



## CBIM/AAL Lesson 2

With our first lesson completed, we are able to take the next step in being well-rounded athletes. We must challenge ourselves to be the best version of ourselves we can be, and with the discussions in lesson 2 we will come out stronger than ever!

Remember, it only takes 15 minutes to make a positive impact. Plus, you can complete these lessons virtually or in person!



### Coaching Boys Into Men

Lesson 2 focuses on recognizing and accepting consequences of behaviors. Athletes need to



### Athletes as Leaders

Lesson 2 focuses on challenging gender stereotypes and traditional gender expectations.

recognize they must be team players, are accountable for their own actions, and should strive to acknowledge female experiences, even if they do not agree with them.

Athletes should have a better understanding of what gender stereotypes are and how they can go about breaking those down.

[More info on CBIM](#)

[More Info on AAL](#)

## Next Steps

- If you are an LSC Safe Sport Chair:
  - All LSC Safe Sport Chairs should be forwarding this email to the clubs in their LSC. The clubs Safe Sport Club Coordinators would be great contacts.
  - Help guide clubs to complete these lesson plans and answer any questions they might have.
  - Encourage clubs to reap the benefits of these programs, whether they are practicing virtually or in person.
  - Collect feedback from teams on CBIM & AAL and send to your Safe Sport Zone Chair.
  - Collect all pictures, videos, and quotes from teams completing these resources, and send them to [SafeSport@usaswimming.org](mailto:SafeSport@usaswimming.org).
- If you are a Safe Sport Club Coordinator:
  - Encourage your coaches and leadership to complete these programs. Talk over the benefits of athletes becoming well rounded individuals in and out of the water.
  - Reach out to your LSC Safe Sport Chair with any questions about these programs.
  - Collect feedback from your coaches and leadership to send to your LSC Safe Sport Chair.
  - Collect pictures, videos and quotes from your team completing these resources, and send them directly to your LSC Safe Sport Chair.

## General Information

- [Quick Overview of CBIM](#)
- [Quick Overview of AAL](#)
- [More details on these programs and where to access cards](#)
- [Visit our Safe Sport Team Talk page here](#)

Questions on how to get started or implement? Email [SafeSport@usaswimming.org](mailto:SafeSport@usaswimming.org).