



Coaching Boys into Men Coaches Leadership Training Session – Frequently Asked Questions

About this Document

Thank you for your interest Coaching Boys into Men (CBIM). CBIM relies on strong partnerships between athletic coaches and violence prevention organizations. In many communities, the first step in building this partnership is to facilitate a successful coaches' leadership training session. This document provides facilitators with logistical tips and tricks for adapting the training to meet your community's unique needs.

Building a relationship with the athletic department of your local middle or high school can take time and patience. It's important to understand coaches' schedules and priorities – as well as the leadership and decision makers at your local school – in order to build trust and gain access to coaches and athletes.

For more information on CBIM, and to access the CBIM training presentation, contact Yesenia Gorbea at ygorbea@futureswithoutviolence.org.

How do I schedule a training session?

- Work with the Athletic Director (AD) or other school administrator to identify a time that works with coaches' schedules (typically evenings or weekend days). It's best to schedule the training session shortly before the start of the athletic season so the information is fresh in coaches' minds.
- We recommend a 90-minute training session, although the length of the training can be adapted to fit your needs.
- If possible, have the AD or another coach send a brief description of CBIM to coaches along with an invitation to participate in the training. Coaches are more likely to respond to an invitation from a colleague than from an outside organization.

Who should facilitate the training session?

- We recommend that the CBIM organizers who will be working with coaches throughout the season facilitate the training session. If possible, it's best to have two facilitators per training session.
- Some CBIM organizers have had success co-facilitating the training session with the AD or another coach. Enlisting a fellow coach to help you deliver the training can help coaches feel more comfortable with CBIM.

Is it possible to adapt the CBIM training presentation for my community?

- Yes. In fact, we recommend including statistics on the prevalence of teen dating violence in your region to supplement the national statistics already included in the presentation.
- If there are additional adaptations you wish to make to the CBIM training session, consult CBIM organizers in your region and/or Futures Without Violence staff. Learning about adaptations that work in communities across the country helps make CBIM

stronger.

Why doesn't the CBIM training presentation include a more thorough explanation of gender-based violence?

- Keep in mind that the 90-minute training presentation is only an introduction to CBIM in a whole season of training and support that CBIM organizers will provide to coaches. We're not expecting coaches to become experts on this issue overnight. CBIM is about empowering coaches to use their influence as role models to stand up for respect and intervene when they see unhealthy behaviors.
- Many coaches already think of themselves as role models to their young athletes. Framing CBIM as a tool for leadership and character development helps meet coaches where they're at and makes them feel more comfortable with the program.
- It's essential to provide coaches with the extra support and resources they need throughout the season to deepen their understanding of the issues and increase their capacity to talk with their athletes about healthy relationships.

What materials will I need to bring to the training session?

- Your computer with CBIM training presentation and any videos saved on it.
- A projector and portable screen if necessary.
- Copies of the CBIM Pre-Season Survey for Coaches and Season Planning Worksheet for coaches to fill out.
- CBIM Coaches Kits to distribute to coaches during the training.
- Refreshments for training participants.

What other logistical details should I consider?

- Work with your school contact to ensure the room where the training will be held has a screen for projection and enough seating for coaches and training facilitators.
- If possible, set the room with small groups of chairs around tables. Groups of 4 – 8 are ideal for the training activities.
- If you plan to show video during your presentation, download all video files directly onto your computer prior to the training date. Playing video directly from your computer (as opposed to online streaming) is the best way to avoid technical difficulties during the training.

What should I do after I've facilitated a CBIM Coaches' Leadership Training?

- Collect completed CBIM Season Planning Worksheets from coaches at the end of the training. This will give you a better understanding of when and how coaches prefer to be contacted.
- It's important to follow up with coaches after the training to see if they need additional support and to schedule time to administer the Pre-Season Survey for athletes. Offering to attend practice on their first day of CBIM implementation can help some coaches feel more at ease.
- Keep in touch with coaches throughout the season! Whether it's weekly emails or phone calls, visits to practice, or casual conversations after a game, coaches will feel more confident implementing CBIM if they know they have support.