



SAFE SPORT TEAM TALK



CBIM & AAL Biweekly Email

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

CBIM/AAL Lesson 7

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

1. Download the cards on the USA Swimming [Safe Sport Team Talk](#) page
2. Get familiar with this week's topic of consent and bragging
3. Follow the directions and implement with your athletes

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

Training 7

This week's focus is on bragging about sexual reputations. It is important to understand bragging or lying about sexual reputation is wrong, disrespectful and harmful.

[More info on CBIM](#)



Athletes as Leaders

Training 7

This week's focus is on consent, specifically around sexual activity with a partner. Knowing the difference between coercion and consent is important, as well as continuously checking in on your partner to make sure they are comfortable.

[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



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.
- 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](#)