

## COACHING BOYS INTO MEN

Athletic coaches play an extremely influential and unique role in the lives of young men. Because of these relationships, coaches are poised to positively influence how young men think and behave, both on and off the field. Coaching Boys Into Men (CBIM) is the only evidence-based prevention program that trains and motivates high school coaches to teach their young male athletes healthy relationship skills and that violence never equals strength.

In 2012, Coaching Boys Into Men, which is a program of Futures Without Violence, underwent a rigorous three-year evaluation in Sacramento, California funded by the Centers for Disease Control (CDC). The study found that athletes who participated in the program were significantly more likely to intervene when witnessing abusive or disrespectful behaviors among their peers and were also more likely to report less abuse perpetration.

The YWCA of Palm Beach County, in partnership with Futures Without Violence, has brought this program to our community through our Y-SAV initiative. For more information or to enroll your school and coaches in the Coaching Boys Into Men program, please call 561-640-0050, ext. 116. You can find additional information at [www.ywcapbc.org](http://www.ywcapbc.org) or [www.coachescorner.org](http://www.coachescorner.org)

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561.640.0050 | [ywcapbc.org](http://ywcapbc.org)

**IT TAKES ACTION**

### Funding:

We thank the [Florida Coalition Against Domestic Violence](#) for providing funding and oversight. Learn more about the Coalition by visiting: [www.fcadv.org](http://www.fcadv.org)

### Primary Partners:

[Palm Beach County Domestic Violence Council](#) is responsible for the implementation of the campaign. Visit [www.dvcouncilofpb.org](http://www.dvcouncilofpb.org) for more information about the Council.

[YWCA of Palm Beach County](#) is responsible for administration of the YWCA Students Against Violence. Visit [www.ywcapbc.org](http://www.ywcapbc.org) to learn more about this and our other domestic violence programs.

### Contact:

Name: \_\_\_\_\_

#### Primary Prevention Coordinator

561-640-0050 ext. 116

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If you require American with Disabilities Act accommodations to participate in services offered, please call 561-640-0050 ext. 134.

# STUDENTS AGAINST VIOLENCE (Y-SAV)

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## PRIMARY PREVENTION

The YWCA of Palm Beach County provides a broad range of services for survivors of domestic violence and their children. While we are able to support victims of domestic abuse, it is our goal to prevent domestic violence and break the cycle of abuse. To that end, we offer a robust primary prevention program that educates and empowers youth at an early age to recognize that violence is not okay and violence in a relationship is not normal. We prevent domestic violence in many ways including:

### Y-SAV

Students will learn about healthy relationships, healthy communication, gender roles and stereotypes, media literacy and interpretation, and social change. The training is 10 weeks for 1 hour a week. After graduating and pledging to live violence free, students are required to lead and teach their peers, teachers, parents, and the community.

Students receive a certificate of completion, community service hours, and a Y-SAV gift upon graduation from the program. Students will then conduct a peer session; a parent/teacher session; and at least one community project. The youth are given an opportunity to lead in their community to achieve one common goal...living in a violence free relationship and community.

### Y-SAV COMMUNITY

The YWCA of Palm Beach County works with a number of community organizations to provide educational workshops and trainings on signs of domestic violence, breaking free of domestic violence, and also on how to prevent domestic violence and avoid unhealthy relationships that can lead to domestic violence. Our presentations are available at low-to-no cost. To arrange a presentation, please call 561-640-0040 ext 116.

## Y-SAV PLEDGE

YWCA's Students Against Violence (Y-SAV) is a program that educates youth on violence, patterns of violence and how to avoid and/or prevent the perpetuation of violence. Y-SAV students **pledge** to a lifelong commitment to violence-free behavior and to create an atmosphere where all people are valued, honored, and respected.

Y-SAV students begin advocating violence-prevention by first learning then teaching their peers the following about relationships.

### HEALTHY RELATIONSHIPS

As young people enter the age when it becomes appropriate to begin dating, it is important for them to understand what the components of a healthy relationship are and how to establish healthy boundaries. Here are elements of a healthy relationship:

**Respect:** Listening to others and valuing their opinion and accepting their decisions when it comes to intimacy.

**Trust:** Being able to rely on someone and knowing that they will always be there for you.

**Honesty:** Being open with your feelings and admitting when you are wrong.

**Acceptance:** Being friends with people even if they seem "different" from you.

### UNHEALTHY RELATIONSHIPS

A relationship becomes unhealthy when there is intimate partner violence. Intimate partner violence happens when a partner demonstrates coercive behavior involving physical, psychological, or sexual abuse. It involves the use of violence, threats, coercion or intimidation for the purpose of maintaining one person's power and control over another.

## ATHLETES AS LEADERS

Athletes as Leaders is a program for high school athletes on girls' sports teams. The program is aimed at empowering female-identifying youth to take a more active role in promoting healthy relationships and ending sexual violence. It is based on prior research and best practices within the field of sexual assault prevention. The athletes are encouraged to be leaders in changing peer norms and the school climate to a culture of safety and respect. The program is designed to be used in conjunction with other programs with intentional efforts to engage athletes to take on a leadership role in violence prevention. The Athletes as Leaders program is delivered over pre-agreed upon period of time and follows this format:

1. Introductions and Group Agreements
2. Challenging Gender Stereotypes
3. Privilege and Oppression
4. Self Image and Standards of Beauty
5. Rumor Spreading
6. Relationships
7. Consent
8. Messages and Manhood
9. Girl Positivity
10. Celebrating our Successes

More Information about bringing Athletes as Leaders to your school, call the YWCA at 561-640-0050, ext. 116, or, visit [www.AthletesAsLeaders.org](http://www.AthletesAsLeaders.org).