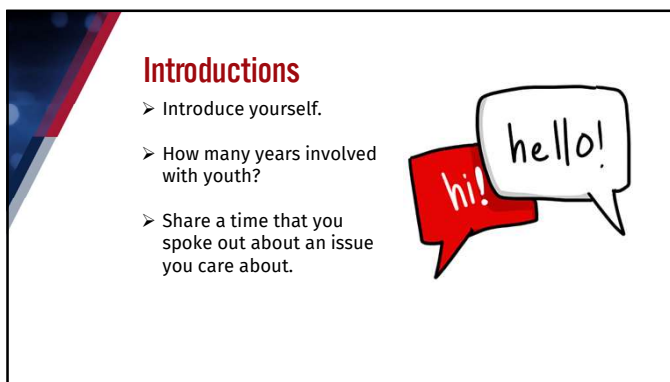
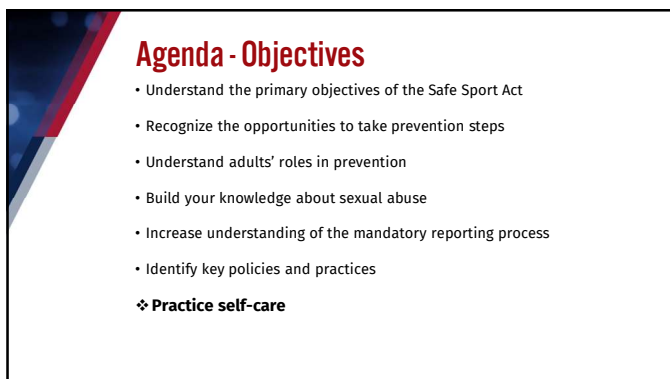




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3

Stop It Now! Overview

Focus on **primary prevention** – **before** abuse happens

- Challenge people at-risk and abusing children to stop their abusive behavior and reach out for help
- Shift prevention focus from children **to** adults and from people who have been sexually abused **to** people who sexually abuse youth

Program Areas

1. Prevention Education
2. Technical Assistance/Training
3. Prevention Advocacy
4. Help Services



1.888.PREVENT
helpline@stopitnow.org
stopitnow.org/help

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Ground Rules

- Take care of yourself
- Full participation to the extent you feel able and comfortable
- Use "I" statements
- No such thing as a stupid question
- Stay afterwards if you want to talk privately
- Respect privacy

5

Activity: Your Responsibility

- What is your responsibility?
- What do you do now?
- What gets in the way?

6

Key Concepts for Prevention

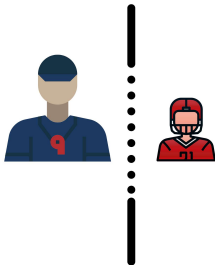
- **HOPE**
- **ADULTS ARE RESPONSIBLE**
- Learn about sex abuse
- Plan for safety
- Promote healthy sexuality development
- Recognize and respond
- Develop confidence
- Take action - speak up
- Implement prevention focused, effective policies and procedures

7

**WON'T
CHILDREN
TELL US?**

8

Adults Setting Boundaries



9

Setting Boundaries = PREVENTION




- ✓ Modeling
- ✓ Reduces Risk
- ✓ Builds Protective Factors

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Prevention Task

- Provide a safe environment
- Recognize developmentally appropriate practice and exploration
- Be a safe person
- Provide accurate information
- Teach and model consent
- Identify and model boundaries



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The Facts

All sexual activity between an adult and a child is sexual abuse. Sexual abuse does not have to involve penetration, force, pain, or even touching. If an adult engages in any sexual behavior (looking, showing, or touching) with a child to meet the adult's interest or sexual needs, it is sexual abuse.

Sexual touching between children can also be harmful, and in some cases abusive.

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U.S. CENTER FOR SAFE SPORT 2020 Athlete Culture & Climate Survey



48% of participants were aware of **coaches** developing **sexual relationships** with athletes.



9% of athlete participants experienced **inappropriate sexual contact** during their sports involvement.



More than half of athlete participants who indicated having unwanted sexual experiences said that some or all of those experiences happened when they were **under 18**.



93% of individuals who experienced sexual harassment or unwanted sexual contact **did not submit a formal report or complaint** of it.

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The Scope of Sexual Abuse



1 in 10 adults report having been sexually abused as a child.



Up to **90%** of sexual abuse is perpetrated by someone the child knows. **More than 50% is by a parent or another relative.**



70-77% of sexual abuse or assault is at the hands of other juveniles.

60%

of children who are sexually abused **do not disclose**.

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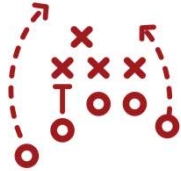
Safe Sport Policies

- Limit one-on-one interactions between minor athletes and adults at facilities/events that are not observable and interruptible
- All adult members in regular contact with youth athletes complete abuse awareness training and go through background checks
- All adults who interact with youth athletes are required to act as a mandated reporter, and youth sport organizations must provide a mechanism for communication **without retaliation**

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Key Policies

- Responding to Abuse
- USA Football Sexual Misconduct
- 1:1 Policy



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Responding to Disclosures

- Stay calm
- Let the child know you believe them
- Do not investigate
- Report



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Reporting

- Why, When, Who
 - Childwelfare.gov
 - Childhelp (800.422.4453)
- The process
- Proof is not needed!
- What happens next?
 - abuse@usafootball.com



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Breaking Down Barriers

- Not sure what to do
- “I could be wrong”
- “Not my job”
- Cultural norms
- Fear of retaliation
- Lack of information



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Sexual Misconduct Policy

Types of sexual misconduct include:

1. Sexual assault
2. Sexual harassment
3. Sexual abuse
4. Any other sexual intimacies that exploit an athlete

Minors cannot consent to sexual activity with an adult, and all sexual interaction between an adult and a minor is strictly prohibited.

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Sexual Misconduct Examples

- Touching an athlete's breasts, buttocks, or genitals, or having an athlete touch a coach's breasts, buttocks or genitals
- Sexual relations or intimacies between persons in a position of trust, authority and/or evaluative and supervisory control over athletes or other sport participants
- Asking or making an athlete touch another athlete sexually
- A coach discussing their sex life with an athlete, or asking about an athlete's sex life
- A coach requesting or sending a nude or partially dressed photo to athlete
- Exposing athletes to pornographic material

Continued on the next slide

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Sexual Misconduct Examples

- Sending athletes sexually explicit or suggestive electronic or written messages or photos (e.g. "sexting")
- Deliberately exposing an athlete to sexual acts
- Deliberately exposing an athlete to nudity
 - Except in situations where athletes need to change together, i.e. locker rooms, and coaches should never change while with youth
- Sexual harassment; specifically, the sexual solicitation, physical advances, or verbal or nonverbal conduct that is sexual in nature, and
 - (i) is unwelcome, offensive or creates a hostile environment, and the offending individual knows or is told this or
 - (ii) is sufficiently severe or intense to be harassing to a reasonable person in the context

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Sexual Misconduct Policy Violations: On the Field

Coach A said to an athlete, "You looked great on the field today – and I bet your girlfriend is going to get 'lucky' tonight too. How far have you gotten with her? I bet she's an easy win, if you know what I mean!"

Coach B slapped an athlete's buttocks "in jest" after telling them to hurry up and get onto the field.

Coach C huddles the team around their phone, showing athletes "who they're playing for today" – and what they share with the athletes is a pornographic picture of a naked adult.

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1:1 Policy

All coaches and volunteers are to observe the following guidelines when meeting with an athlete:

1. Any individual meeting should occur when others are present and where interactions can be easily observed
2. Where possible, an individual meeting should take place in a publicly visible and open area
3. If an individual meeting is to take place in an office, the door should remain unlocked and open
4. If a closed-door meeting is necessary, staff must inform another staff member – and ensure the door remains unlocked

Individual Training Sessions: An individual training session(s) with an athlete or participant may also be desired or necessary. Under these circumstances, USA Football encourages parents or guardians of a minor athlete to attend the training session.

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Violating the 1:1 Policy: On the Field

Coach A invited an athlete to talk about training exercises that may help them improve. They brought the athlete to their office alone and closed the door without telling another staff they're doing this.

Coach B needed to leave early and told the quarterback to take over and run drills for the team for the remainder of practice that day.

Coach C told another staff that they needed to talk privately with an athlete, but then locked the door behind the athlete so that the athlete understood that they can both "talk freely" without worry of being overheard.

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Activity: What Is The Reason



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Talking With Youth

- Affirming adults' responsibility (and USA Football's commitment to their safety)
- Affirming youth's right to safety and respect
- Identify safe people
- Invite inquiries and requests for help – doesn't have to be you!
- Follow up

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Engaging With Parents

- Affirm shared goal of keeping youth safe
- Keep informed
- Ask how they would like to be engaged

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Prevention Levels

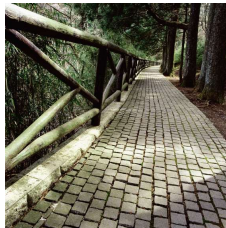


	Safe, healthy, developmentally-appropriate	Respond & Reinforce
	Concerning, inappropriate	Protect & Respond
	Harmful, sexual abuse	System Response & Safety Planning

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Observing Behaviors – Not Intent




If we only knew when someone was walking down the wrong road, we might be able to stop them in their tracks, turn them around, and get them help before they harmed a child.



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Continuum of Adult's Behaviors



	Praise, high-fives, child-initiated hugs, pats on the back or shoulders, etc.
	Playing favorites, adult initiated hugs, patting the buttocks, sexual or suggestive comments, "dirty" jokes, asking for personal telephone or e-mail, taking individual photos, etc.
	Showing porn, watching youth undress, asking a child to touch another child sexually, any sexual activity with minor.

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The Importance of Breaking Down Myths



- I am probably well known and liked by you and your child: a nice guy offender.
- I can be a man or a woman, married or single.
- I can be an adult, adolescent or a child.
- I can be of any race, hold any religious belief, and have any sexual orientation.
- I can be a coach, teacher, family friend, parent, step-parent, relative, clergyman, babysitter, or anyone who comes in contact with children.
- I am likely to be a stable, employed, respectable member of the community

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Continuum of Youth Behaviors



Safe, healthy,
developmentally-
appropriate

Concerning,
inappropriate

Harmful
(Abuse)

33

Activity: Developing Protective Factors



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Response to Warning Signs

- Protect and respond
- Take action
- Follow up
- Trust yourself
- Find an ally
- Review and follow the safety plan



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Key Takeaways

- You can protect a child
- Speak Up – Respond and Report
- You don't need proof!
- Policies protect us and children



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Thank you!

usaf@stopitnow.org
stopitnow.org/usaf
Helpline: **1.888.PREVENT**



**CIRCLES
OF SAFETY**



**USA
FOOTBALL**
