Overview

In this course, you will learn:

- Scope and effects of abuse in sports
- Characteristics of the coach-athlete relationship
- How offenders operate
- Types of offenders
- The pressure faced by victims and parents to not report suspicious behavior
- How to manage yourself and others for safety
- Steps to take if you see something of concern

Abuse in Sports

1 in ____ girls will be sexually abused before she is 18.
1 in ____ boys will be sexually abused before he is 18.
Some experts suggest that perhaps as many as 20% of children in competitive sports are at risk of abuse or exploitation.

Sexual Abuse Affects Minors
In what ways does sexual abuse affect how minors think, feel, and act?
THINK:

FEEL:

ACT:

Make some notes about how adults abused as minors can be affected by abuse.

Make some notes about how adults abused as minors can be affected by abuse.
Coach-Athlete Relationship

*Fill in the missing words below.*

As a coach, you should be aware of your power, how to use it both effectively and ____________, and how this imbalance in ____________ in the wrong hands sometimes leads to physical, emotional and sexual abuse.

**Notes:**

How Offenders Operate

Of all abuse that is committed, which group is the highest percentage of offenders: family members and someone the child knows OR strangers? ____________________

**Enablers**

What three things enable a molester to harm a child?

Ac______

P______y

C______

**Boundaries**

Child molesters will try to violate children’s boundaries. There are three types of boundaries:

- **Physical boundaries** determine who can touch you, how much they can touch you, and where they can touch you.
- **Emotional boundaries** determine how close you feel to someone, how much time you spend with them, and what information you share with them.
- **Behavioral boundaries** determine the rules you follow, the things you will do, and the things you won’t do.
Types of Offenders

There are two types of offenders:

- Preferential offenders – prefer sexual contact with minors over sex with adults
- Situational offenders – may offend when they are in a stressful situation or when they find a minor who is alone

Most abuse happens in private, out of the sight or hearing of others. What can you do to eliminate privacy in your club?

Pressure on Victims and Parents

Victims face enormous pressure to not tell they have been abused. What are some things they worry will happen if they report abuse?
Manage for Safety

What are some stresses you face and what are methods you can use to manage your stress?

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<th>What can I do to manage this stress?</th>
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List some ways you can establish boundaries with your athletes:

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

Report Suspicious Behavior

What are two things that keep people from taking action when they observe something that doesn’t seem quite right? _______________ AND _______________

There are two types of situations you should respond to:

1. If you suspect a child is being abused.

2. When you notice someone violating boundaries with athletes or violating policies.

If you suspect a child is being abused you should contact your local police department or your state department of child protective services and you should also contact USA Swimming Safe Sport 719.866.3589 or athleteprotection@USASwimming.org.
You can report your concerns anonymously to Praesidium at 1.800.743.6354.

Notes:

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Why Do I Coach?

The information in this course will help you keep swimmers safe from abuse and USA Swimming’s members safe from false allegations of abuse.

Take a moment now to write notes about what you have learned that will be helpful for you to refer to later.

Notes:

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