



# 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?

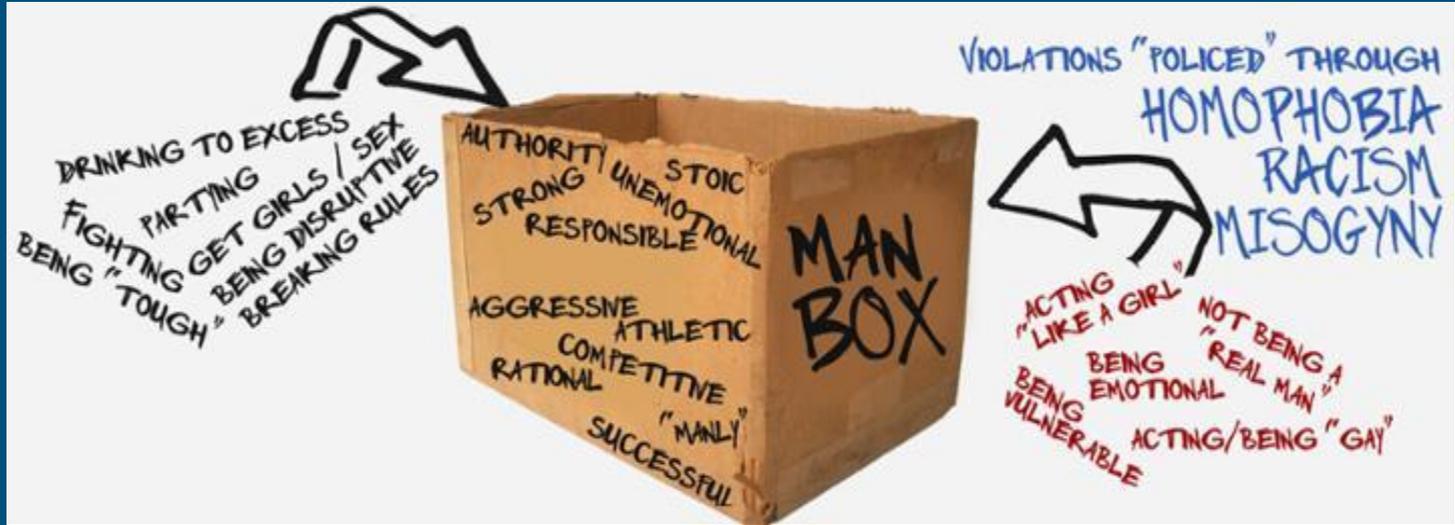
---

- “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

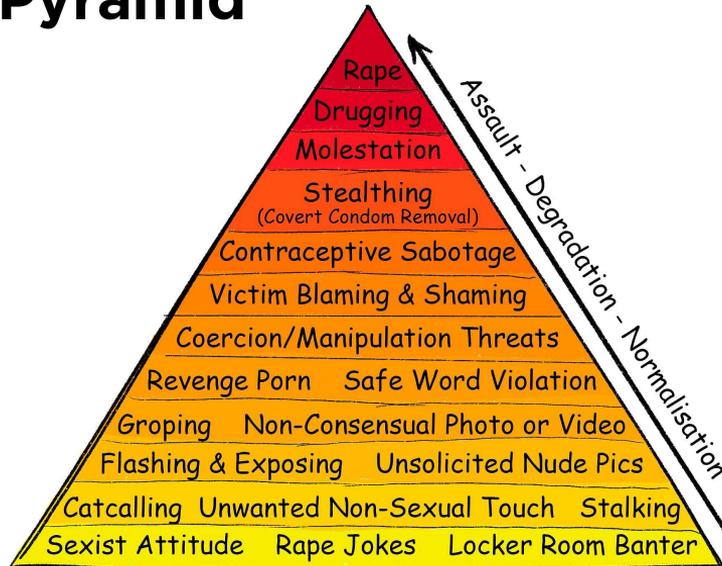
---

- 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

---

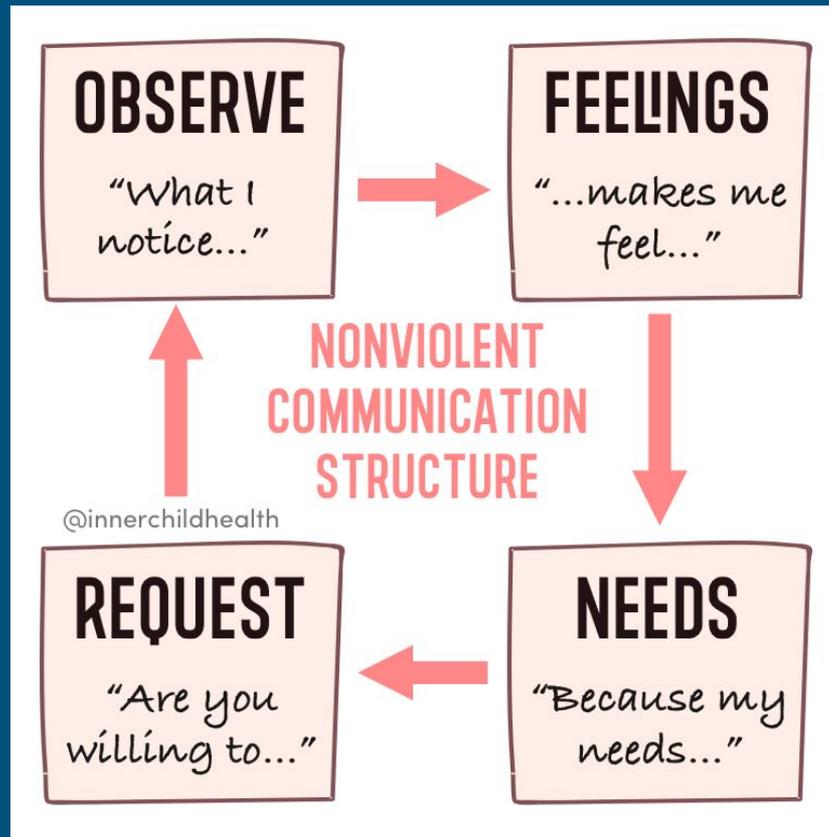
- **Boundaries:** Build healthy boundaries. Practice our NVC.
- **Advocacy:** Learn to advocate for ourselves and each other.
- **Empower:** “Get off the bench” and feel empowered to intervene in harmful situations.

# 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



**F**reely Given  
**R**eversible  
**I**nformed  
**E**nthusiastic  
**S**pecific

 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.