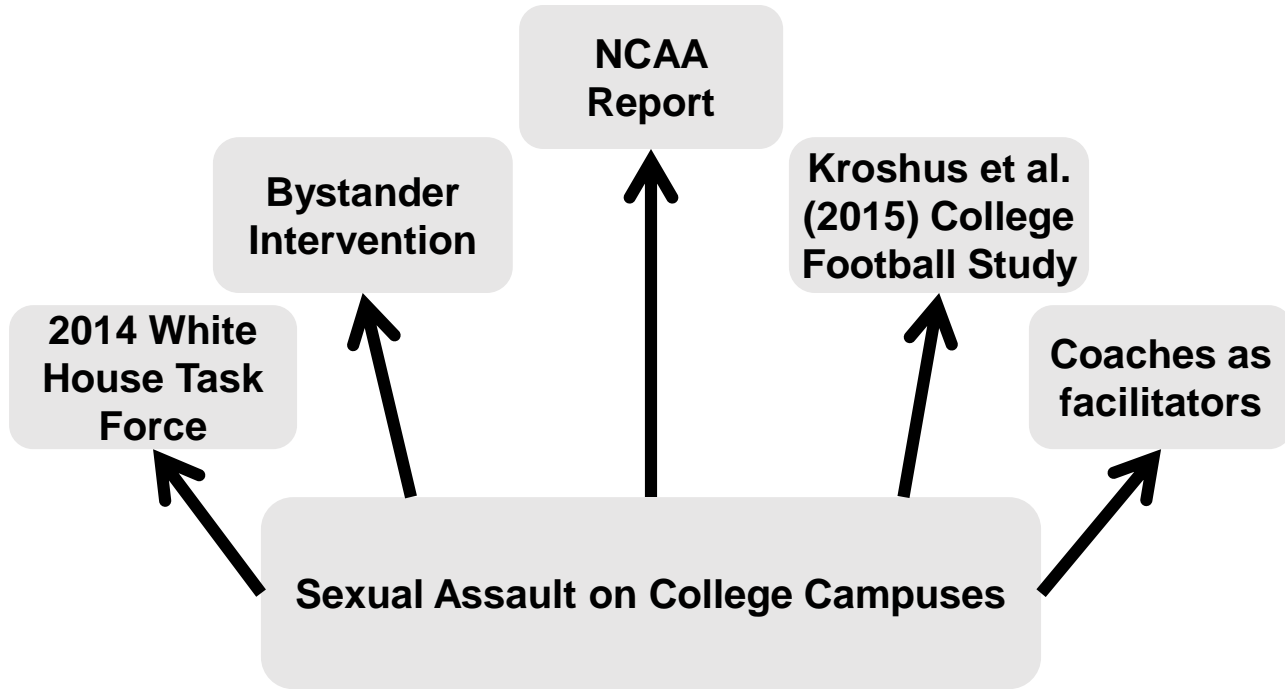


Evaluation of an Innovative Approach to Sexual Violence Bystander Training for Student-Athletes: Leveraging Coaches as Key Influencers

Chelsey Bowman, Ed.M., Melissa Holt, Ph.D., & Amie Grills, Ph.D.

Why are we here?



Framing Prevention Efforts

Reactionary

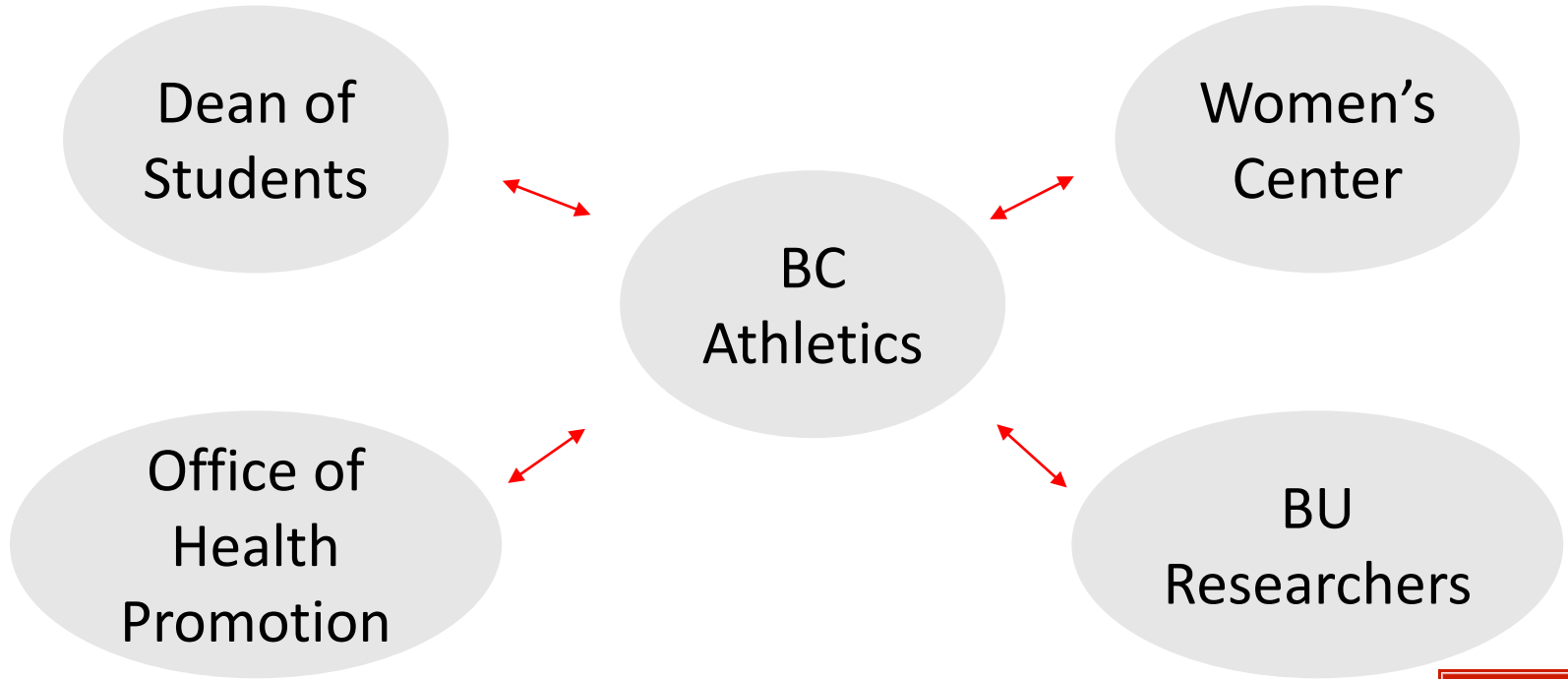
- Can feel like punishment
- Hastily put together

Preventing
Sexual
Assault

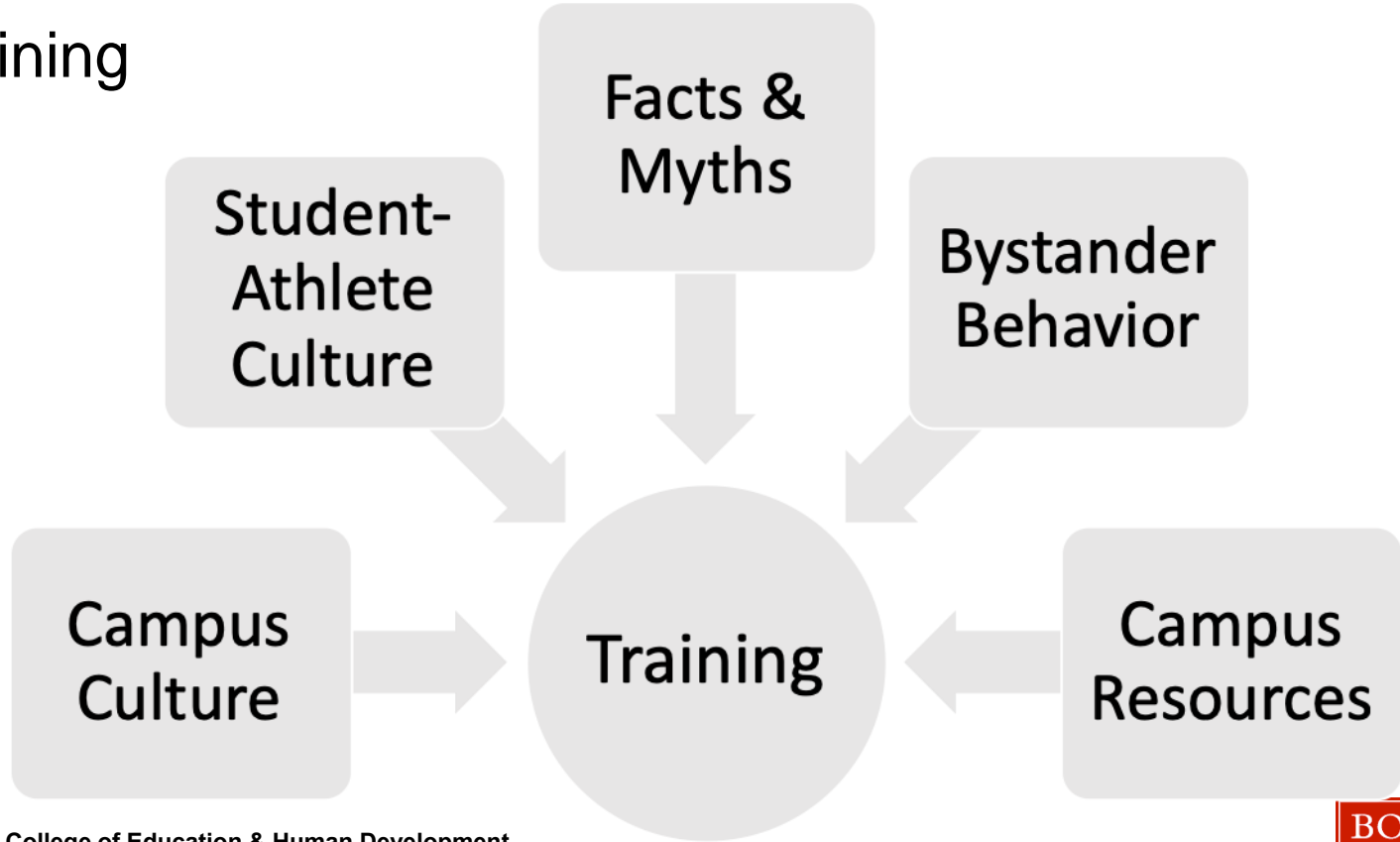
Proactive

- Leaders on campus
- Effective partnerships
- Contact with caring adults

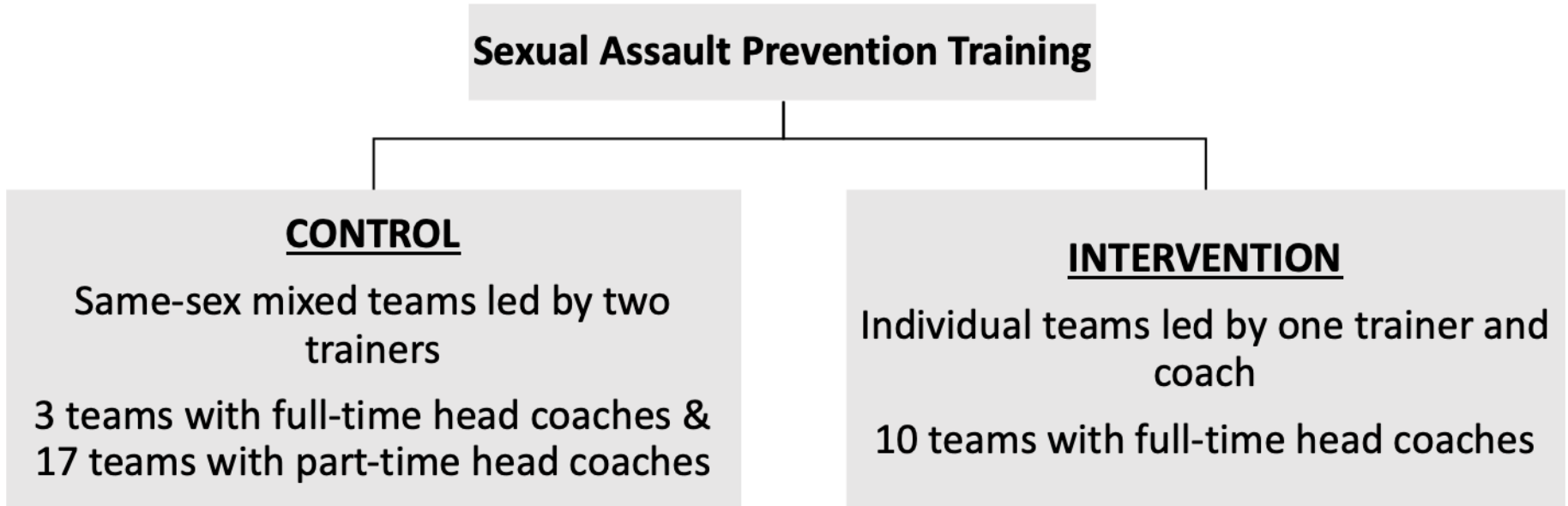
Building Effective Partnerships



Training



Evaluation Plan



Participants

Pre-Survey

- 240 student-athletes
- 11 Coaches



Post-Survey

- 237 student-athletes
- 13 Coaches

Focus Groups

- 4 female student-athletes
- 5 coaches

July- September

July- October

Late November

Late November

Research Questions

1. Does participation in coach-facilitated bystander intervention programming positively affect knowledge, attitudes, and behaviors regarding sexual violence for student-athletes?
2. Is coach-facilitated bystander intervention programming feasible and well received among coaches and student-athletes?

Findings: Student-Athletes Pre- to Post-Survey Changes

- Significant increase in knowledge ($t = 2.5, p < .01$)
- No significant changes in rape myth acceptance or positive bystander behaviors
 - A typical finding for one-time trainings
 - Notably, student-athletes already had a low acceptance of rape myths (Pre-survey mean = 1.37)

Findings: Student-Athletes Reactions to Trainings

- **Intervention Group was significantly more likely to agree** with the following statements compared to the Control Group:
 - The training was **relevant to my personal experience**
 - The training was **helpful**
 - The 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 to other student-athletes
 - **I would participate again** in the training

Findings: Student-Athletes Between Group Differences

- **Intervention Group was significantly more likely to indicate that their coach(es) since the training have talked with their team about the following topics at least sometimes:**
 - Sexual Violence & Speaking up when you see situations that could lead to sexual violence
 - Appropriate treatment of a dating partner & Relationship violence
- No difference in how often coaches talked about Alcohol or Perception of team on campus

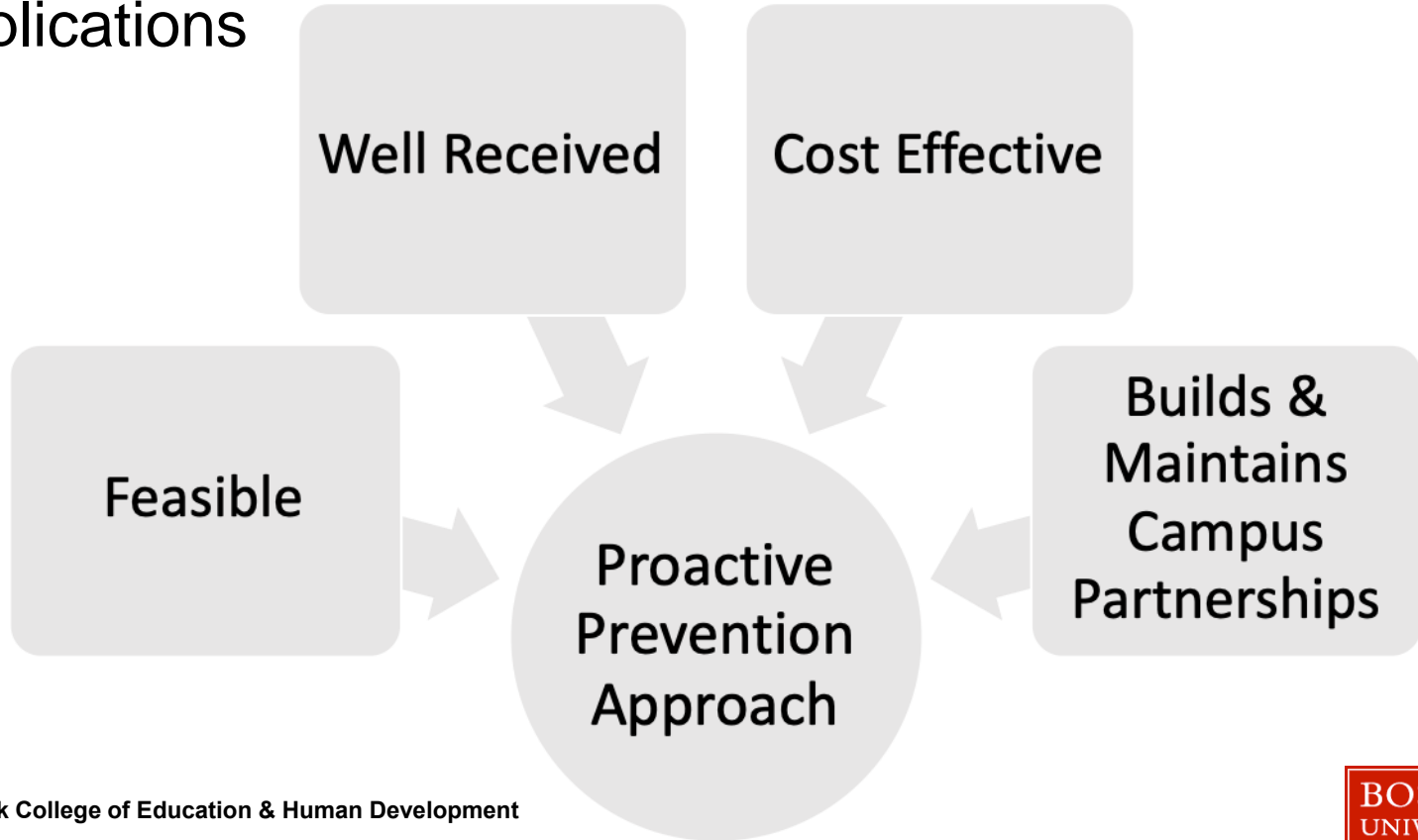
Findings: Coaches' Reactions

- On average, **coaches agreed** with the following statements:
 - Student-athletes need the training
 - The training was relevant to my personal experience as a coach
 - I would recommend that other coaches participate alongside their teams
 - I would participate again in the training

Facilitator Feedback

- “The coach was engaged and emphasized that respect for women is a tenet of the team and will be prioritized throughout the year.”
- “I appreciated the coach's willingness to contribute to the conversation. Although she wasn't comfortable facilitating the educational material, she was very helpful in engaging the students in conversation. She chimed in with additional information particularly about the importance of character and ‘knowing what's right.’”
- “I think mixing the teams makes students not want to share.”

Implications



Recommendations

- Include student-athletes in training creation
- Provide additional background for training and rationale for coaches to participate
- Shift focus to how to approach and respond to situations that could lead to sexual assault
- Have training take place during pre-season and evaluation in-between semesters

Thank You & Contact Information

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- Thank you to all the student-athletes and coaches who participated
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