



**ATHLETICS. EQUALITY. CHANGE.**



Impact is a program of Men As Peacemakers.  
For more information and resources visit:  
[www.menaspeacemakers.org](http://www.menaspeacemakers.org)

## Promote Respect and Equality

### 6 Things You Can Do This Season

#### 1 Create and enforce expectations

Make it clear that players will respect all people from every culture and background.

#### 2 Stand up for your girls

When you hear language from parents, adults, or players that is disrespectful towards women and girls- CALL THEM OUT. Silence only tells young girls that this behavior is OK. Let the girls on your team know they deserve to be treated with respect.

#### 3 Promote Confidence

Let girls know that who they are as people is more important than their appearance.



**Coaches are the #1 influence on girls in sports.**

#### 4 Encourage female leadership

Invite a female coach, trainer, or former athlete to work with your team. Research shows it's critical for girls to interact with strong female athletic role models.

#### 5 Create a new team award

Create an award for the player who contributed most to creating a positive team culture. This makes it clear that winning isn't the only goal of athletics.

#### 6 Set the bar high

Aim high with your team. Female athletes deserve to be challenged and valued just as male athletes.