



Detailed Curriculum Information

Most organizational leaders are concerned about preventing sexual abuse in their programs, yet at times it can be hard to know where to begin. Comprehensive and sustainable training for staff and volunteers is a key to ensuring athlete safety and identifying potentially abusive situations before they escalate. **ASAP (Adaptive Sports Abuse Prevention) is one of the few training programs that is specifically designed for the unique realities of coaching athletes with disabilities.**

Through this train-the-the trainer model, adaptive sports practitioners will become certified to teach the curriculum to staff and volunteers in their organizations. The initial certification is 16 hours. Annual recertification is through a 90-minute web conference. Thanks to support from the Christopher and Dana Reeve Foundation, both initial certification and recertification are currently offered at no cost.

Who Should Participate:

This training is open to any adaptive sports program manager, leader, volunteer coordinator, or person whose role involves training staff and volunteers. You can also bring an educator or counselor from your local rape crisis center or sexual assault prevention program if you envision co-leading ASAP with them. If you have a staff of 10 people or more, it is helpful to send 2 people. If you are part of a smaller organization, feel free to send one person.

This certification program will focus largely on the content of the curriculum, we will not teach basic training or public speaking skills. Participating staff should have experience training volunteers and/or staff in their organizations and should be in a position that involves leadership, management, or staff and volunteer training.

If you have a relationship with your local rape crisis center or state sexual assault and domestic violence coalition, or if you are part of a university that has a sexual assault prevention program, it can be helpful to attend the training with one of their staff. Collaborating with someone who has a deep expertise in educating people about sexual assault can make your ASAP program stronger.

Detailed Session Overview

1: Why We're Here

- Series Introduction: trauma, confidentiality, support for self-care
- If Aly Raisman was a Paralympian Activity: Video of Aly Raisman interview about sexual abuse and identification of additional barriers facing athletes with disabilities
- Dropping the Ball Activity: High-challenge catch game and discussion designed to help participants analyze news stories about individuals and organizations that have dropped the ball on preventing sexual abuse, as well as how they can guard against dropping the ball.

2: Where's the Line?

- Definitions of Personal and Organizational Boundaries
- Extremes Activity: Participants find their medium between two hypothetical examples of sports organizations, one of which is overly restrictive and the other is overly permissive
- Finding the Line Activity: Participants review examples of sports professionals breaking small rules and sort them into what is and is not over the line. Some examples come from news stories of sexual abuse while others come from creative or unusual choices made by adaptive sports practitioners that did not lead to any known abuse
- NPR Story of Larry Nassar Breaking Small Rules: Discussion of how to respond when we see a small rule broken and ways to assess whether it is a precursor for more serious abuse.

3: Challenging Conversations

- Introduction to Challenging Conversations: Speaking up when we see potentially inappropriate behaviors, including tools to assess differences between honest mistakes that point to needs for further training, inappropriate behaviors and abusive behaviors
- Motivators & Barriers Discussion: Identification of what makes it more or less possible to speak up
- Challenging Conversations Video & Discussion: Video of a wheelchair basketball coach crossing lines and the various challenging conversations that persuade the Director to take action.
- Challenging Conversations Practice: participants practice engaging in challenging conversations and responding effectively to minimizing and defensive responses.

4: Touch

- Competition Activity: Maintaining consent for touch while under pressure to win and perform
- In Bounds/Out of Bounds/ Review the Tape Activity: Considering different types of touch in adaptive sports and whether they are appropriate
- Challenging Conversations Practice: Skills taught in previous session are practiced with regard to challenging conversations about appropriate touch

5: If An Athlete Reports Abuse

- Empathy Exercise: Interactive exercise designed to help adaptive sports practitioners understand the trauma of sexual abuse
- Trauma & the Brain Video: Video & discussion of the neurobiology of trauma
- Making a Referral to a Rape Crisis Center: A presentation of the process for referring an athlete to a rape crisis center and assessing the extent to which the rape crisis center has worked to become accessible to people with disabilities
- Mandated Reporting: Overview of state mandated reporting responsibilities, the Safe Sport law when applicable, and organizational reporting protocols.
- Series Closing & Reflection

About the Trainers & Curriculum Developers:

IMPACT Boston, a program of Triangle

ASAP was developed by IMPACT Boston, a program of Triangle, Inc. IMPACT works to prevent violence and abuse by giving individuals the skills to protect their safety and advocate for themselves and others, and giving organizational leaders the skills to proactively prevent abuse. Our IMPACT:Ability program is nationally recognized, and one of the few evidence-based abuse prevention curricula for people with disabilities. Our work has been supported by the Robert Wood Johnson Foundation, the Christopher and Dana Reeve Foundation, the National Football League-supported RALIANCE Grant Program, and several other local and national funders. We have been featured on PBS NewsHour, ABC, NBC, NPR, and in several local media outlets in the Boston area.

Meg Stone

Meg is the Executive Director of IMPACT Boston, and the Director of IMPACT:Ability a program of the disability service and advocacy organization Triangle. IMPACT and IMPACT:Ability programs are nationally recognized as leaders in the field of abuse prevention and safety training. IMPACT:Ability was launched in 2010 with a grant from the Robert Wood Johnson Foundation, and since then has reached people with disabilities and the organizations that serve them in 6 U.S. states. The IMPACT:Ability program team also leads strategic planning programs for schools and disability service agencies to help them create policies, training programs, and organizational cultures that proactively prevent abuse. IMPACT:Ability has been featured in four national webinars hosted by PreventConnect, the national sexual violence prevention initiative.

Ethan Linsky

Ethan is a former Division I Wheelchair Basketball athlete who currently works as a Youth Program Specialist at Empowering People for Inclusive Communities (EPIC), a service learning and youth leadership program for teens and young adults with disabilities.

Shay Orent

Shay is a Program Coordinator for IMPACT:Boston and a trainer for IMPACT:Ability. She is an experienced volleyball coach and a certified rape crisis counselor.

For more information:

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