



WELLSPRING

Ending relationship and sexual abuse in our community

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Proposal to launch Coaching Boys into Men™ in our Community

Imagine a world free of relationship and sexual abuse. That is Wellspring's vision. To achieve this vision, we provide information and education about the dynamics of relationship and sexual abuse; increase awareness about the services that are available to primary and secondary victims; and engage the community in social change efforts designed to prevent abuse from occurring in the first place.

Is it possible to end relationship and sexual abuse?

Preventing abuse from occurring in the first place is possible. The Centers for Disease Control and prevention states that "prevention efforts must be aimed at reducing the occurrence of intimate partner violence through the promotion of healthy, respectful, nonviolent relationships¹." Wellspring has been engaging our community in many different ways to achieve this. Some of our most important relationships have been with secondary and post-secondary schools where we provide support to survivors of abuse; awareness events to help increase the student and teacher population's knowledge of relationship and sexual abuse and how to access services; as well as teaching to build healthy relationships, to understand consent, and providing tools that encourage people not directly involved in violence as a victim or perpetrator of abuse to take action.

What else can schools do to end relationship and sexual abuse?

Building on our existing relationship with secondary schools in our community, we now want to engage men, specifically coaches, to help the next generation to build respectful and non-violent relationships through the implementing Coaching Boys into Men™. Why does this matter? Research shows that:

- approximately one in three adolescent girls in the United States is a victim of physical, emotional or verbal abuse from a dating partner – a figure that far exceeds victimization rates for other types of violence affecting youth².
- teen victims of physical dating violence are more likely than their non-abused peers to smoke, use drugs, engage in unhealthy diet behaviors (taking diet pills or laxatives and vomiting to lose weight), engage in risky sexual behaviors, and attempt or consider suicide².

¹ <http://www.cdc.gov/cdcgrandrounds/archives/2012/june2012.htm>

² https://www.futureswithoutviolence.org/userfiles/file/Teens/teens_facts.pdf



Why Coaches?

Athletic coaches play an extremely influential and unique role in the lives of young men, often serving as a parent or mentor to the boys they coach. Because of these special relationships, coaches are uniquely poised to positively influence how young men think and behave both on, and off, the field.

Wellspring and athletic coaches working together to end relationship and sexual abuse.

Coaching Boys into Men™ (CBIM), a program designed by Futures Without Violence³, 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 harassment⁴.”

Wellspring invites our communities secondary schools their athletic coaches to help us end relationship and sexual abuse.

Wellspring will:

- host a **Coaches Clinic** help coaches understand the importance of their role in violence prevention; learn the CBIM program goals and structure; practice techniques on how to lead athletes through the CBIM Card Series and respond to a Teachable Moment.
- help create a support network for the coaches that will come in handy throughout the season.
- provide ongoing support to coaches as they mentor their athletes in building respectful and non-violent relationships.

Coaches are provided a “**Playbook**” which provides them the foundation of the program and is a tool that provides facts and information about relationship abuse; provides scenarios of teachable moments; and provides tips and tactics on how to talk to your athletes. Coaches are also provided a **Card Series** that provides the guidance for coaches to have a weekly discussion with their athletes that is designed to help athletes discuss and practice respect and non-violence for themselves and others.

Schools can:

- partner with Wellspring in implementing strategies that end relationship and sexual abuse.
- allow Wellspring staff to be available to their students, teachers, and parents who have been or know someone who has been abused by a dating partner or sexually assaulted.
- implement policies that support students who have been abused and hold perpetrators of abuse accountable to create a safe school environment.
- encourage their athletic coaches to participate in the information session and to implement the CBIM program.

Anyone interested in launching this program in schools within Saratoga and Washington Counties can contact Maggie Fronk, Wellspring Executive Director, 518-583-0280.

³ <https://www.futureswithoutviolence.org/>

⁴ <http://www.coachescorner.org/filelibrary/CBIM%20Evaluation%20One-Page.pdf>