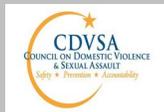




Coaching Boys into Men & Athletes As Leaders

Thanks to our funders and partners!



Women in Safe Homes Prevention and Education Department partnered with Ketchikan High School's Head Wrestling Coach, Rick Collins, to bring the violence prevention programs **Coaching Boys into Men** (CBIM) and **Athletes as Leaders** to KayHi athletes.

CBIM is an evidence-based violence prevention program that trains and motivates high school coaches to teach their young male athletes about the important topics of healthy relationships, respect for themselves and others, and that violence never equals strength. Coaches have a unique relationship with their athletes giving them the opportunity to influence them in positive ways, both on and off the field (or mat in this case.) Young athletes tend to have a higher social capital and are seen as instrumental leaders among their peers, which makes them great role models for respectful behaviors. Over the course of a season, coaches lead their players through short weekly lessons that address important topics such as, personal responsibility, respectful behavior, relationship abuse, bullying, consent, and more.

Athletes As Leaders is a program designed for high school athletes on girls' sports teams, recommended to be used in conjunction with CBIM. This program works to empower female-identified youth to take active roles in promoting healthy relationships and ending sexual violence. Female athletes are encouraged to be leaders in changing and challenging social norms within their school and promote a culture of safety and respect.

Evaluation Snapshot

- ⇒ 87% of CBIM Athletes believe 'Trying to convince a partner to have sex' is either very or extremely abusive, a 50% increase from the beginning of the season
- ⇒ 86% of CBIM Athletes believe 'Keeping tabs or spying on a partner' is either very or extremely abusive, a 37% increase
- ⇒ 80% of CBIM Athletes believe 'Pressuring a partner not to break up with them' is either very or extremely abusive, a 47% increase



The National Youth Risk Behavior Survey (NYRBS) reports that 1 in 10 high school students who had gone on a date in the past year had also experience physical violence from their dating partner. 1 in 10 high school students reported being forced to engage in sexual behavior in the past year. In Ketchikan, 1 in 2 women will experience intimate partner violence within their lifetime.

Other Evaluation Highlights:

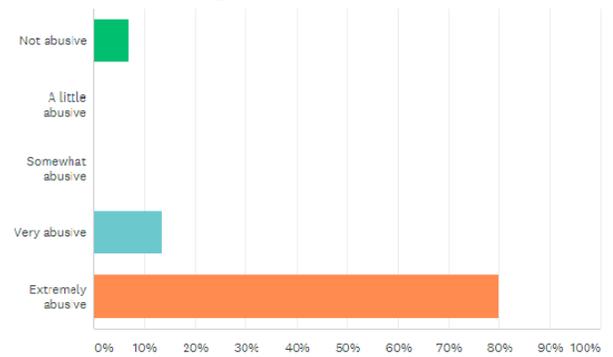
“Would you be willing to bring this program back next year?” -Coach

“We had some really great conversations with the guys over the season.” -Coach

“Do have a program like this for middle school?”
-Coach

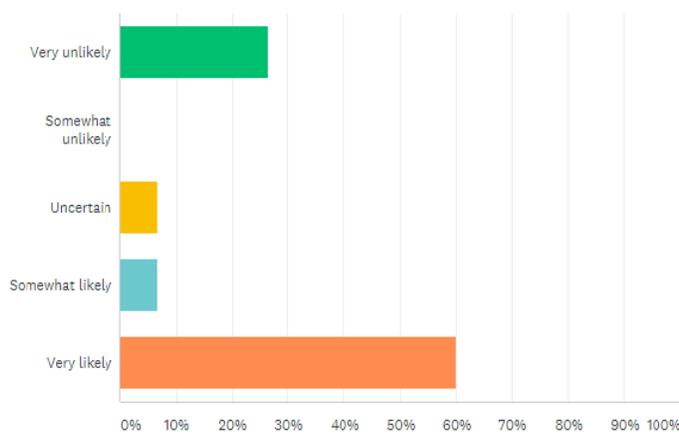
Rate the following action towards a girlfriend or boyfriend:

Forcing them to have sex.



Evaluation was created by Futures Without Violence and facilitated by WISH Prevention and Education staff. For additional evaluation summaries, email amy.m@wishak.org.

How likely are you to do something to try and stop what's happening if a male peer or friend of yours is pressuring a girl to be physically or sexually intimate without asking whether she wants to?



- ◇ Likelihood to intervene in physically or sexually abusive situations **increased by an average of 20%**
- ◇ **66%** of CBIM athletes reported they are likely to do something if a male peer or friend was telling sexual jokes that disrespect women and girls
- ◇ **73%** of athletes reported they are likely to do something to try and stop a male peer or friend from shoving, grabbing, or otherwise physically hurting a girl

More About the Programs at:

<https://www.athletesasleaders.org/>

<https://www.coachescorner.org>

<https://www.futureswithoutviolence.org>



Are you a high school coach or athlete who wants to bring Athletes As Leaders or Coaching Boys into Men to your team? **Contact W.I.S.H. at (907) 228-4090 or email at amy.m@wishak.org for more information about the programs and training opportunities.**