



Berkeley Athletics Consent and Empowerment (BACE)



An Overview
(fka Coaching Boys Into Men)



Vision

- *Power* - Understand and critique toxic masculinity and patriarchy, define and then divest from rape culture.
- *Conflict* - Build healthy strategies to navigate interpersonal conflict: Non-Violent Communication.
- *Consent* - Define consent, learn how to give and receive consent. Build upon consent education on campus.

What does “trauma-informed” mean?

- “Realize the widespread impact of trauma and understand potential paths for recovery; recognize the signs and symptoms of trauma in clients, families, staff, and others involved with the system; and responds by fully integrating knowledge about trauma into policies, procedures, and practices.”
- How it looks in my class::
 - Trigger Warnings
 - Permission to stop talking about certain topics
 - Regular breaks
 - Room to express discomfort

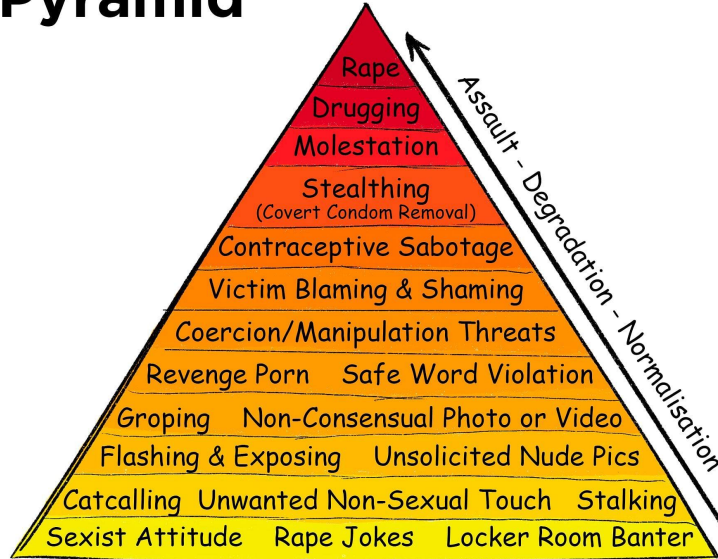
Unit #1 Power

- Define and critique toxic masculinity / hypersexualization
- Define and divest from Rape Culture
- Examine patriarchy and male privilege in our social context



Power (ex. The Man Box model)

The Rape Culture Pyramid



Tolerance of the behaviours at the bottom supports or excuses those higher up.

Source- 11th Principle: Consent!

Power (ex. Rape Culture)

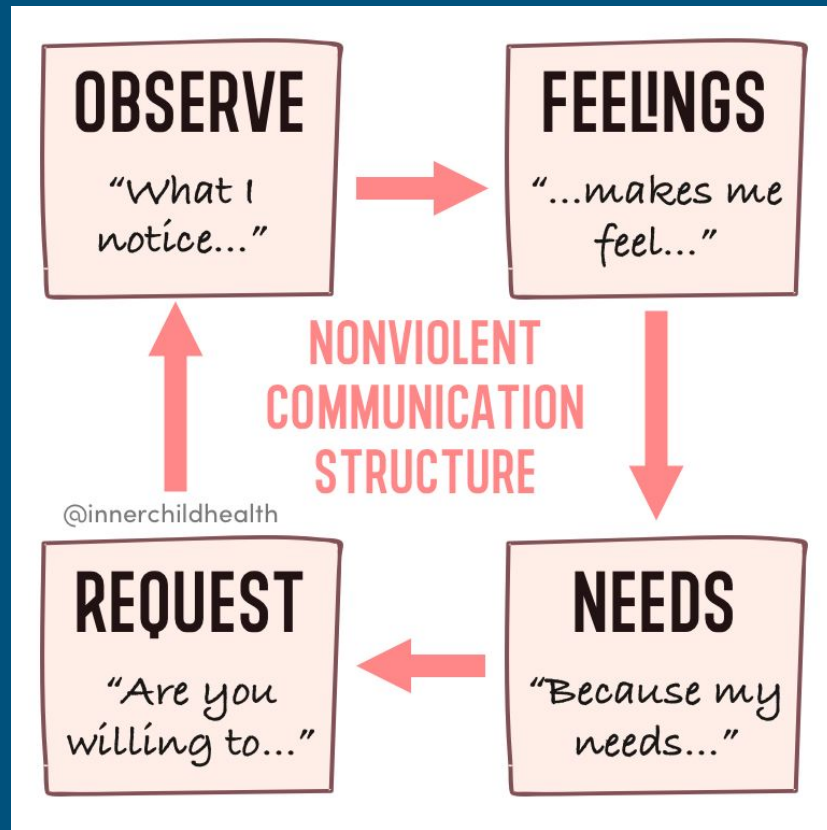
Unit #2: Conflict

- **Boundaries:** Build healthy boundaries. Practice our NVC.
- **Advocacy:** Learn to advocate for ourselves and each other.
- **Empower:** “Get off the bench” and feel empowered to intervene in harmful situations.

Non-Violent Communication

The NVC Process:

- **Observation:** The concrete actions we are observing that are affecting our well-being.
- **Feeling:** How we feel in relation to what we are observing.
- **Needs:** The needs, values, desires, etc. that are creating our feelings.
- **Request:** The concrete actions we request in order to enrich our lives.



NVC cont.

Unit #3: Consent

- Review the FRIES Model of Consent
- Change consent from something “won” to a process of giving and receiving
- Learn how to give consent and receive consent using our NVC communication skills.

CONSENT



Freely Given
Reversible
Informed
Enthusiastic
Specific

 Planned Parenthood®

Consent cont.



BACE Looks Like..

- A safe space (classroom, locker room, pool, gym) for difficult conversations
- Scenario work that gives students a chance to understand different perspectives
- A space where everyone is heard
- Anonymous Question and Answer

BACE So Far...

- Men's Fall Sports (JV/Varsity Football): Workshops + Q & A
- Women's Fall Sports (Frosh/JV/Varsity Volleyball): Workshops + Q&A
- Open office hours available for all student-athletes
- Developing buy-in with student body and stakeholders

BACE Winter 2021 Game Plan

- Early season Movie Screening (The Feminist in Cell Block Y)
- Weekly workshops with each team at every level
- Bi-Weekly Captain's Council meetings with team leaders
- Bi-weekly meetings with Coaches to discuss new avenues for success
- Hosting a Positive Coaching Alliance training with our captains in December.