

# Coaching Boys into Men<sup>®</sup> Overview

Coaching Boys into Men<sup>®</sup> (CBIM) is a violence prevention program for athletic coaches designed to inspire them to teach their young male athletes about the importance of respect for themselves, others, and particularly women and girls.

## Why is it important?

Many people judge athletic accomplishments by counting wins and losses, but some coaches will tell you that their legacy is much more personal. Everyday millions of lives are devastated by violence in the home. Some are particularly vulnerable with 1 in 3 women reporting physical or sexual abuse by a husband or boyfriend at some point in their lives.

Teenagers, like adults, sometimes experience violence and abuse in their young relationships as well. In fact, 1 in 3 teenagers report knowing a friend or peer who has been physically hurt by their partner.

Coaching Boys into Men<sup>®</sup> (CBIM) is a program that helps build healthy relationships and prevent violence – stopping it before it even starts.

## Why coaches?

Winning games is important to every coach; however, it's not the only goal. Athletic coaches can play an influential role in the lives of young men, often serving as life-long mentors to the boys they coach. Because of this unique relationship, coaches are poised to positively influence how young men think and behave on and off the field. Whether it's in talks with the team, practice sessions, game days, or simply casual conversation, coaches have numerous opportunities to teach early and often that violence has no place in relationships.

## Why athletes?

By and large, athletes are often popular and influential leaders among their peers. The qualities of a successful athlete such as discipline, cooperation, and integrity, are also the building blocks to becoming a respectful individual and a role model for others.

## About the program

Since the launch of CBIM in 2001, thousands of coaches around the world have signed up in support.

Over the course of a season, CBIM coaches lead their players through brief weekly activities that address themes such as personal responsibility, respectful behavior, and relationship abuse. Teams are encouraged to involve fans, parents, faculty, other students, and school administrators in support of CBIM's respect message. To learn more, please visit [www.CoachesCorner.org](http://www.CoachesCorner.org) or email [coachescorner@futureswithoutviolence.org](mailto:coachescorner@futureswithoutviolence.org).

Coaching Boys into Men<sup>®</sup> is a program of Futures Without Violence, a non-profit organization that works to end violence against women, children, and families around the world.

**[www.FuturesWithoutViolence.org](http://www.FuturesWithoutViolence.org)**

# Coaching Boys INTO MEN

## AN EVIDENCE-BASED DATING VIOLENCE PREVENTION PROGRAM

Coaching Boys into Men (CBIM) is a comprehensive violence prevention curriculum and program that inspires athletic coaches to teach their young athletes that violence never equals strength and violence against women and girls is wrong. The program comes with strategies, scenarios, and resources needed to talk to boys, specifically, about healthy and respectful relationships, dating violence, sexual assault, and harassment.

Ending in 2012, CBIM underwent a rigorous three-year evaluation in Sacramento, California funded by the Centers for Disease Control (CDC) and conducted by Dr. Elizabeth Miller, now of the University of Pittsburgh.

## Methodology:

Sixteen high schools and over 2,000 athletes participated in the randomized-controlled trial. Athletic coaches from eight of the sixteen schools received training and implemented the program. The remaining eight schools were “control” schools, meaning that they did not participate in CBIM until after the evaluation was complete.

Coaches participating in CBIM completed a 60-minute training session to prepare them for the program. Coaches and athletes were surveyed before the season began (i.e., baseline “pre-test”), 3 months after the program ended (i.e., “post-test”), and 12 months later (i.e., “follow up”).

Desired outcomes of the study:

- Increase in knowledge of what constitutes abusive or disrespectful behavior;
- Increase in attitudes that promote greater gender equity;
- Greater intentions to intervene when witnessing disrespectful or abusive behavior;
- Actual positive interventions when witnessing abuse among peers (i.e., saying or doing something to stop the behavior) and less negative bystander behaviors (i.e., laughing, going along with it, or not saying anything);
- Decrease in dating abuse perpetration.

## Results:

At 3 month follow-up athletes who participated in CBIM were significantly more likely to report intentions to intervene (e.g., telling an adult, talking to the people involved, etc.), and when witnessing abusive or disrespectful behaviors among their peers, they were actually more likely to intervene than those not in the program.<sup>1</sup>

One year later, compared to athletes who did not receive the program, athletes who participated in CBIM were more likely to report less abuse perpetration and less negative bystander behavior (e.g., not saying anything, or laughing) when witnessing abusive or disrespectful behavior among their peers.<sup>2</sup>

## Conclusion

CBIM has been proven to positively affect male athletes’ bystander behaviors and to reduce abuse perpetration among athletes who receive the program, supporting the effectiveness of a school athletics-based approach as one strategy to prevent dating violence among teens.

For survey and analysis tools, visit [www.CBIMEvaluation.org](http://www.CBIMEvaluation.org)

<sup>1</sup> Results published in the *Journal of Adolescent Health*, April 2012. “‘Coaching Boys into Men’: A Cluster-Randomized Controlled Trial of a Dating Violence Prevention Program.”

<sup>2</sup> Results published in the *American Journal of Preventive Medicine*, July 2013, “1-Year Follow Up of a Coach-delivered Dating Violence Prevention Program – A Cluster Randomized Controlled Trial.”