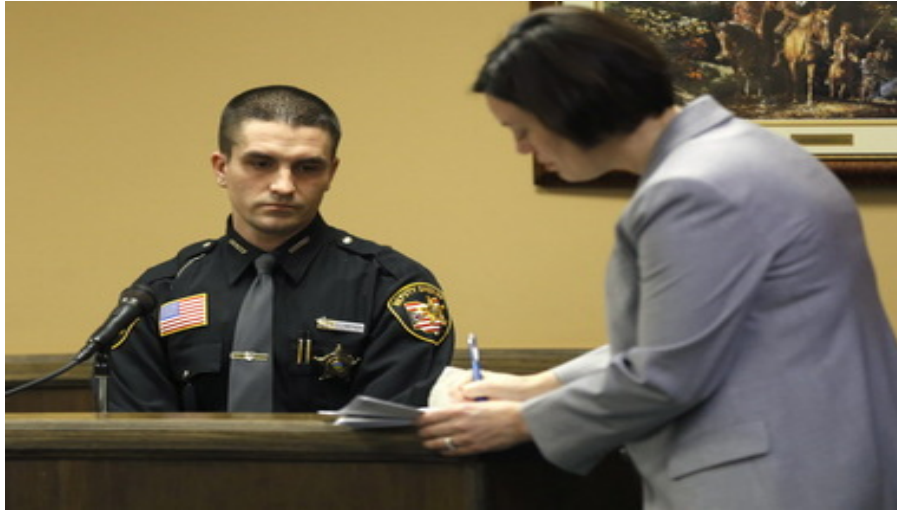
Prevalence



Nearly **1 in 5** women report being raped in their lifetime; almost half before the age of 18.



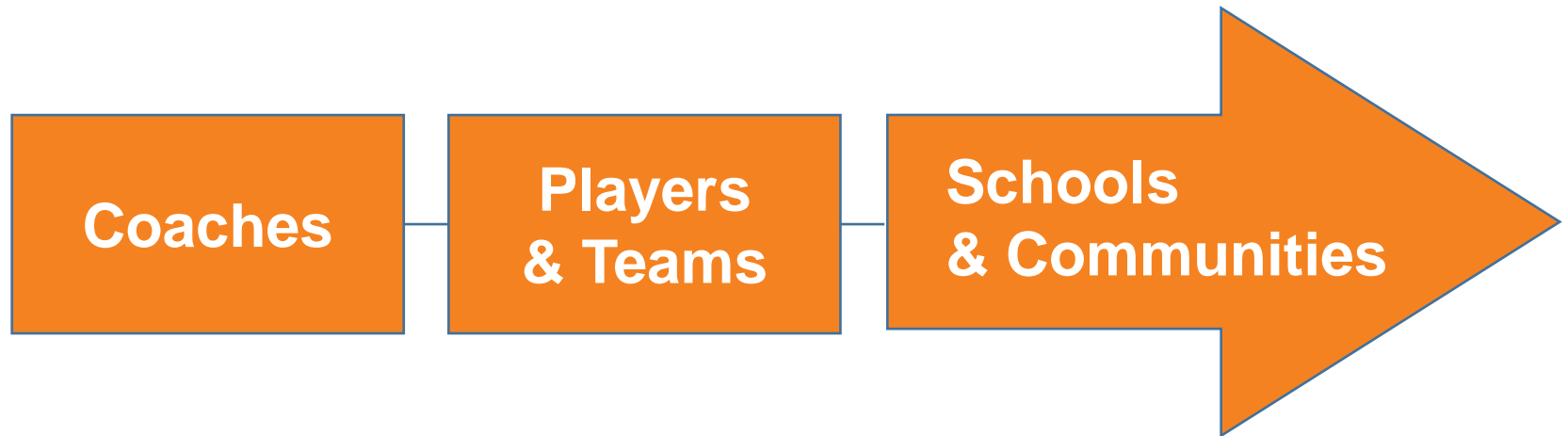
Steubenville rape case: Text messages show 1 defendant had talked to football coach about incident, state witness testifies



The **Steubenville High School rape** occurred in [Steubenville, Ohio](#), on the night of August 11, 2012, when a high school girl, incapacitated by alcohol, was publicly and repeatedly [sexually assaulted](#) by her peers, several of whom documented the acts in [social media](#).

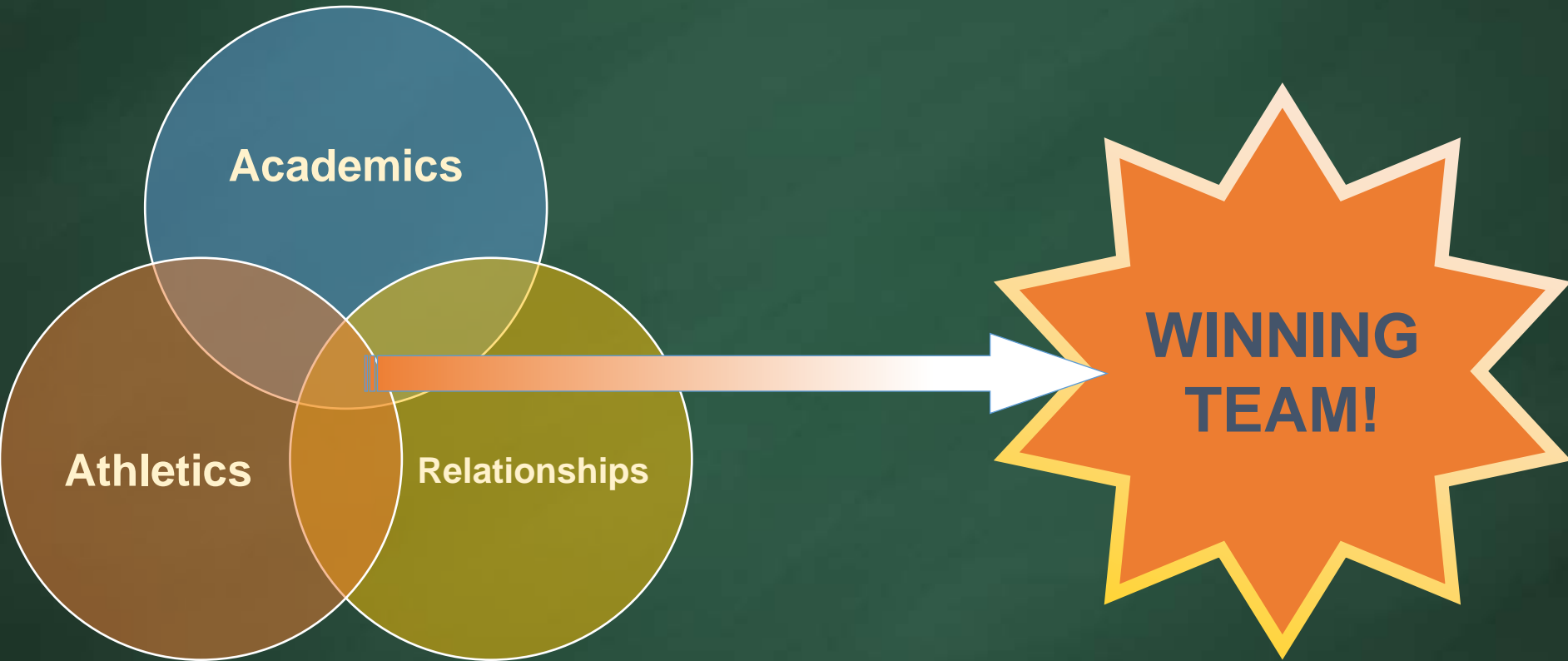
The jocular attitude of the assailants was documented on [Facebook](#), [Twitter](#), [text messages](#), and cell phone recordings of the acts. The crime and ensuing legal proceedings generated considerable controversy and galvanized a national conversation about [rape](#) and [rape culture](#). Two students and [high school football](#) players, Ma'lik Richmond and Trent Mays, both 16 at the time of the crime, were convicted in juvenile court for the [rape of a minor](#).

It starts with you

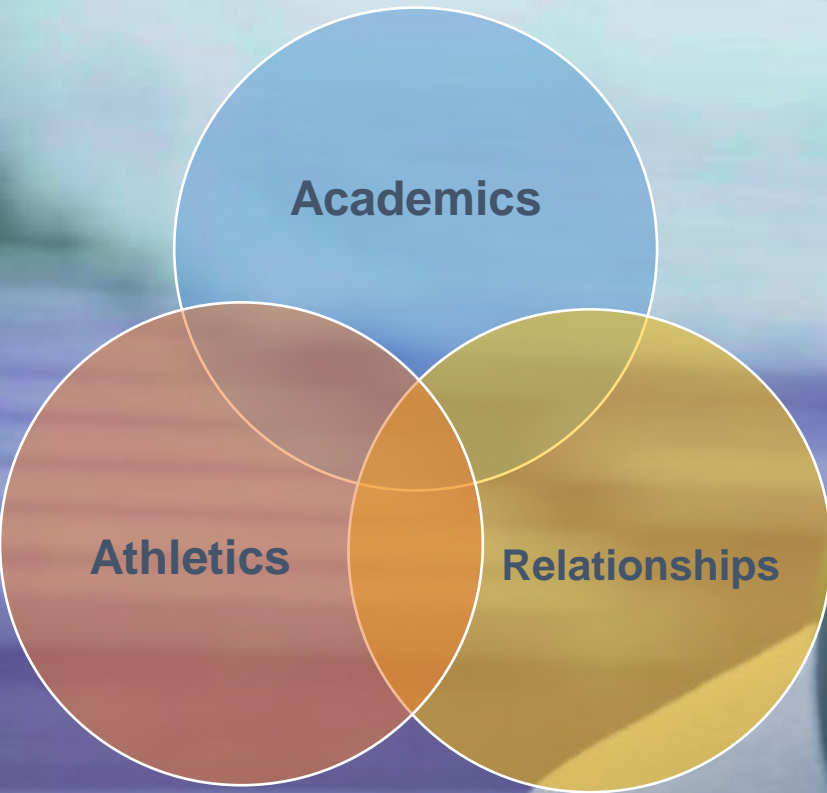


Coaches' actions and behaviors affect their players, teams, schools, and communities.

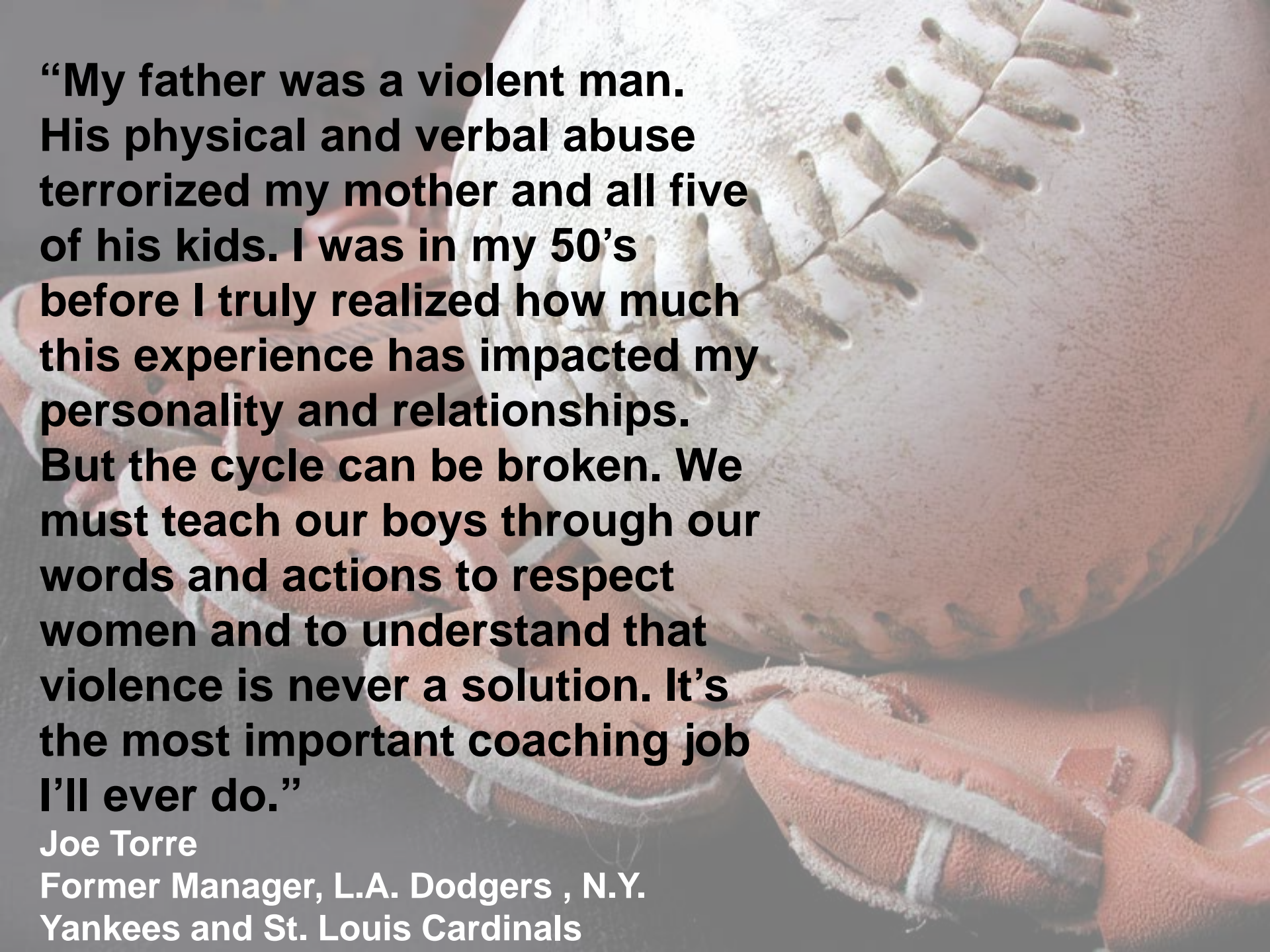
Building Strong Teams



Building Strong Teams




**COACH
SUPPORT IS
CRITICAL**



“My father was a violent man. His physical and verbal abuse terrorized my mother and all five of his kids. I was in my 50’s before I truly realized how much this experience has impacted my personality and relationships. But the cycle can be broken. We must teach our boys through our words and actions to respect women and to understand that violence is never a solution. It’s the most important coaching job I’ll ever do.”


Joe Torre

Former Manager, L.A. Dodgers , N.Y. Yankees and St. Louis Cardinals



“Let’s face it, the goal of sports is to dominate your opponent. Coaching Boys into Men provides a great platform for teaching young athletes that the aggressiveness that works in a game has no place in their relationships with women.”

**Mike Krzyzewski
Head Coach, Duke University**



Michael Jordan
has described coach
Dean Smith
as a “second father”
and long-time coach
Phil Jackson
as his friend.

Who was your most influential coach & why?



A young man and woman are shown in a close-up, low-angle shot against a bright blue sky with light clouds. The man, on the left, is wearing a grey t-shirt and looking down at the woman. The woman, on the right, is wearing a yellow tank top and looking up at the man. The text "Relationships Matter" is overlaid in orange on the man's shirt.

**Relationships
Matter**

Abusive Relationship Behaviors



Verbal
Physical
Emotional
Sexual

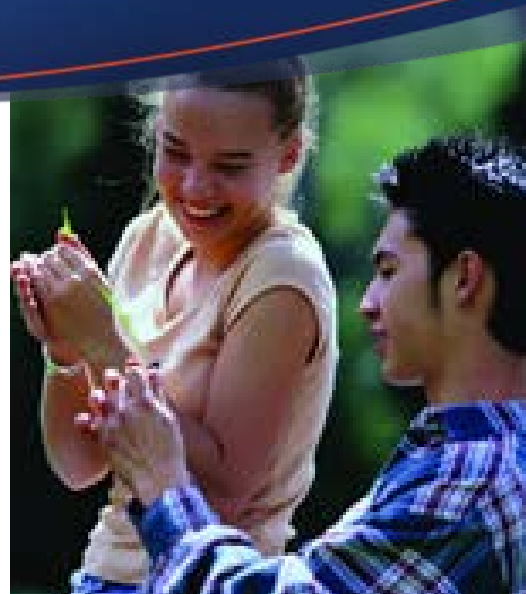
Healthy Relationship Skills

Verbal

Physical

Emotional

Sexual



Learn The Basics: Damaging Behavior & Language

- ✓ Singling out a person's gender, race, ethnicity or other personal traits/characteristics (such as sexual orientation, age or disability) when it has no direct bearing on the topic at hand
- ✓ Using gender to insult (e.g., "You throw like a girl.")

CBIM Playbook page 19

Learn The Basics: Damaging Behavior & Language

- ✓ Lewd or foul behavior (e.g., catcalls, whistling, sexual innuendo)
- ✓ Derogatory language toward women (e.g., calling women or girls names that relate to their sexual activity or appearance)

CBIM Playbook page 19 (cont.)

Learn The Basics: Psychological Or Emotional Abuse

- ✓ Isolation (e.g., convincing a group to completely shut out another person)
- ✓ Intimidation (e.g., verbal threats, punching walls, and so forth)
- ✓ Unwelcome or uninvited comments (e.g., catcalls, sexual innuendo, comments about the body, and so forth)



Boys' spot: <http://www.youtube.com/watch?v=9pemlg5cdSg>

Teachable Moments

What are they?



What do you do?

One of the players on your team is crying after a tough loss. You overhear two other players calling him a fag and telling him to stop being such a baby.



What do you do?



The coach of the opposing team is yelling at his players, telling them to stop “playing like a bunch girls” if they want to win the game.

Program educates athletes about sexual assault

July 21, 2014 10:18 AM

By Marisa Iati / Pittsburgh Post-Gazette

Pittsburgh Action Against Rape (PAAR) is one of five organizations in the Pittsburgh area that implemented [Coaching Boys Into Men](#), a national program developed by non-profit organization Futures Without Violence.

“We hear from athletes all the time that go, ‘Nobody talks to us about this stuff. We’re just expected to know.’”

“The essence of the program is just getting ahead of the game — not waiting for the problem to occur, but stopping it before it exists.”

- Futures Without Violence aims to harness the influence that coaches have over their players to capture athletes’ attention and interest.

U.S. Departments of Education and Justice Release School Discipline Guidance Package to Enhance School Climate and Improve School Discipline Policies/Practices

January 8, 2014

Guiding Principle 1: Climate & Prevention Action Steps Checklist

- ✓ Engage in deliberate efforts to create positive school climates.
- ✓ Prioritize the use of evidence-based prevention strategies...
- ✓ Promote social and emotional learning.
- ✓ Provide regular training and supports to all school personnel.
- ✓ Collaborate with local agencies and other stakeholders.



Leadership Program

The CBIM Coaches Kit

CBIM Playbook

- Introduction to the issue
- Capitalize on “Teachable Moments”

CBIM CARD SERIES

- Messages in 15-20 min talks/week

References & Resources

- Assists coaches during implementation
- CBIM Overview, referral information



The CBIM Card Series

Prep Cards (3)

Help you prepare for CBIM during the season

Training Cards (12)

Outline the delivery of weekly discussions

Halftime & Overtime Cards (3)

Strategies to engage your school and community in CBIM

Training Cards

This training will help athletes

Provides objectives for the
weekly discussion

Training Cards (cont.)

“Warm Up”

Introduces the content of the
weekly discussion

Training Cards (cont.)

Ask the Players

Helps the team explore the content and find personal connections.

Training Cards (cont.)

Discussion Points & Wrap Up
Summarizes the discussion and
restates key points

Training Topics

1. Pre-Season Speech
2. Personal Responsibility
3. Insulting Language

Training Topics (cont.)

4. Disrespectful Behavior

Towards Women & Girls

5. Digital Disrespect

6. Understanding Consent

Training Topics (cont.)

7. Bragging About Sexual Reputation
8. When Aggression Crosses the Line
9. There's No Excuse for Relationship Abuse

Training Topics (cont.)

10. Communicating Boundaries

11. Modeling Respect and
Promoting Equality

12. Signing the CBIM Pledge

Practice

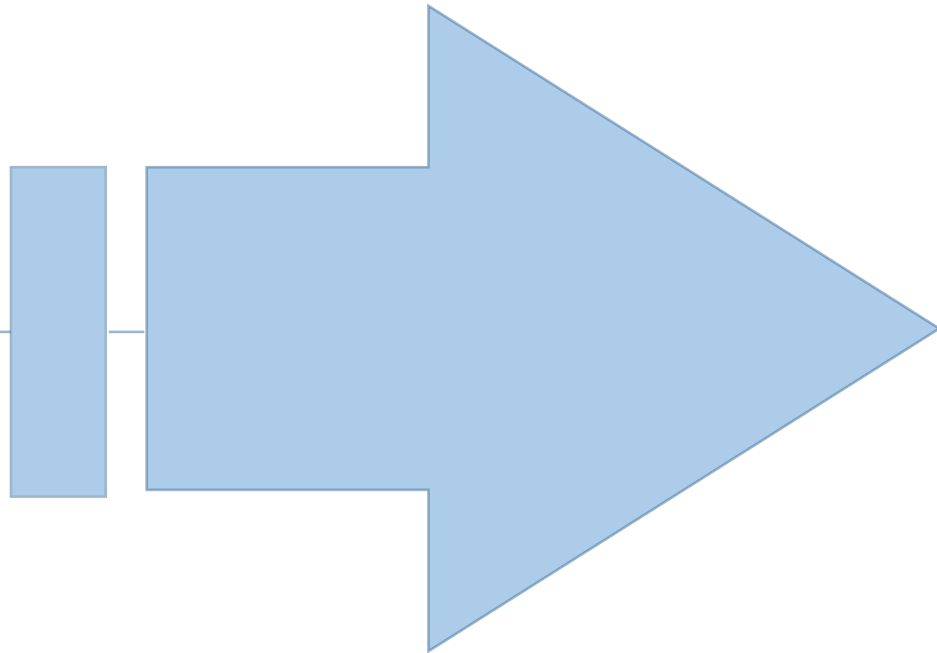
Choose a Training Card

Responsibilities of a **CBIM** Coach

Responsibilities of a CBIM Coach

PRE-SEASON

- Attend Coaches Training
- Identify a day/time for weekly lessons
- Pre-season Survey for Athletes



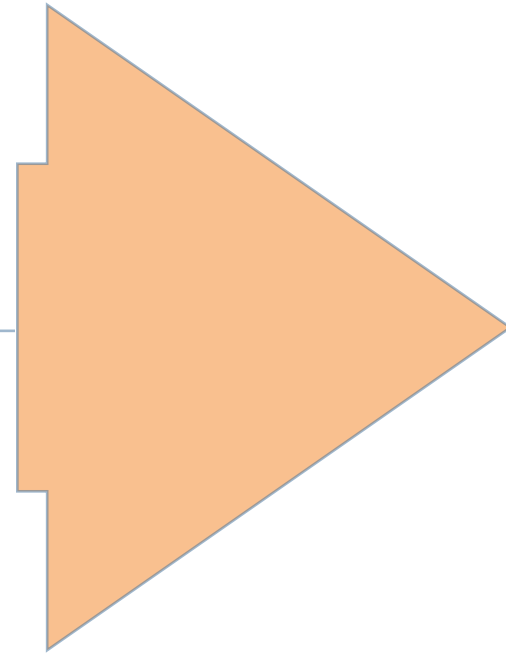
Responsibilities of a CBIM Coach

PRE-SEASON

- Attend Coaches Training
- Identify a day and time for weekly CBIM lessons
- Pre-season Survey for Athletes

DURING SEASON

- Facilitate weekly Trainings (15-20 min.)
- Address Teachable Moments
- Communication with CBIM Staff



Responsibilities of a CBIM Coach

PRE-SEASON

- Attend Coaches Training
- Identify a day and time for weekly CBIM lessons
- Pre-season Survey for Athletes

DURING SEASON

- Facilitate weekly Trainings (15-20 min.)
- Address Teachable Moments
- Regular communication with CBIM Champion

POST-SEASON

- Post-Season Survey for Athletes and coaches
- Attend brief wrap-up meeting with CBIM Staff

Getting Started



In Your Own Words

Pre-Season Speech (Week 1 - Training Card 1)

“Since this is the start of the season, I want to talk about your responsibilities on this team and my expectations of you. This season we will not only be focusing on your development as athletes, but also on your development as young men...”

HOW CAN COMVAC HELP YOU GET STARTED?

**WE ARE AVAILABLE TO PROVIDE TRAINING
(CLINICS/WORKSHOPS) FOR:**

- ✓ **COACHES/AD'S – COLLEGE, HS, MIDDLE & YOUTH**
- ✓ **COACHES/AD'S – PRIVATE LEAGUE ORG'S**

ON-GOING SUPPORT VIA:

- ✓ **COMVAC**
- ✓ **COLLABORATION ASSISTANCE WITH NAT'L SPONSOR**
- ✓ **CONTACT W/LOCAL FACILITATORS**

Contact Information:

For Playbooks and other CBIM materials/resources,
Go to www.coachescorner.org

Coaching Boys Into Men at
Futures Without Violence

For Follow-up Support, Questions, Etc., Contact:
Brian Porch

Community Violence Action Council (COMVAC)
(913) 715-3061 or brian.porch@Jocogov.org