



CLEAR

**COACHING LEADERSHIP,
EQUITY, & RESPECT**



COLLEGE
SUPPLEMENTAL
TRAINING
CARDS/TOPICS

These supplemental college-specific Training Card topics & discussions are not a part of the 'standard' 12 Training Cards in CLEAR.

They can be used to supplement or replace other Training Cards, up to the discretion of a CLEAR Advocate and/or Coach.

They are to be used if you've identified the supplemental topics—Hazing, Alcohol & Drug Use, and Supporting Survivors—as particularly important to address at your college/university.

While the 'standard' 12 Trainings do address college-age dynamics, this supplement can be seen as "aged-up" topics, for use when applicable.

Individual questions and discussion points from this supplement can also be brought into the 'standard' Training Cards.

For questions on how to use this supplement, email CoachesCorner@FuturesWithoutViolence.Org.

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Training

1

HAZING

This training will help athletes:

1. Recognize what hazing is and explain why it is harmful and damaging.
2. Promote healthy and supportive team culture.
3. Understand when and how to speak up if they see or hear hazing.

Warm Up

“ This season, we’ve talked about what respect and healthy relationships looks like, particularly within our romantic relationships. Respect extends to how we treat each other on this team, too. Today, we’ll talk about how to create a safe and supportive team environment. In particular, we’ll speak about hazing, which is often seen as part of what it takes to become part of a team, but I want to make clear that it is unacceptable on my team. ”



Ask The Players

1. How would you define hazing and why do you think hazing is something teams do to new players?
2. What are ways that hazing can leave harmful impacts on someone?
3. What are examples of healthy team initiation or welcoming activities?
4. What could you do if you witnessed hazing on this team?

Discussion Points & Wrap Up

- Hazing means forcing someone to do something, often humiliating, in order to be accepted.
- Hazing severely hurts your teammates and reflects on you, this team, and this school. It causes psychological, emotional, and physical harm, especially for those of us who have experienced abuse or assault.
- Hazing is almost always non-consensual. No one should ever have to do something they don't want to do. Be aware of your power– I expect you to stop your behavior if your teammate tells you they don't like it or tells you to stop.
- Consider why initiation that involves the sexualization or degradation of women is commonly seen as ok. Reject it on this team.
- Just because we've experienced hazing or initiation, that doesn't mean it's ok to do to others. We always have the power to change our culture.
- Hazing is against our team's policies and is often against the law. It has no place on our team and won't be tolerated.
- This team is for everyone. The men I respect show care, respect, and support to new teammates.

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Training 2

ALCOHOL, DRUGS, & CONSENT

This training will help athletes:

1. Identify and avoid negative consequences of high risk drinking and drug use.
2. Adopt responsible alcohol management and support peers to make informed decisions around alcohol and drugs.
3. Ensure a culture of consent and respect when alcohol and drugs are involved.

Warm Up

“

It's no secret that partying and drinking are a part of college life. I'm not here to say 'don't do this or that.' However, I want to talk about what it means to be responsible, accountable, and to have integrity in these situations where the potential for sexual violence increases. Let's discuss how to make a game plan to ensure respect and consent when drugs and alcohol are involved. ”



Ask The Players

1. What does it mean to party safely? Why is partying safely important?
2. How do you know if you or someone else has had too much to drink? How can you prevent dangerous drinking or drug use?
3. How does alcohol or drugs impact the ability for someone to give consent?
4. What could you do if you saw your buddy feeding someone drinks, or leading a drunk individual up the stairs at a party?

Discussion Points & Wrap Up

- Binge drinking is serious. It can be damaging—even lethal—to the person drinking and make bad decisions more likely.
- As leaders and members of my team, my expectation is for you to always make decisions that are accountable to respect and consent. This includes at parties.
- Check in with your teammates when drugs and alcohol are involved. Ask how their doing and support them making healthy decisions.
- One cannot consent if under the influence of alcohol or other drugs. Always refer back to whether FRIES are present: Is consent 1) Freely-Given; 2) Reversible; 3) Informed; 4) Enthusiastic; and 5) Specific.
- Feeding someone drinks so they agree to sex is rape. Taking advantage of a drunk person to have sex with them is rape. It is wrong, harmful, and has lasting effects on a victim.
- Step in, call on others for support, or talk to me if you see something dangerous or pressuring at a party.
- You are respected athletes at this school. If you lead and model what integrity looks like, others will follow.

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Training **3**

SUPPORT SURVIVORS OF SEXUAL ABUSE & VIOLENCE

This training will help athletes:

1. Understand how to create supportive environments for survivors of abuse and sexual violence.
2. Speak out against victim blaming and degradation of victims of abuse and sexual violence.

Warm Up

“ During these sessions, we’ve talked about what healthy relationships looks like and how we can help stop sexual assault and relationship abuse. Today, I want to talk about how we all have a role to play in supporting survivors of abuse and sexual assault. This can be a sensitive and personal topic, so keep true to our values of respect, listening, and openness. ”



Ask The Players

1. Without identifying the person, who here knows someone in their life who has been abused or sexually assaulted? How did it affect them?
2. What are examples you have heard people say about those who come forward and say they have been sexually assaulted? What do you think about these comments?
What can you, and collectively all of us, do to promote
3. respect when someone comes forward with a story of sexual assault or abuse in the news?
4. How can we create a supportive environment for survivors in our personal lives?

Discussion Points & Wrap Up

- Around 80% of women and 40% of men report experiencing sexual harassment or assault.
- Sexual assault or abuse cause severe psychological damage and even economic consequences of around \$120,000.
- Too often survivors of these violent crimes who come forward are doubted and attacked, which discourages others from coming forward.
- No one asks to be sexually assaulted or abused. It does not matter what someone wears or how many people they have had sex with. It is not the victim's fault—the person responsible is the person who committed the crime.
- The most important thing that we can do is to believe survivors even if they are accusing a friend or teammate. It is a myth that people make up stories of sexual assault or abuse. Less than 10% of reports are false.
- I expect you to speak out against victim blaming, in this locker room, on campus, and publicly if you feel comfortable.
- If someone shares their abuse with you, listen, provide comfort, and ask how you can help, including by connecting them with confidential support.
- Supporting survivors as men also means not villainizing perpetrators. We have a responsibility to get real about where expectations for men around sex, power, and control come from.