



# 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

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

## CBIM/AAL Lesson 4

Whether you are completing CBIM and AAL virtually or in person, it only takes 15 minutes to make a positive impact! This week we focus on behaviors and self-image. Take a look at the cards to become more familiar with this week's topic. Remember, there is **no formal or additional training!**

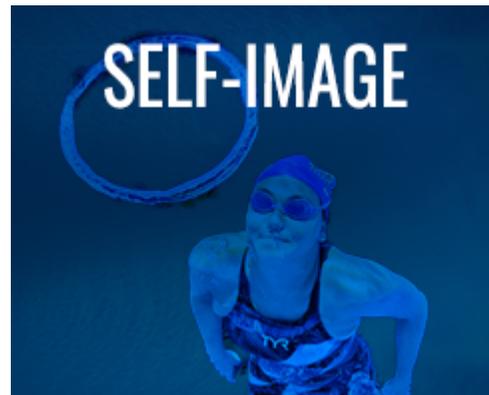


### Coaching Boys Into Men

#### Lesson 4

This week we focus on disrespectful behavior towards women and girls, and what type of behavioral conversation we should avoid. Sometimes we say things we don't realize can be hurtful, but its important to remember no one should feel disrespected or harassed.

[More info on CBIM](#)



### Athletes as Leaders

#### Lesson 4

This week we focus on positive self-image and societal standards of beauty. Unrealistic beauty and lifestyle standards often seen in the media can distract women and girls from their amazing achievements and things already happening in their lives. It is important to remember to see people for who they are, and not what societal norms tell us.

[More Info on AAL](#)

## Next Steps

- If you are an LSC Safe Sport Chair/Coordinator:
  - All LSC Safe Sport Chairs - please forward this email to the clubs in your 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).