



# SAFE SPORT TEAM TALK



## CBIM & AAL Biweekly Email

[Cards available on our Team Talk page](#)

### CBIM/AAL Lesson 6

This week includes topics of personal boundaries, consent and relationships. Athletes need to understand appropriate boundaries and behaviors in order to have healthy relationships.

Remember, there is **no formal or additional training** for you to facilitate, and by taking **15 minutes** a week, you can make a difference in an athlete's life!



## Coaching Boys Into Men

### Lesson 6

The focus for lesson 6 is understanding consent. To actively oppose and prevent incidents of rape, sexual coercion and assault, we will discuss personal boundaries and what behaviors to avoid.

[More info on CBIM](#)



## Athletes as Leaders

### Lesson 6

The focus for lesson 6 is relationships. Understanding and discussing different types of relationships is important, and we need to recognize the signs of healthy and unhealthy ones.

[More Info on AAL](#)



## Coaching Boys Into Men

### Overview

- **12** learning sessions
- **Aims to teach** male athletes ages 12 and older respect for themselves and others
- **Helps build** healthy relationships and stops violence before it starts
- **Themes** include personal responsibility, respectful behavior and relationship abuse



## Athletes as Leaders

### Overview

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

## Next Steps

- If you are an LSC Safe Sport Chair/Coordinator:
  - All LSC Safe Sport Chairs/Coordinators - please forward this email to the clubs in your LSC. The clubs Safe Sport Club Chairs/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 Chair/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/Coordinator with any questions about these programs.
  - Collect feedback from your coaches and leadership to send to your LSC Safe Sport Chair/Coordinator.
  - Collect pictures, videos and quotes from your team completing these resources, and send them directly to your LSC Safe Sport Chair/Coordinator.

## 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).