





Are you prepared to implement CBIM with your team?

I have received training from either Futures Without Violence OR my local domestic violence or sexual assault agency?

 **NO** NEXT STEPS  **YES**



For most coaches, basic training is necessary to become familiar with CBIM messages, logistics, and teaching strategies.

I have read through the CBIM Card Series and Coaches Kit Materials.

 **NO** NEXT STEPS  **YES**



A good understanding of CBIM materials helps coaches to effectively lead the program.

I know who to contact if I have questions or need support with difficult topics covered in CBIM

 **NO** NEXT STEPS  **YES**



Throughout the season, you may need support to address questions or concerns. It's important to be prepared with resources and know who you can contact for help.

I know when I will deliver the CBIM Training Cards with my athletes, each week.

 **NO** NEXT STEPS  **YES**



Consistency of CBIM messages - delivered once a week throughout the season - will create the greatest impact with your athletes. It's important to plan ahead and know when you will deliver CBIM each week.

I can dedicate 5 minutes of prep and 15 - 30 minutes to each CBIM training card session.

 **NO** NEXT STEPS  **YES**



Each CBIM lesson should give athletes enough time to discuss the topics covered but not last so long that athletes lose interest.

I will use CBIM as a tool to build strong relationships with my athletes and to promote respect and equality in my school and community.

 **NO** NEXT STEPS  **YES**


When coaches use their influence as role models to promote respect, they help build strong leaders and healthy young men, in addition to skilled athletes.

I believe in the power of sports to build strong leaders and role models that stand for respect and healthy relationships.

 **NO** NEXT STEPS  **YES**


CBIM has been proven to positively impact athletes' ability to intervene when witnessing disrespectful or abusive behavior, thereby affecting their school community by standing up for respect and healthy relationships.

OVERALL READINESS

 **NO**


STOP

Whether it's that you haven't received training, or you don't have support to implement CBIM, you need to do more planning before beginning the program. Visit www.CoachesCorner.org for more resources and to connect with coaches like yourself who have experience with CBIM.

 **NO**

TIME OUT

Although you have already laid some of the groundwork, it's important to plan ahead for your CBIM program. Make sure you know when and where you will deliver weekly CBIM lessons, and that you know who to contact if you have questions. Visit www.CoachesCorner.org for more resources and to connect with coaches like yourself who have experience with CBIM.

 **YES**

MOVE FORWARD

Congratulations! You've completed the necessary planning and you're ready to begin implementing CBIM with your athletes. Remember that you can always contact the CBIM advocate in your community if you have questions or need extra support throughout the season. Visit www.CoachesCorner.org for more resources and to connect with coaches like yourself who have experience with CBIM.