



SAFE SPORT TEAM TALK



CBIM & AAL Biweekly Email

Cards available on our Team Talk page

CBIM/AAL Lesson 9

Without any formal or additional training, team leaders can make a positive impact in athlete lives! You only need 15 minutes a week to perform these cards and they can be completed in person or virtually.

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 **abuse** and **positivity**
3. Follow the directions and implement with your athletes



Coaching Boys Into Men

Training 9

This week we will focus on relationship abuse, whether it be verbal, physical or sexual. In any relationship there will be disagreements, but there is never an excuse for violence.

[More info on CBIM](#)



Coaching Boys Into Men

Overview

- 12 learning sessions



Athletes as Leaders

Training 9

This week we will focus on how to promote positivity in our culture to be more supportive of women and girls. Many athletes already practice love and support to their teammates, so how can we use that in the rest of our lives?

[More Info on AAL](#)



Athletes as Leaders

Overview

- **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
- **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 club 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.