



Stop It Now! and USA Football's Trainer's Manual Use Instructions and Guidelines

Awareness to Action - Module 1: Key Prevention Steps

Manual is available to download at: <https://www.stopitnow.org/usaftot>

Workshop description (for use in letters, invitations, posters, etc.)

Awareness to Action

Module 1: Key Prevention Steps

This workshop presents key steps in child sexual abuse prevention in USA Football for all staff, volunteers and parents. Sharing key definitions and statistics, this workshop will build awareness of the importance of early prevention steps that include speaking up early when boundaries are crossed, and when safety policies are breached. USA Football's policies that keep children and volunteers safe will be reviewed with examples, and the barriers to taking action will be discussed; responsibilities when there is a suspicion or disclosure of abuse will be presented, helping support participants to know when and how to report. This workshop builds knowledge, confidence and skills necessary in order to protect young athletes and the adults responsible for their safety.

How the participant's manuals are organized

- Participant PowerPoint presentation with blank notes
- Participant handouts and resources

Workshop handout, resource and discussion/activity cue schedule

Note: Trainers may ask check in questions or lead discussions at any time, but these are the cues and activities detailed in the training deck

- *Slide 1: Introductions: May be simple "share your name" or a more extensive icebreaker can be used*
- *Slide 1: Resources Referenced:*
 - *Stopitnow.org/usaf*
 - *Safe Sport Resources*
- *Slide 4: Ask class if there are any questions regarding ground rules*
- *Slide 8: Option of full class or small group discussion*
- *Slide 10: Ask – Are there any examples of sexual abuse that is non-contact? Discuss*
- *Slide 13: Resource Referenced: Project Play from the Aspen Institute, Children's Rights in Sports*

- *Slide 14: Resource referenced: USA Football's Safe Sport Policy*
- *Slide 15: Ask class if there are any questions or concerns*
- *Slide 16: Resource referenced:*
 - <https://www.childwelfare.gov/topics/systemwide/laws-policies/state/> - to look up state mandatory reporter requirements
 - ChildHelp (1.800.422.4453)
 - abuse@usafootball.com – to make a report of suspected or disclosed abuse (if not comfortable talking to league leader)
- *Slide 18: Resource referenced: USA Football Safe Sport Policy*
- *Slide 21: Discuss examples on slide, asking for explanations of why each example is a policy violation*
- *Slide 23: Discuss examples on slide, asking for explanations of why each example is a policy violation*
- *Slide 24: Resource referenced: usafootball.com/consultants – if participant would like to learn more about USA Football's commitment to prevention*

How to use the Trainer's Guide

- Every slide is matched with its own recommended trainer's script, with applicable discussion questions, handouts and activities.
- Bolded comments are generally instructional notes to trainer.
- Italicized text – signifies suggested scripts
- Use of white board/flip chart isn't specifically noted but it is recommended to use one to highlight participant's responses to questions.
- Most of the discussions/activities are designed to be done in pairs or small groups. Based on size of the group and time, trainer should decide the best format. All activities are not a requirement but listed as options to deepen learning and practice.
- "Ask" and "Debrief" opportunities after activities are prompts to encourage sharing and cross learning. Look for additional opportunities to engage discussion and sharing.

Preparation and materials required

Prepare participant training book:

- Participant PowerPoint presentation
- Participant handouts

Materials (for live trainings):

- Flip chart
- Markers
- Name tags
- Blank paper
- Pens/pencils
- Envelopes (for completed surveys)