Evaluation of an Innovative Approach to Sexual Violence Bystander Training for Student-Athletes: Leveraging Coaches as Key Influencers

The Opportunity for Intervention: Athletic Departments can support proactive prevention approaches that harness the power of student-athletes as leaders on campus and coaches as caring and involved adults to promote bystander behavior and sexual violence prevention.

The Intervention:
- Campus partners collaborate to update and tailor training for student-athletes. Earmark sections for coach facilitation.
- Intervention teams receive the training with coach; control teams with other teams of the same sex without coaches.
- Evaluate the intervention. Survey student-athletes and coaches before/after training.

The Findings:
- Finding 1: Intervention group significantly more likely to agree with the following statements compared to control:
  - Training was relevant to my personal experience
  - Training was helpful
  - Training made me think
  - I started to think differently after the training
  - It was easy to engage with the presentation and materials of the training
  - I would recommend the training
  - I would participate again in the training

- Finding 2: Intervention group significantly more likely to indicate that their coach(es) have talked with their team about the following topics compared to control group:
  - Sexual violence
  - Speaking up when you see situations that could lead to sexual violence
  - Relationship violence
  - Appropriate treatment of a dating partner

- Finding 3: On average, coaches who participated in the training agreed with the following statements:
  - Student-athletes need the training
  - The training was relevant to their personal experience as a coach
  - They would recommend that other coaches participate with their teams
  - They would participate again in the training

The Implications:
- Well-received
- Proactive Prevention Approach
- Cost-Effective
- Feasible
- Builds/Maintains Campus Partnerships

For more information and consultation, contact: Chelsey Bowman cebowman@bu.edu