



SAFE SPORT TEAM TALK



CBIM & AAL Biweekly Email

Cards available on our Team Talk page



Coaching Boys Into Men

Overview

- 12 learning sessions
- **Aims to teach** male athletes ages 12 and older respect for themselves and others



Athletes as Leaders

Overview

- 10 learning sessions
- **Aims to empower** women athletes ages 12 and older
- **Promote** healthy relationships and end sexual violence

- **Helps build** healthy relationships and stops violence before it starts
- **Themes** include personal responsibility, respectful behavior and relationship abuse
- **Encourage** leadership
- **Challenge** gender stereotypes

CBIM/AAL Lesson 3

Completing the CBIM and AAL cards are as easy as 1, 2, 3!

1. Download the cards on the Safe Sport Team Talk page
2. Get familiar with this weeks topic...no formal or additional training necessary!
3. Follow the directions and implement with your athletes

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 3

Athletes need to recognize they must be team players, are accountable for their own actions, and should strive to acknowledge their teammates' perspectives regardless of gender or background.



Athletes as Leaders

Lesson 3

This week focuses on challenging gender stereotypes and traditional gender expectations. 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.
- 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.