

Empowering young Europeans in sport for a culture of respect and integrity — against sexualised violence and gender harassment

Sport respects your rights

EUROPEAN MEETINGS

21.–22. 5. 2013 27. 9.–1. 10. 2013 8.–12. 11. 2013

12.-13. 9. 2014

Kick-Off Partners Meeting | Vienna, Austria 1st European Training | Stockerau, Austria 2nd European Training | Stockerau, Austria Best Practice Meeting | Cologne, Germany

FINAL CONFERENCE

26.-27. 2. 2015

Vienna | Haus der EU Wipplingerstraße 35, 1010 Vienna, Austria Sport respects your rights























Empowering young Europeans in sport for a culture of respect and integrity — against sexualised violence and gender harassment



Available data suggest that about one in five children in Europe are victims of some form of sexual violence.

www.coe.int/1in5

www.sport-respects-your-rights.eu

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Austrian Federal Ministry of Families and Youth



Dr. Sophie Karmasir Federal Minister of Families and Youth, Austria

The prevention of violence against children and young people is one of the most important objectives of my ministry. Unfortunately, many cases of violence are never documented, making it a very difficult problem to tackle.

Thus it is extremely important to combat violence before it even occurs through widespread prevention measures. With *Sport respects your rights*, precisely

that has been achieved and I am happy that my ministry played an integral part in supporting this project. The importance of broad European networks in dealing with the issue of violence was actively recognised by the project initiators and it was this network that made it so successful.

Dr. Sophie Karmasin Austrian Federal Minister of Families and Youth

SPORTUNION Austria



Hartwig Löger
President of
SPORTUNION
Österreich

It has been a great honour for SPORTUNION Österreich to lead this high-level project network and, above all, the young Europeans in sport. SPORTUNION strives to create a protective and inclusive spirit in all of our clubs. We believe the purpose of our work lies beyond just sports, it is the opportunity to pro-actively affect the community around us and grant each member their space and respects. Sport respects

your rights calls attention to the often concealed problem of sexual harassment and abuse in sports. This problem has to be fought! Let's fight it together!



Hartwig Löger President of SPORTUNION Österreich

INTRODUCTION

German Sport University Cologne



Dr. Bettina Rulofs
German Sport
University Cologne,
Institute of Sociology
and Gender Studies

Sport in Europe offers young people significant possibilities for their wellbeing. Yet, scientific research has shown that young people are vulnerable to maltreatment in sport. This is the springboard for Sport respects your rights.

The German Sports University was entrusted with the training, coaching and evaluation of the project and by this, became

part of an exceptional movement: developing a culture of respect and integrity in sport. We are thankful to witness the campaigns developed by young Europeans in this project and we are positive that they will encourage other young people to stand up for their rights!

Dr. Bettina Rulofs

ENGSO Youth

One of the main tasks of the



Jan Holze
Chairman of ENGSO
Youth | Youth
organisation of the
European NonGovernmental Sports
Organisation

European sporting movement is to work towards safeguarding the integrity of sports and the well-being of young sportswomen and -men. We believe coordinating concerted European action leads to success and it is indispensable to invest into the education and empowerment of multipliers and young Euro-

peans in sport. Sport respects

your rights is a project that gave an impulse on just this path: a further stepping-stone towards our vision of creating a safe, inclusive and participative European youth sector!

Dun Ma

Jan Holze Chairman of ENGSO Youth

Sport respects your rights

Empowering young Europeans in sport for a culture of respect and integrity — against sexualised violence and gender harassment

Agnes Kainz
SPORTUNION
Österreich

Sport respects your rights was a transnational project, developed to fight abuse and gender-based violence in the youth sport sector. The project ran for 24 months. It was funded in the priority area Empowerment work at grassroots level as the only sports project in the DAPHNE III Programme 2011/2012 of the European Union. It built on the network and exchange of good practice initiated through the EU project Better, Safer, Stronger – Prevention of sexual and gender harassment and abuse in sports (Project Lead: German Sports Youth).

Sport respects your rights supported Europeans aged 16 to 22 to

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develop self-confident behaviour against sexualised violence and harassment in sports. Young sportswomen and sportsmen were given the platform to develop their own youth-led campaigns through which they raised awareness amongst peers, in their sport environment and beyond. This participatory process allowed the young people to become powerful multipliers and active agents of social change in their settings. Parallel to the educational youth work, each project partner developed a multi-sector network in order to create long-lasting synergies to fight violence and harassment in sport.

Based on two processes

Eight organisations from six European countries (Austria, Germany, Italy, United Kingdom,

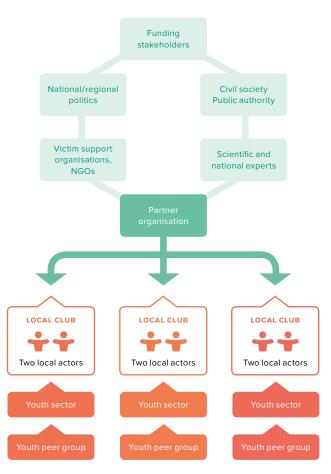
Poland and the Netherlands) implemented Sport respects your rights within their settings. The access to young Europeans in sport varied between the different organisations which were

Figure 1: Structure of Sport respects your rights in the setting of the implementing partner organisations:

Top-down process Building cross-sector

networks to support the sport sector

Bottom-up process Education of multipliers and creation of youth-led campaigns



from the sport-for-all, fitness and amateur, University, special and professional sports sectors, or worked with youth groups through socio-cultural communities and an NGO. The implementation within each partner organisation was based on two main processes (see Figure 1).

1. Bottom-up process: the education of multipliers and the creation of vouth-led campaigns

A project coordinator from each partner organisation and two local actors from each participating local sport club or youth group (for example a board member and a youth coach) were educated through two European Trainings to work with the youth sectors in their respective sport settings. Through local youth workshops each partner created youth-led campaigns - developed by youth for youth.

This participatory process aimed at both ownership of the project and identification with its aims through the active involvement of the target group. The focus was laid on raising awareness, install-

ing and developing self-esteem, communicational skills, reflective and assertive behaviour and a general culture of respect in sport settings. Sport respects your rights focused on the capacity of multipliers and young Europeans at grass roots sport level to reflect, act and protect themselves against sexual abuse. violence and gender harassment.

The young people who created the campaigns sensitised further peers and intermediaries in their settings to build a culture of respect and integrity in and through sport.

2. Top-down process: building cross-sector networks to support the sport sector

Simultaneously, the partner organisations initiated national, regional or local multidisciplinary networks ("Round Tables") involving diverse and relevant stakeholders from society. These aimed to find synergies and build supportive structures for the sport sector regarding the topic, adress national and regional strategies to move the

INTRODUCTION INTRODUCTION

agenda forward and provide a platform for the dissemination of the youth-led campaigns. The Round Tables also investigated possibilities to keep the created network alive after the European funding had ceased.

Throughout the project, mentoring advice was available for the partner organisation and the participating local clubs.

Planned scope of the project

Direct education and sensitisation of the target group and intermediaries in the participating organisations was devised through

scope of Sport

440 workshop participants (16-22

sensitised in peer-to-peer settings by the young people who a multi-tier process. The aim was to encourage a self-perpetuating, multiplying effect in the sport sector through empowering the target group, 16 to 22 year old Europeans (see figure 2).

The actual scope of *Sport respects* your rights, reached within the European network during the project implementation between April 2013 and February 2015, can be seen on pages 61–67 in the chapter "Summary and prospects of the project".

The network of Sport respects vour rights

The project network encompassed 10 European sport- and socio-cultural organisations and Universities with a wide geographic scope and with varying structural, national or organisational set-ups. Testing the project in diverse European settings gave insights about the acceptance and results of this models strategy and enabled valuable recommendations about the possible applicability and adaptability in further EU communities.

Steering Group:

- SPORTUNION Austria (Lead Partner)
- German Sport University of Cologne, Institute of Sociology and Gender Studies (in charge of training, coaching, monitoring and evaluating)
- ENGSO Youth (coordinated this transnational cooperation)

Partner organisations implementing the project:

- Edge Hill University | UK
- Italian Aerobic and Fitness Federation
- · Campaign Against Homophobia | PL
- NOC*NSF | Dutch Olympic Committee * Dutch Sports Federation
- DIK Sports Youth | DE
- German Sports Youth | DE
- Austrian Athletics Federation
- SPORTIINION Austria

Council of Europe in supporting function:

- ONE in FIVE campaign to stop sexual violence against children - www.coe.int/1in5
- Enlarged Partial Agreement in Sports – www.coe.int/epas







The project logo

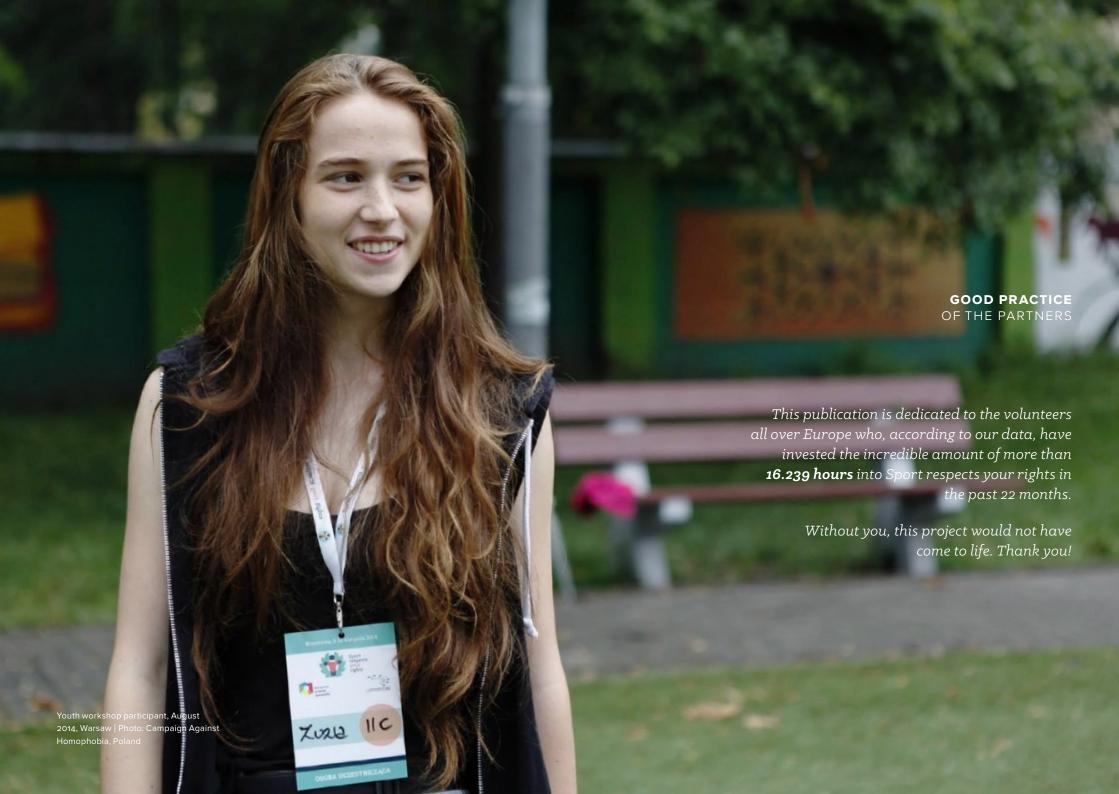
This project is funded by the DAPHNE III Programme of the European Union which aims to prevent and combat all forms of violence and protect victims and groups at risk.

In Greek mythology, Daphne was a nymph who transformed into a laurel tree as a measure of self-defense against an importunate admirer. The laurel wreath in the logo of Sport respects your rights was given a double function; it is not only meant to be a symbol of athletic success and honour, but also a protective shield for someone's own personal sphere.

Figure 2: The planned respects your rights

8 partner coordinators and 44 local actors are educated through 2 European Trainings

1.200 young people in sports are created the campaigns





Edge Hill University

Edge Hill University

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www.researchgate.net/profile/Mike_Hartill www.sportrespectsyourrightsuk.co.uk

Further information

www.sportrespectsyourrightsuk.co.uk www.edgehill.ac.uk

Edge Hill University is situated in the north west of England. The Department of Sport and Physical Activity has researched child abuse in sport for over a decade. We passionately believe in the value of education to address serious social problems and wish to share our knowledge as widely as possible. We also believe that sports agencies should empower young people to address some of the ethical issues that sport faces.

Sexual violence, exploitation and abuse are very serious problems that have received little attention in many countries. Therefore we were delighted to be involved with the *Sport respects your rights* project and SPORTUNION Austria in order to work towards the realisation of our shared goals.

Edge Hill University

Photo: Edge Hill Women's Hockey Team, EHU Sport respects your rights campaign | Edge Hill University

Multiplier trainings

8.-9.3.2014, EHU DSPA

15.–16. 3. 2014, Salford Red Devils Rugby Football League Club, AJ Bell Stadium, Manchester

22.–23. 3. 2014, Blundellsands Tennis Club, Merseyside

12.-13. 4. 2014, EHU DSPA

Campaign events

17.–18. 5. 2014, SRYR Stand at the Rugby League 'Magic' Weekend, Manchester City FC, Etihad Stadium, Manchester

> 27.11.2014, Workshops for Coaching Students, EHU DSPA

10.12.2014, Campaign Stand, EHU Student Hub

17.12.2014, Campaign Stand, EHU Student Hub

16. 2. 2015, Workshops for Sport Development and Management Students, EHU DSPA

21.4.2015, Workshops for Sport Science Students, EHU DSPA

Round Tables

12. 2. 2014, Edge Hill University, Department of Sport and Physical Activity (EHU DSPA)

28. 1. 2015, RFL Offices, Media City, Manchester

Youth workshops

During March-April 2014, one workshop was delivered in three settings: Blundellsands Tennis Club, Merseyside; Salford Rugby Football League Club, Manchester; and Edge Hill University, Lancashire. Then a final workshop was delivered for all three groups at Edge Hill.

The workshops utilised selected aspects of the training received in Austria in 2013 and the focus was on active learning. The Rugby Football League (RFL) have been a tremendous support to the project throughout and the RFL Safeguarding Lead Officer, Colette Eden, provided vital support to the team.



Above: Edge Hill University Workshop, Joel Donnelly facilitating, March 2014 Page 15 top: Workshop for coaching students, Edge Hill University, November 2014

Page 15 bottom: Multiplier training, Edge Hill University, March 2014

Photos: Edge Hill University

Youth campaign

The Edge Hill campaign focused on promoting the Council of Europe's '1-in-5' campaign within youth sports settings. During the workshops, the volunteers devised and agreed upon a hand signal to represent the campaign which could be used to raise awareness and sensitise young people in sport.

The workshop participants also designed t-shirts for volunteers and silicon wristbands to promote the campaign.

Dissemination of campaign

The Rugby League Youth Panel secured the support of all the major rugby league clubs who provided signed balls and shirts. They also secured the support of many high-profile players and officials via #STOP1in5 Twitter.

With the support of the RFL, one group of 5 volunteers, the Rugby League Youth Panel set up a stand at the Etihad stadium at the annual rugby league 'Magic' weekend. The team asked rugby league supporters to tweet photos of themselves doing the





1-in-5 hand signal during the tournament, for a chance to win a signed ball or shirt.

A website was also created: www. sportrespectsyourrightsuk.co.uk

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One powerful lesson for me was hearing the stories of what people had gone through and how the situation developed into sexual abuse. Hearing what people had suffered at the hands of a person who they knew very well, this was eye opening.

JOE MOORE, 20 | EDGE HILL (UK) TEAM, WATERLOO TENNIS CLUB HEAD COACH

Since the training I have had friends and family asking me how it went and what I did, and my response was always the same: we must stop this, and I am going to do everything that I can to do it!

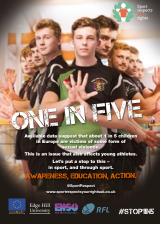
NICK ASHLEY, 22 | EDGE HILL (UK) TEAM

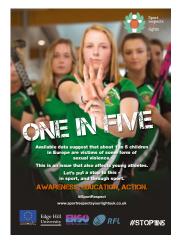
In October 2014 the English Child Protection in Sport Unit invited our team to present the project at their annual conference. In November 2014 we delivered workshops to university Coaching students and two promotional events within the student union.

In December 2014, the volunteers developed a short educational film that has been distributed via the website and social media. We also published a poster campaign to promote the 1-in-5 campaign.

To date 1192 followers and 1.2 million impressions for the #STOP1in5 and related accounts have been measured on Twitter.







We now have the power to do something. It's not the LTA, it's not Rugby League, it's us. And because it's us, and we have the money and the knowledge, we are empowered to do something. It's not someone else's responsibility, it's ours.

CALLUM RUSHFORTH, 19 | WORKSHOP PARTICIPANT, BLUNDELLSANDS TENNIS CLUB



Page 16: Sport respects your rights UK Round Table, Rugby Football League, Media City, Manchester, January 2015

This page: Posters and silicon wristbands, EHU Sport respects your rights campaign

Photos: Edge Hill University

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CORE FIGURES AS OF 1.2.2015 2 participating local organisations or groups 5 multipliers trained at European Trainings **50** 16- to 22-year-old participants at youth workshops **250** peers informed through youth campaigns 2 cross-sector network meetings and Round Tables organised 18

FIAF

Italian Aerobic and Fitness Federation

FIAF Federazione Italiana Aerobica e Fitness

Via Monte Zebio 1 00195 Rome Italy

Mail address: P. O. BOX 6264, 00195 Rome Italy

www.fiaf.it

Contact person:

Paolo Emilio Adami info@fiaf.it Federazione Italiana Aerobica e Fitness (Italian Aerobic and Fitness Federation), founded in 1990, is a non profit organisation run by volunteers. It promotes fitness and wellbeing based activities as the optimal means for enhancing physical and psychological health as well as a means of education, growth, commitment and social integration. The FIAF operates in union with the Scuola Italiana Aerobica e Fitness (SIAF), its technical branch, which maintains exclusive responsibility for professional training. In view of its high technical quality and social commitment, the FIAF is considered the point of reference in matters regarding health and fitness by the governmental institutions and the market.

La Federazione Italiana Aerobica e Fitness – FIAF, è un'associazione senza fine di lucro, fondata sul volontariato, che promuove le attività del fitness / wellness quale mezzo ottimale per migliorare il benessere psicofisico della persona e come momento di educazione, di crescita, di impegno e di aggregazione sociale. La FIAF agisce congiuntamente alla Scuola Italiana Aerobica e Fitness – SIAF, propria articolazione tecnica, che si occupa esclusivamente di formazione professionale, di cui sono note l'alta competenza tecnica e la serietà professionale che la contraddistinguono.



Photo: Participants at the youth workshops at Convitto Nazionale Vittorio Emanuele II, March 2014, Rome | J. Resta/FIAF GOOD PRACTICE | FIAF

Youth workshops at Convitto Nazionale Vittorio Emanuele II, Rome

EVENT

Youth workshops

7.–8. 3. 2014, Rome 20.–21. 3. 2014, Rome

Coordinator meetings

29. 1., 14. 2., 26. 2. and 26. 9. 2014, Rome

Dissemination events and Round Tables

19.12.2014 and 29.1.2015, Rome The youth campaign was designed and developed entirely by the participants who were students either at the Convitto Nazionale Vittorio Emanuele II or Università di Tor Vergata both situated in Rome.

The youth workshops were a great success in terms of participation and commitment by the participants. An experienced group of trainers steered and facilitated the development of the workshops and made sure they created a safe environment

in which participants could discuss sensitive and intimate topics while sharing their personal experiences. During the entire time there was a professional psychologist present to make sure topics were addressed correctly and participants were feeling comfortable.

The developed parts of the youth campaign deeply reflect the personal experience of the participants. Coming from different backgrounds and realities, the messages that they wanted to

share were linked to their every-day life and experience. Some of them for instance, studying at the Ballet National Academy, shared the very common issue of weight control and eating disorders which exist in their environment. Other participants, studying at the University or the Sport High School, emphasised the issue of discrimination or other forms of verbal harassment.

The key element of the campaign is its authenticity. The messages are coming directly from the participants' life experiences and offered an opportunity for them to voice these concerns. The campaigns portrayed some of the possible realities of harassment giving real-life content to the project.

Participants of the workshop decided to use different means of communication to disseminate their campaign: making two video clips, using printed materials, social networks and recording a radio spot. They chose these approaches based on the tools they were familiar with and through means that they were





Participants at the youth workshops at Convitto Nazionale Vittorio Emanuele II, March 2014, Rome | Photo: FIAF



GOOD PRACTICE | FIAF

I feel empowered by the work we have done. I know we can help our peers and friends, we only have to reach out for them!

GIUSEPPE | PARTICIPANT IN THE YOUTH WORKSHOP IN ROME

My friends told me many times about their experiences of harassment and I always struggled finding the right thing to say. I wanted to help but I didn't know how, I do now.

MARTINA | PARTICIPANT IN THE YOUTH WORKSHOP IN ROME

I think I have learned a lot from this project. There are harassing behaviors that I never considered as such and always experienced myself. I know the kind of respect I deserve!

CLAUDIA | PARTICIPANT IN THE YOUTH WORKSHOP IN ROME

sure would reach their peers, the final recipients of the campaign.

The dissemination of the campaign was coordinated to the annual schedule of the High School and University in order to reach the highest amount of people possible. As such, the planned events of both institutions were used as an occasion to share the campaign and increase the visibility of the project to as many peers as possible.

During the dissemination period two Round Tables were organised directly involving the University or the High School and these were also held on their premises to encourage a safe environment, where ownership of the topics could be developed by the institutions and the participants.

Top: Youth workshop at Convitto
Nazionale Vittorio Emanuele II, March
2014, Rome | Photo: J. Resta / FIAF

Bottom left: Campaign dissemination during student assembly, Convitto Nazionale Vittorio Emanuele II, January 2015, Rome | Photo: FIAF

Bottom right: Sport respects your rights multipliers Alice Collacchi and Febronia Cappadona with FIAF President Dr. Paolo Adami, December 2014, Rome | Photo: FIAF







CORE FIGURES AS OF 1.2.2015 **3** participating local organisations or groups 8 multipliers trained at European Trainings **95** 16 - to 22-year-old participants at youth workshops **240** peers informed through youth campaigns 2 cross-sector network meetings and Round Tables organised

KPH

Campaign Against Homophobia

Kampania Przeciw Homofobii

ul. Solec 30a 00-403 Warszawa Poland

www.kph.org.pl

Contact person

Vyacheslav Melnyk vmelnyk@kph.org.pl Campaign Against Homophobia (KPH) is a nationwide NGO working for the equal rights of lesbian, gay, bisexual and transgender people (LGBT), established in 2001. We conduct a wide range of activities in order to increase tolerance and acceptance while tackling stereotypes and prejudices including:

- Empowering the LGBT community
- Education, research and report writing
- Social awareness campaigns
- Combating sexism and working towards gender equality

KPH specialises in organising large social awareness and educational campaigns aiming at integrating LGBT people into society.

Działamy na rzecz osób homo- i biseksualnych oraz transpłciowych (LGBT) i ich bliskich, poprzez rzecznictwo polityczne, społeczne i prawne, tworzenie systemowych rozwiązań edukacyjnych oraz budowanie ruchu sojuszniczego.

Zważając na siłę oddziaływania społeczeństwa na zmiany prawne i społeczne, KPH będzie prowadzić działania skierowane zarówno do ogólnego społeczeństwa: rodziców i rodzin osób LGBT oraz znaczących osobistości kultury, sportu i nauki.



Photo: Training for trainers, August 2014, Warsaw | Klaudia Mironiuk

Youth workshops

EVENT:

Youth workshops

7.–10. 8. 2014, Warsaw 25.–27. 9. 2014, Rynia

Training for national trainers

7. 8. 2014, Warsaw

Coordination meetings

28. 11. 2013, Warsaw 14. 1. 2014, Warsaw 21. 5. 2014, Warsaw

Distribution meetings

18. 12. 2014, Warsaw 21. 1. 2015, Warsaw

National Round Tables

6.-7.3.2015, Cracow

The 1st Polish Workshop, held on 7–10 August 2014 at the premises of 20. Warsaw High School Raszynska gathered over 70 youngsters and high school students from across Poland. It was coordinated by Vyacheslav Melnyk (KPH), Piotr Cichocki (European Youth Parliament EYP Poland) and Magdalena Świder (KPH) leading the trainers' team.

The workshop was carried out in accordance with the idea of peer education. The work of the committees was coordinated by the youth educators cooperating with the European Youth Parliament: Kaja Chrenkoff, Katarzyna Ziemba, Małgorzata Osypiuk, Magdalena Świder, Katarzyna Gołaszewska, Maciej Kryński, Dawid Durejko, Aleksandra Sawa and Zuzanna Laudanska.

Participants of the workshop were divided into three thematic groups (each consisting of two 10-persons committees). Topics discussed during the workshop by each thematic group were, respectively, the prevention of sexual violence and harassment of young people in sports, the prevention of discrimination in

sport based on sexual orientation and gender identity and the prevention of discrimination of youth in sports based on race and ethnicity.

The first day of the workshop was conducted in the form of a team building – coaches and trainers conducted integration games designed to help the participants to get to know each other and "break the ice". Later, participants took part in the lectures prepared by KPH and Never Again Association on the extent and specificity of each of the discussed problems and the basics of creating social campaigns.

The second day of the workshop was dedicated to the identified problems related to the topic of the group. The participants developed an answer to the problems in the form of social or educational activities. Moreover, the participants discussed social campaigns carried out by international organisations participating in the project Sport respects your rights: #1in5 campaign (Edge Hill University), 1 op de 5 (NOC*NSF), etc. Based on their social campaigns, committees

prepared suitable actions for the presented problems.

On the third day six examples of the campaigns developed by the participants were presented to the other focus groups and the committees. The General Assembly was conducted in order for the participants to peer-review and develop the campaigns created during the three day workshop. Ultimately, the participants were able to identify the vital elements of the campaign suitable for the Polish sport and societal context.

The workshops were organised under the patronage of the Human Rights Defender of the Republic of Poland Dr. Irena Lipowicz, Children Ombudsman Marek Michalak, Deputy Speaker of the Parliament Wanda Nowicka, General rapporteur on the rights of LGBT people at the Parliamentary Assembly of the Council of Europe Robert Biedroń. Media coverage was supported by RDC (Radio Dla Ciebie); Never Again Association was a content partner.

A few weeks later a select number of participants involved in the



I've never participated in such a great group project before. I know that what we have created is the result of a difficult, but most importantly, mutual work. We were able to create a project campaign, in which each one of us left a part of themselves, thus creating something really special.

FEMALE YOUTH WORKSHOP PARTICIPANT, 18 YEARS OLD

first workshop gathered again to discuss the strategy for the dissemination of the campaign and a step-by-step strategy for its implementation in each local context was developed.

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General Assembly prep, Youth workshop I participants, August 2014, Warsaw | Photo: Klaudia Mironiuk

GOOD PRACTICE | KPH GOOD PRACTICE | KPH

Youth campaigns

The youth campaign "React" was a product developed and implemented by the participants of the youth workshops within Sport respects your rights. The idea behind the three posters addresses three main areas that need special attention of youth involved in sports: counteracting sexualised violence and sexual harassment in sports and harassment based on ones sexual orientation, gender identity, ethnicity or race.

Committee work, Youth workshop I participants, August 2014, Warsaw | Photo: Klaudia Mironiuk

Posters addressing each of the above mentioned issues draw attention to the importance of a decisive reaction towards stances of discrimination or harassment by the team mates and encour-

ages fostering a strong position of mutual respect in the sport environment. The web platform behind the campaign serves as a source of knowledge and for FAQs regarding sexual harassment and sexual abuse in sports and unequal treatment based on homophobia and transphobia or racism. This kind of factual knowledge is seldom available in the sport environment in Poland. Therefore the primary goal of the "React" campaign was to provide the actors involved with the necessary tools and knowledge on ways to react to sexualised violence, homophobia and racism in the sport settings efficiently. The identified target group was peers practicing semi- and professional sports and as such the campaign was conducted on the grounds of the municipal facilities that provide recreational services to the youth. As such, the Municipal Sport and Recreation Centers in the Polish state capitals, where the workshops participants and multipliers live and practice sports, were chosen.



more frequently and are needed urgently in order to increase public awareness on the issues we have discussed today!

FEMALE YOUTH WORKSHOP PARTICIPANT, 16 YEARS OLD

Maybe I will not change the world, but certainly, these three days have changed my life.

MALE YOUTH WORKSHOP PARTICIPANT, 16 YEARS OLD

Committee work, Youth workshop I, August 2014, Warsaw | Photo: Klaudia Mironiuk



NOC*NSF

Dutch Olympic Committee * Dutch Sports Federation

NOC*NSF

Papendallaan 60 6816 VD Arnhem The Netherlands www.nocnsf.nl

Contact person

Cécile Veldman cecile.veldman@knzb.nl

Further information in Dutch

www.sport-respects-your-rights.eu/nocnsf

The NOC*NSF is an umbrella organisation for all the sports in the Netherlands. It has 76 associated sport federations; they represent about 25.000 sport clubs with 4,8 million organised athletes. Sport inspires and connects people, it plays an important role for society.

NOC*NSF supports, coordinates, and represents the interests of the associated sport federations. Our ambition is to increase the sport participation to 75% of the Dutch population and bring the Netherlands into the top 10 sport countries of the world.

Het NOC*NSF is een koepelorganisatie voor alle sporten in Nederland. NOC*NSF bestaat uit 76 aangesloten sportbonden en staan voor 25.000 sportverenigingen in, waar 4,8 miljoen georganiseerde sporters mee gemoeid zijn. Sport inspireert en verbind mensen en levert een belangrijke bijdrage aan de samenleving.

NOC*NSF ondersteunt, coördineert en vertegenwoordigt de belangen van de aangesloten sportbonden.

NOC*NSF heeft de ambitie om de sportparticipatie
te verhogen naar 75%, zodat Nederland in de top 10
sportlanden van de wereld terecht komt.



Photo: Young swimmers at De Waterkip, June 2014, Barneveld (KNZB) | Lindy Battus

Swentibold

the participants.

EVENT

Youth workshops

1.-2. 2. and 1. 3. 2014, Apeldoorn

15. 2., 17. 2. and 21. 2. 2014,

28.-30.3.2014, Sittard

Campaign

8. 6., 24. 6. and 16.–17. 7.
2014, Apeldoorn
5. 6. 2014, Veenendaal
26. 10. and 24. 11. 2014,
Sittard

Round Tables

17. 11. 2014, Arnhem 21. 1. 2015, Utrecht A three day workshop with 20 young people was organised in an inspiring environment in Gulpen. The location was specifically chosen in order to hold the workshops, have joint dinners, appropriate accommodation and organise evening programmes for

During the first workshop the participants learnt about the topic of sexual intimidation; recognising when it happens and several prevention strategies. In the evening a teambuilding exercise was organised which encouraged

the participants to develop trust in other people.

In the next step, capacity to sensitise further peers with this topic was developed with the workshop participants, and the different steps of a campaign were discussed.

In the last session, creative ideas for the final campaign were considered and a final decision was taken on its production and implementation.

The campaign was launched at the local championships of the Dutch Gymnastic Federation.
The message that the young multipliers spread was 'Sport has its limits, and those limits are up to you'.

In front of the entrance, outside the championship venue, "YOU" was painted on the floor in order to catch the attention of the passing championship participants. A physical border was created that participants had to cross to enter the venue and this is where it was possible to get in contact with the youth. This activity was complemented by an information sheet which explained the topic



A youngster is sensitising other young people by talking about their borders. Photo: Swentibold, Sittard





Sport respects your rights

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and the message of the campaign to the peers and included a helpline number for affected individuals.

The interactive design of the campaign was very successful and enabled many of the young participants at the championships to be reached.

Victoria Boys

The group of participants consisted of young men and women between the ages of 16 and 22.

In addition to theory about the topic, exercises to raise awareness were also implemented.

An expert supported the young

We are very proud of the young people who participated in the workshops and campaigns. Thanks to their efforts, other young people are sensitised.

MARGA AND INGE | WORKSHOP | EADERS VICTORIA BOYS

Working on this campaign makes your realise how vulnerable young people can be.

HIDITH VAN VEEN SWENTIROLD SITTARD

1st workshop at Victoria Boys, February 2014,
Apeldoorn | Photo: NOC*NSF





Top: Campaign at beach volley event, July 2014, Apeldoorn

Bottom: The 'You' symbol outside the championship venue – campaign at gymnastic event, October 2014, Sittard Photos: NOC*NSF

people to create a campaign. The young participants were divided in groups of four to design several small campaigns. These mini campaigns were then merged into one final campaign.

The purpose of the campaign was to raise attention about sexual harassment within sports, in the sense that it is more common than anyone thinks. It was a priority to clearly communicate where one can ask questions or which website to access for help.

Flyers, posters, stickers, t shirts and water bottles were produced with the developed logo. At various sporting events, the campaign teams raised attention for the subject by requesting young spectators to post their photos with the "1115" hand signal.

The team went to an athletics tournament in Apeldoorn, to a tennis tournament and to the qualifying rounds of the Beach Volleyball World Championship.

The Facebook (www.1opde5.eu) and Twitter accounts are kept up to date in order to collect as many pictures of people with the hand signal and likes as possible.

VZC E&P Veenendaal

The workshops were an eyeopener to many of the youngsters
and an energising experience for
trainers and participants. The
participants were very impressed
by the personal story from a
former victim of child abuse. At
the end of the workshop it was
decided to implement the main
campaign during the local annual '4-evenings-walking' event
with over 5.000 participants and
15.000 spectators.



The participants were divided in smaller groups, each with their own task. This resulted in the production of campaigning material and hoodies for the campaigners.

From the start, word about the Sport respects your rights campaign was spread and this resulted in much press coverage: provincial television, radio, the papers (local, regional and nationwide).

Members of the group visited many events in sporting clubs and advertised the campaign. This resulted in growing awareness in many local clubs; several of them give the subject more serious attention now. There was a Facebook page, which received much interest from local politicians. Numerous meetings with the group were held to prepare for the main campaign event. The Facebook page is still active and regularly updated. To support the campaign, like "veiliger sporten Veenendaal".

VZC E&P, Veenendaal: Young people campaigning at a local event, June 2014, Veenendaal | Photo: NOC*NSF

I'm shocked by the large number of incidents. Time that attention is paid here!

WORKSHOP PARTICIPANT | VICTORIA BOYS APELDOORN

Social Media

Through the social media campaigns of all three clubs over 13.000 followers, reactions and likes were measured.



- **3** participating local organisations or groups
- 7 multipliers trained at European Trainings
- **60** 16- to 22-year-old participants at youth workshops
- $\textbf{150} \quad \text{peers informed through youth campaigns} \\$
 - 2 cross-sector network meetings and Round Tables organised

DJK Sportjugend

DJK Sports Youth

DJK Sportjugend

Zum Stadtbad 31 40764 Langenfeld Germany

www.djk-sportjugend.de

Contact person

Michael Leyendecker michael.leyendecker@djk-sportjugend.de

DJK Sports Youth is an organisation representing the interests of about 250.000 members up to the age of 27. DJK is a Catholic-sponsored sports association – founded originally as a faith-based organisation, today it is open to anyone who supports its goals.

Their work emphasises the integration of spiritual thoughts and movement to engage children and youth in sport. In today's world these values are becoming more and more important. DJK do not just want to provide sporting opportunities, but also provide mental support and convey important Christian values.

Die DJK Sportjugend ist eine Jugendorganisation und vertritt die Interessen von ca. 250.000 Mitgliedern bis 27 Jahren. Schwerpunkt der Arbeit ist die Kopplung von spirituellen Gedanken mit Bewegung, um Kinder und Jugendliche für einen nach christlichem Menschenbild geprägten Sport zu begeistern.

Diese Wertorientierung spielt in der heutigen Zeit eine immer wichtigere Rolle. Wir möchten mit unserem Verständnis genau dort ansetzen und die Sportler nicht nur bei ihrem körperlichen Training begleiten, sondern Ihnen durch Vermittlung der wichtigsten christlichen Werte auch seelisch eine Stütze sein.



Photo: Trailer meeting, DJK Ochtendung, May 2014 | Photo: DJK

EVEN:

10. 8. 2014

Youth workshops

DJK Wissen-Selbach 29.–30.3. and 12.–13.4.2014 DJK Ochtendung 21.–22.2. and 21.–22.3.2014 DJK DV Münster

Campaign dissemination

DJK Wissen-Selbach 13.12.2014 DJK Ochtendung 6.7., 4.10. and 30.11.2014 All groups

10.1.2015, Augsburg

Round Tables

27.11.2013, Berlin 23.2.2015, Hannover

> Page 39 top: 1st youth workshop, DJK Wissen-Selbach, March 2014

Page 39 bottom: 1st youth workshop, DJK Ochtendung, February 2014 Photos: DJK Three teams from different regions were chosen to implement the project: DJK DV Münster, DJK Ochtendung, DJK Wissen-Selbach.

Youth workshops DJK Sportjugend

The purpose of the youth workshops organised by the three teams was to convey confidence and certainty of action in regards to the topic "prevention of sexualised violence" to its participants, aged 16 to 22. In addition to legal questions, measures of prevention and intervention were important points as well.

Participants were encouraged to develop strategies to take action in regards to this topic at their local clubs. Communication of existing concepts and contact to victim help centers was an important part of the workshops.

Youth campaigns

The aim of the campaigns, developed by the three teams together with the participants of the workshops, was to introduce the topic "prevention of sexualised violence" into the existing structures and sport clubs. This would therefore enhance child safety and welfare. Due to the independence of the three groups, distinct campaigns were developed. These are now able to supplement each other in parts, due to good networking and communication between the teams.

Two groups developed video campaigns. The other group developed a poster campaign to raise awareness for the topic - both in public and in the clubs.

Video campaign of the DJK DV Münster

The DJK DV Münster developed several short movies with the help of a professional movie crew. These short movies show the problems of sexualised violence in sports and encourage reflecting on the displayed situations. Over the course of the development process, through tremendous support from the project leaders, these movies have constantly improved in quality resulting in a set of short films, that are now being dis-

tributed through social media as well as being used for educational purposes during coaching qualifications. Additionally these movies can be used for presentations in local clubs and organisations to initiate interesting and intensive discussions.

Video campaign of the DJK Ochtendung

The DJK Ochtendung developed a short movie with the help of a professional film crew. Unlike the DJK DV Münster film, this one deals with the problem of sexualised violence outside of the gym – for example on the way home. Therefore, the different video campaigns raise awareness and sensitise for different aspects within the field of sexualised violence.

In addition to being used as educational material during coaching qualification, this short movie was shown in the local cinema to inform the general public. The main aim of both these video campaigns is to sensitise, but not to spread uncertainty. At the end of each movie contact details for support lines and help is provided.



Now I have tools to implement better youth and child protection in our club structure.

DAVID M | BOARD MEMBER OF A SENSITISED CLUB, OCHTENDUNG





Above: Main picture of the campaign of the DJK Wissen-Selbach, October 2014. Through a poster campaign, the DJK Sportjugend wants to sensitise and raise awareness in its clubs.

Page 41: 1st Youth workshop, DJK Ochtendung, February 2014.

Photos: DJK

Poster campaign of the DJK Wissen-Selbach

The DJK Wissen-Selbach approached the problem with a poster campaign and additional educational resources. The picture, which shows a girl deliberately holding up her hand, is supposed to signal that there is no space for sexualised violence. Additionally several "golden rules" were developed which are essential for any togetherness in a sports or out-of-sports context.

The picture and these "golden rules" were then produced in different formats (posters, bookmarks, binders, etc). Through this poster campaign every DJK club

was provided with additional information and contact details. Additionally the DJK Wissen-Selbach hosted seminars to sensitise local clubs and is offering these seminars in the entire diocese.

By combining the video and poster campaign it is possible to directly sensitise clubs and organisations, as well as provide resources for them to take a stand against sexualised violence and educating their coaches.

Dissemination of the campaigns

The dissemination and the idea of protecting against sexualised violence was executed in different ways. There was direct communication through education with help from the developed resources, there was the social media campaign of the DJK DV Münster and the screening of the short movie in local cinemas by the DJK Ochtendung. Additionally, to stress its importance, "prevention of sexual violence" is always an item on the agenda

during official committee meetings and has also been raised during several sports festivals and other events.

At these festivals and events it was possible to sensitise and inform the target audience through the use of information desks and "flash mobs".

The most important aspect of the implementation was the longevity of the project. Therefore all three of the developed campaigns will continue being used at events and for educational purposes. Additionally, focus will be laid on networking of different actors around the topic in order to further integrate the topic into the clubs.

Round Tables

Round table meetings were an important part of the DJK club strategy, even before *Sport respects your rights*. With the help of the EU project it was possible to get into contact with help centers for victims, child protection services and other important actors around the topic "prevention of sexualised violence".

By participating at the workshops
I realised all the things that can
be done to protect children even more
– it's important to speak about this!

JULIA W | PARTICIPANT OF A WORKSHOP, WISSEN, GERMAN'

As a coach I was confronted with so much new and important information which directly influenced my work positively – thank you!

STEFAN R | GOT IN TOUCH WITH THE PROJECT DURING AN





dsj

German Sports Youth

dsj | Deutsche Sportjugend im DOSB

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Contact person

Elena Lamby info@dsj.de

Further information in German

www.dsj.de/kinderschutz

The German Sports Youth represents the interests of over 10 million children and youth that are organised in 90.000 sports clubs. The German Sports Youth supports the personal development of young people and encourages social responsibility, integration and intercultural learning. Thus the prevention of sexualised violence is a very important topic. The German Sports Youth implemented this project to promote a culture of respect and integrity among sports clubs and to empower young people to stand up for their rights.

Die Deutsche Sportjugend (dsj) bündelt die Interessen von über 10 Mio. Kindern und Jugendlichen, die in 90.000 Sportvereinen organisiert sind. Die dsj unterstützt die Persönlichkeitsentwicklung junger Menschen und fördert soziale Verantwortung, Integration sowie interkulturelles Lernen. Dabei ist die Prävention von sexualisierter Gewalt ein sehr wichtiges Thema. Die dsj beteiligte sich an dem Projekt, um eine Kultur des respektvollen und achtsamen Miteinanders in die Sportvereine zu tragen und junge Menschen darin zu stärken, für ihre Rechte einzustehen



Photo: Informing peers at a seminar, November 2014, Schierke | Sports Youth Saxony-Anhalt GOOD PRACTICE | DSJ GOOD PRACTICE | DSJ

EVENT

Youth workshops

Sports Youth of Saxony-Anhalt: 11.–13. 4. 2014, Halle (Saale) and 9.–11. 5. 2014, Magdeburg

Sports Youth Baden Fribourg with PTSV Jahn: 11. 4., 2. 5., 17.–18. 5. 2014, Freiburg im Breisgau

Football Federation of Rhineland: 30.–31. 5. and 11.–12. 7. 2014, Koblenz

Campaign dissemination

Sports Youth Baden Fribourg with PTSV Jahn: 28.11.2014, Freiburg im Breisgau

Sports Youth of Saxony-

Anhalt: 18. 10. 2014, Halle 24. 10. 2014, Schierke 29. 10. 2014, Wanzleben 2. 11. 2014, Osterburg Football Federation of

Rhineland: 24.1.2015, Mühlheim-Kärlich

Round Tables

Sports Youth of Saxony-Anhalt: 9. 5. and 28. 11. 2014, Magdeburg Sports Youth Baden Fribourg with PTSV Jahn: 17. 7. and 17. 10. 2014, Freiburg im Breisgau Football Federation of Rhineland: 13. 2. 2014,

14. 4. 2014 and 14. 1. 2015.

Koblenz

The German Sports Youth implemented the project by choosing three different sport organisations which took on the responsibility to develop their own campaigns. All of them followed the aim to sensitise young people between 16 and 22 years for the topic of sexual harassment and abuse in sports. The organisations held two workshops - each with 20 young people – in order to inform them about the topic of sexual harassment and abuse as well as to develop regional campaigns. The three organisations have also set up Round Tables to build up a local network with organisations for child protection. Finally, the organisations intend

to continue with their campaigns beyond the EU-project period.

Sports Youth of Saxony-Anhalt

This youth sport organisation of a federal state of Germany represents nearly 130.000 children and young people.

The participants of the workshops in Saxony-Anhalt developed their own youth led campaign called *Verlier dein Gesicht nicht* (Don't lose your face). They decided to produce a movie to spread the campaign and to show the topic of sexual harassment and abuse in sports in its



complexity. The movie intends to encourage young people to defend themselves in situations of transboundary behavior of others and to ask for help. Apart from that, the movie calls on the responsible persons in leading positions to pay attention to such situations and to help. Moreover, the offenders are addressed by the film. They should be stimulated to reflect their own behavior and to ask for help before they will cross any boarders. Many more young people were reached and sensitised by the movie presentation in several sport seminars in Saxony-Anhalt where they discussed the topic and distributed whistles to the participants to then again spread the campaign further.



Left: 1st youth workshop, Sports Youth of Saxony-Anhalt, April 2014, Halle Photo: Sport Youth Saxony-Anhalt

Above: Campaign logo "Don't lose your face", Sports Youth of Saxony-Anhalt

It is great that young people got the possibility to stand up for such an important topic. I am very proud of the achievements we have reached.

ROXANA ROGON 21 HALLE MULTIPLE

We want to call attention to this taboo topic. Everyone can be a victim of sexualised violence – so don't look away.

JULIA SEMAR AND ANNALENA KÄHNE, 24, KOBLENZ | MULTIPLIERS

Sports Youth Baden-Fribourg with PTSV Jahn

This was a cooperation with a sports club in Fribourg. At the beginning of the project, the coordinators in Fribourg got in contact with the famous local football club SC Fribourg. They managed to gain the support of Oliver Sorg (professional football player from SC Fribourg). The participants of the workshops then decided to keep the title "Sport respects your rights" and planned various activities. They



Campaign action, November 2014, Fribourg | Photo: Sports Youth Baden-Fribourg / PTSV Jahn created a video clip supported by the testimonial in which the topic of sexual harassment and abuse in sports is briefly described. This clip was shown at the beginning of a big match in the football-stadium of Fri-

I was very surprised but also pleased about the number of people we reached with our Action Day in November 2014. People — especially the parents and grandparents of the attending children — were interested in the subject and thanked our team for the effort and work.

SIMONE BRAUN, 18, FRIBOURG | YOUTH WORKSHOP PARTICIPANT

bourg so that the campaign was presented in front of 24.000 people. Before and after the match, teams of the young people (who were trained at the workshops) informed a lot of young football fans about *Sport respects your rights* and made them aware of the need to systematically prevent sexualised violence.

Football Federation of Rhineland

The football federation of Rhineland represents 1.067 sports clubs with 2.333 junior teams. The participants of the two workshops, organised by the football federa-

tion of Rhineland, developed their campaign Kein Freispiel (No free game). They designed posters to spread the campaign and to raise awareness about threats of sexual violence and abuse of children in sport. The aim is to make young people in the football clubs aware of incorrect and transboundary behaviour of coaches. They created a homepage for the campaign which links to all of the available information about child protection in their federation. Célia Šašić (football player in the national team of Germany) supports the campaign as a testimonial In order to sensitise other young people they presented the campaign during a regional indoor football tournament with ten teams.





Top: Producing the campaign spot, October 2014 Photo: Sports Youth Baden-Fribourg / PTSV Jahn

Bottom: Informing peers at a soccer tournament

– Campaign action of the Football Federation
Rhineland, January 2015, Mühlheim-Kärlich | Photo:
Football Federation of Rhineland

CORE FIGURES AS OF 1.2.2015 2 participating local organisations or groups 4 multipliers trained at European Trainings **43** 16 - to 22-year-old participants at youth workshops **189** peers informed through youth campaigns 2 cross-sector network meetings and Round Tables organised 48

ÖLV

Austrian Athletics Federation

Österreichischer Leichtathletik-Verband

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Helmut Baudis, Paul Gruber

Further information

www.oelv.at

www.facebook.com/AustrianAthletics

www.sport-respects-your-rights.eu/ osterreichischer-leichtathletikverband Austrian Athletics is a federation with 430 member clubs and more than 30.000 individual members. We promote all athletics events from grassroot level to high performance sport and Masters.

Within athletics we have a high responsibility and commitment to teaching and guiding young people. Therefore high quality training – especially in the pedagogical sense – is one of our main goals. The knowledge and the competences of our coaches are the key factors in this process. The participation in *Sport respects your rights* gives us the opportunity to further develop these skills.

Der ÖLV ist ein in der Leichtathletik international aktiver und anerkannter Verband. Wir fördern die Basissportart Leichtathletik in allen Formen des Spitzen-, Leistungs- und Wettkampfsports im Sinne der maximalen Leistung sowie des Breitensports im Sinne der Fitness- und Gesundheitsförderung.

Um der Verantwortung gegenüber jungen Menschen gerecht zu werden, nehmen wir an *Sport respects your rights* teil mit dem Ziel, die Qualität des Nachwuchstrainings und die pädagogischen Kompetenzen der Trainer/innen zu fördern.



Photo: Traditional U18 Athletics team match between Austria's federal provinces, April 2014, St. Pölten | ÖLV/ Johannes Brunner

Easter Camp Schielleiten

EVENT

Youth workshops 12.–17. 4. 2014, Schielleiten

Campaign dissemination 21.–22.6.2014, St. Pölten

26.–27. 7. 2014, Innsbruck

Round Tables

16. 4. 2014, Schielleiten 23. 1. 2015, Vienna

Below: Youth workshop, April 2014, Schielleiten

Page 51: Traditional U18 Athletics team match between Austria's federal provinces, April 2014, St. Pölten

Photos: ÖLV

In April 2014 during the Austrian Athletics Easter Camp a total of 43 young athletes (aged 16 to 22) took part in the *Sport respects your rights* workshop. The sessions were held in the sport center of Schielleiten, Styria.

The project steering group within the Austrian Athletics Federation designed a one-week programme concerning the topic of sexualised violence in sport.

Under the leadership of ÖLV multipliers Tanja Eberhart, Veronika Scheuer, Paul Gruber and Christian Ponz, the participants had the chance to get involved in this challenging project. The goal was to increase the participants'

knowledge about the topic, exchange experiences and discuss thoughts and meanings within the group.

Furthermore the workshop attendees created a workshop based on the peer-to-peer idea of the project in order to reach more young members of the Austrian Athletics family.

Spreading the word

The idea of the workshop participants was to design an information desk, present *Sport respects your rights* and spread the word about prevention of sexualised





violence in sport clubs. At two national sport events the desk was set up and run by the ÖLV multipliers.

Especially at the traditional U18 team match between Austria's federal provinces, many young athletes were curious about the project and came to visit and find out more about it.

In order to attract as many youngsters as possible, Sport respects your rights-branded sunglasses were available at the desk. When an athlete came by and filled out a short quiz concerning sexualised violence in sport, he/she received a pair of glasses as a gift. All necessary

I learnt to set my personal boundaries. Everyone has the right to speak out if their boundaries are being violated.

WORKSHOP PARTICIPANT, APRIL 2014, SCHIELLEITEN

It's important to build children's and young athletes' confidence and awareness to protect themselves.

HANNES GRUBER | SPORT DIRECTOR, AUSTRIAN ATHLETICS, LINZ

information to complete the quiz could be found within informational documents.

Furthermore, all participating athletes had a chance to win bigger prizes, such as a two-day trips to Vienna or official Aus-

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GOOD PRACTICE | ÖLV

trian Athletics clothing, through a prize draw. In the end, at both events more than 600 athletes were reached and a total of 189 athletes (aged 16 to 22) participated more intensively at the information desk during both events.

Set in motion

Starting in December 2013, Austrian Athletics featured *Sport* respects your rights and related



Above: Information booth at the U18 Athletics team match, June 2014, St. Pölten

Page 53: Interview with Beate Schrott, Linz, February 2014

Photos: ÖLV

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topics in seven issues of its periodical online newsletter (www. oelv.at/newsletter), which has more than 1.800 subscribers and over 15.000 downloads per issue across Germany, Switzerland and Austria.

In addition, a promotional video was recorded at the national indoor championships in Linz in February 2014. The objective was to promote the upcoming workshop and Sport respects your rights itself. Thanks to the help of well-known track and field athletes such as Beate Schrott and Andreas Vojta, who contributed with personal statements and experiences, an interesting teaser could be published.

Sports Director Hannes Gruber described the goal and the importance of projects like Sport respects your rights and promised support by the federation's leader board throughout the whole project.

In order to connect with young people, Austria's top youth and junior athletes were invited to express their thoughts about *Sport respects your rights*.

Twelve statements from fifteen athletes were collected and form part of the video, which is available at www.youtube.com/watch?v=1t1KNXBIWSM.

Coaching the coaches

Austrian Athletics took the option to not only inform youth members, but also involve coaches in Sport respects your rights. During the workshop in Schielleiten, a round-table was held. Austrian Athletics General Secretary Helmut Baudis, sport psychologist Judith Draxler-Hutter, four Sport respects your rights multipliers and nine coaches sat toghether to share thoughts about prevention of harrassment and abuse in sport clubs. Questions such as how psychologists could support coaches and athletes in the future and to what extent coaches are responsible for a child's wellbeing were discussed and resolved.

In the end, possible actions of the federation's leader board and support for the team of trainers were outlined. Prevention



Sport shapes the personality of an athlete, but the coach also bears responsibility.

BEATE SCHROTT, LINZ | LONDON 2012 OLYMPIC FINALIST, 100M HURDLES

of sexualised violence will be a topic at upcoming youth training camps, help hotlines and contact information can be found on the Austrian Athletics website, and support by the ÖLV multiplicators will be offered for every track and field club.



SPORTUNION Österreich

SPORTUNION Austria

SPORTUNION Österreich

Falkestraße 1

www.sportunion.at

Contact person:

MMag. Alexandra Hoffmann a.hoffmann@sportunion.at

SPORTUNION Österreich is an Austrian national sports-for-all umbrella organisation, with 865.000 members in 4.087 sports clubs in Austria. Our mission is to support our members to provide access to and inclusion in sport and health-enhancing activity to members of society.

We believe in conveying ethical values and tolerance through sport and cultural activities.

Values such as fair play, intercultural understanding, a moral tenor towards an ethical sport, team work and personal development through sport are central themes which we address.

Die SPORTUNION ist ein Sportdachverband mit rund 865.000 Mitgliedern in 4.087 Vereinen. Im Mittelpunkt der Verbandsarbeit stehen die Vereine. Wir sehen uns als Partner der Sportvereine in Sachen Service und Dienstleistung und tragen durch unsere professionellen Unterstützungs- und Beratungsleistungen, Sportpartizipations-Programme und Projektinitiativen maßgeblich zu einer dynamischen Sportentwicklung in Österreich bei.

Werte wie Fairplay, interkulturelles Verständnis und persönliche Entwicklung durch den Sport haben bei uns einen großen Stellenwert.



Photo: SPORTUNION Taekwondo Oberndorf youth workshop 1, April 2014, Oberndorf | SPORTUNION Oberndorf

UBSC Graz

Youth workshops

UBSC Graz: 31.5., 1.6. and 15. 6. 2014, Graz

SU Oberndorf: 26.-27.4. and 11, 5, 2014, Oberndorf

SU Tulln: 30.-31. 5. and 25. 7. 2014, Tulln

Multiplier workshop

SU Oberndorf: 19. 8. 2014. Faak am See

Campaign dissemination

SU Oberndorf: 4. 11. 2014 Polytecnico Oberndorf 5. 11. 2014 HAK Oberndorf 6.11.2014 HTL Oberndorf 17.11.2014 HTL Salzburg 19.11.2014 BORG Oberndorf 24. 11. 2014 HTL Salzburg UBSC Graz: 15. 6. 2014, Graz

SU Tulln: 20. 09. 2014,

The project was coordinated by Otto Weirer at UBSC Graz. He informed the parents and the potential youth participants at the club about the project and the aims of the workshops. The first workshop was supported by Hazissa (a victim support organisation specialising in preventative work).

Participants considered their own personal borders and the individual borders of others. This lead into a discussion about those borders in connection with sexual violence and penal law. Furthermore, the participants

were confronted with the situation of sexual harassment in connection with sports. Stories and videos of victims were presented and the young people had to develop preventive measures and guidelines for coping with specific situations. At the end of the workshop the main idea for the youth campaign – a basketball tournament with an incorporated discussion – was born.

The second workshop dealt with creating an appropriate flyer to announce the tournament and the production of a video. One week before the tournament

started, the young people handed out about 400 flyers all over the city of Graz, to create attention.

Despite initial doubts, six teams signed up to participate in the tournament. It was a great success and especially the presentation of the project triggered many discussions, which was characterised by emotional and valuable contributions from all the participants. Moreover, they considered the information they received to be very useful.



The project was implemented by Jaqueline Singer, Philip Sanjath and Johannes Blauensteiner in conjunction with Sportunion Tulln. They introduced the topic of Sport respects your rights through discussions within two Workshops for the teens that partake in the programme of the club. They also connected with two local youth institutions - Tullner youth guidance and Gemma! (a subgroup of Exit, a guidance center). Both groups work with the 12 to 23 age group and their work



I hadn't considered how important it is to respect everyone's individual borders. Thank you for making me aware of this!

It's great that these taboo topics are being made public. I will support this campaign to the best of my ability.

Page 56: Campaign dissemination at UBSC Graz Tournament, September 2014, Graz | Photo: Alexandra Hoffmann

Above: SPORTUNION Tulln youth workshop 1, May 2014, Tulin | Photo: SPORTUNION Tulin

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Top: UBSC Graz Tournament (campaign dissemination), September 2014, Graz Photo: UBSC Graz

Bottom: SPORTUNION
Taekwondo Oberndorf
self defense course,
November 2014,
Oberndorf | Photo:
SPORTUNION Oberndorf

is based on mobile youth work. Their opportunities range from overall youth interests to individual help if needed. For young people who may not want to be involved with the existing structure of the club (and are therefore not reached by the programme), they offer options that are more open and flexible.

After the first workshop, three core subjects were recognised: mistreatment, mobbing and racism. Ideas for campaigns ranged from a short film to a flyer campaign. The final decision was taken to produce a videoclip in which the message behind Sport respects your rights should be promoted. The aim was to show that the club is a safe haven for children and teens that might be experiencing difficult situations. With a professional film team the slogan of the campaign was filmed. The final product is a bilingual trailer portraying the people of trust at the clubs and the core subjects.

The final video clip was uploaded to YouTube and aired publically on September 20th 2014 in Tulln. When it was shown at the 5th Family Sports Day presented by the SPORTUNION Tulln, the clip was seen by about two thousand people. Furthermore, the clip was aired on November 11th and 12th during an interactive display on the topic of everyday racism in the Kunstwerkstatt Tulln. About two thousand school children aged 11 to 18 saw this exhibit.

SPORTUNION Taekwondo Oberndorf

Taekwondo Oberndorf organised two workshops and one multiplication event. The first workshop aimed at giving an overview about the following topics: respect, sexual harassment, decision finding, getting help. 23 young people aged 15 to 20 came to the first workshop which took place in the elementary school in Oberndorf/Salzburg.

After icebreaking activities, a presentation of the project was shown by Aleksandar Radojkovic and Sebastian Höller so every participant had the same level of information. This was then fol-

lowed by the objective for the workshop – all attendees were asked to create ideas in groups with a focus on dissemination. On the next day the output of the groups was presented. The second workshop took place a week later.

In August another multiplication workshop took place and the concrete campaign was finalised. 17 people attended this workshop; most of whom had also been in the first two parts. The team created flyers with memes (short messages). These were handed out to more than 70 pupils in three self-defense courses taught by SPORTUNION Oberndorf. The club members of SPORTUNION Oberndorf spoke to them and gave an overview about the most important topics.

Round Tables

The first Round Table was held in November 2013 where different stakeholders from society and sport (Austrian Federal Ministry for Families and Youth, University of Vienna, victim support organisations, organised sport)



I didn't really know a lot about this topic initially. But it was great – during the workshops we were able to address issues which are usually not spoken about.

MELANIE WEBER, 20 | WORKSHOP PARTICIPANT, OBERNDORF

met. The project was presented and synergies were sought for joint activities and support between the different sectors. A decision was taken to use the insights gained throughout the implementation of *Sport respects your rights* to install appropriate national measures. The second Round Table to finalise these plans is set to take place in March 2015.

SPORTUNION Taekwondo Oberndorf youth workshop 1, April 2014, Oberndorf | Photo: SPORTUNION Oberndorf

Sport respects your rights: Summary and prospects of the project

Sport respects your rights started in April 2013 with the aim of empowering young Europeans in sport for a culture of respect and integrity, against sexualised violence and gender harassment. To achieve this goal, SPORTUNION Austria and ENGSO Youth established a consortium of partner organisations in Europe, which was funded by the DAPHNE III Programme of the European Union. Almost two years later it is our task to resume and evaluate the project. The German Sport University (Institute of Sociology & Gender Studies) was entrusted with the training, coaching, monitoring and evaluating of Sport respects your rights.

As is often the case for international projects of this size, it is challenging to give a short and clear-cut summary of the outcomes of the project. Thus, the following summary and prospects are deemed to show a focused perspective. Our monitoring and evaluation of the project is based on two systematic questionnairesurveys (a third is still to come in March 2015), systematic groupdiscussions that were recorded and analysed, feedback-methods during seminars as well as numerous conversations with national and local partners during the implementation of the project. These methods were applied in order to facilitate a responsive process-evaluation. It was our aim to collect information on the problems, challenges and outcomes and hereby supply an ongoing and constructive input to the steering of the project.

Bettina Rulofs Gitta Axmann Anno Kluß Meike Schröer

German Sport University Cologne, Institute of Sociology and Gender Studies

Project summary in numbers

Effective 1st February 2015, two months before project end

Sport respects your rights included eight partner organisations from the field of sport in six European countries. The eight Coordinators of the partner organisations took part in a twoday 'Kick-off Meeting' in May 2013 to agree upon the steps to implement the project. Following this, the partner organisations recruited 22 local organisations or groups in their countries which included traditional sport clubs as well as informal youth groups and youth sectors of a special sport federation. Each of these local clubs designated two responsible actors to become part of the consortium, summing up to 44 local actors. The eight partner coordinators and the local actors were invited to take part in two European Trainings (each five days, in September 2013 and November 2013). During these trainings a total of **52 partici**pants were trained to serve as multipliers for the project to empower young people in sport for a culture of respect and integrity. Back in their home countries. these multipliers designed and offered 34 workshops for a total of **514 young people** (aged 16–22 years). During and after these

workshops the young people created campaigns to sensitise and empower their peers for a culture of respect in sport and to combat sexualised violence and gender harassment in sport. At this stage of the project, the campaigns have been disseminated to 2.061 young people throughout Europe. The process of dissemination is still continuing and will outlive the formal end of the project.

In addition, 20 Round Table
meetings were held by the partner organisations. These Round
Tables aimed at establishing
a network of relevant actors for
safeguarding young people in
sport on national or regional level.

According to our data, **more than 16.239 hours of voluntary work**were invested by the partners in order to facilitate the project.

The project topic and its challenges

The topic and aims of the project evoked noticeable challenges for some of the partner organisations. Depending on the status quo of child protection and existing approaches to deal with discrimination and minority rights in their national political systems, the partners faced distinct reactions. Whereas for example the partners from the Netherlands, United Kingdom and Germany could rely

on already existing structures for safeguarding young people in sport, the partners from other countries were exposed to some problems, being the pioneers in that area in their country. Some partners, for example, faced extreme difficulties in finding support at the level of local sport clubs. And in one case the project was even confronted with a negative media report coming from a right wing media institution. This demonstrates that the taboo. which is placed over sexualised violence and gender harassment in sport, has a different extent and shape in the different European countries. In the course of the project, all partners found possibilities to cooperate with local clubs and relevant stakeholders and it became apparent that the positive focus of the project, which was also present in the title (Sport respects your rights – for a culture of respect and integrity), was very helpful for establishing a connection to other organisations.

Furthermore, it is remarkable to notice that all the 22 local clubs, which initially joined the project and then took part in the European Trainings, remained in the project. The two trainings clearly focused on the prevention of sexualised violence and gender harassment in sport and on establishing a supportive cul-

ture of respect. The results of our evaluation-questionnaires show that the partners were extremely satisfied with the contents and methods of the two trainings.

They reported feeling (very) well prepared to act as multipliers for the project-idea.

Yet back in their home countries. some of the multipliers again faced the problem that focusing the narrow scope of the project (on fighting sexualised violence) did not always meet the interests of the young people participating in the workshops. Thus, the variance of the topic remained a major challenge for the steering of the project and at the end, the steering-group decided together with the respective partners that compromises with the interests of young people at the grassroot level had to be made. Whereas the majority of the produced campaigns clearly focus on the prevention of gender harassment and sexualised violence, there are some examples of variance to this topic (e.g. racism, eating disorders or emotional violence in sport). As long as the campaigns aimed to reinforce a general culture of respect and integrity in sport, these variations of interpreting the project-topic were valued as constructive.

Considering the quite complex structure of the project (which

included activities on various levels) and taking into account the demanding topic, one of the biggest challenges was to maintain a proactive and positive atmosphere throughout the project-implementation. This was only possible by establishing intensive and constructive relationships between the different partners of the project. The two trainings were designed to facilitate bonding between the partners – within their countries as well as transnational. Furthermore these connections between the actors were constantly maintained by the project coordinator in Vienna (Agnes Kainz) as well as the Mentoring-Team in Cologne (Gitta Axmann & Meike Schröer). They offered coaching by telephone, skype and email-communications, so that the partners were supervised regularly. The results of our evaluation surveys show that on average the partners were very satisfied with the coordinating and coaching of the project.

The challenge of youth-led campaigns

It was one of the most important goals of the project to empower young Europeans by campaigns that were invented and created by the young people themselves.

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This peer-to-peer approach is especially demanding with respect to the severe and sensitive project topic. Most of the partners reported that the young people were engaging enthusiastically in the workshops and campaigns. They showed great creativity, produced outstanding ideas, wanted "to become part of something important" and thus committed themselves to the project idea. These positive reactions show, that there is a great potential for critical reflection and activism in the youth sector. The campaigns that were produced by young people throughout this project can be valued as an important part of changing cultures in sport.

Considering the severity of the topic, the adult project multipliers were responsible for preparing a safe environment for the workshops and campaigns. Following this, the multipliers were trained to sensitise the young people and to install a "First aid plan" for intervention in case the young participants needed help themselves. The multipliers were also advised to involve professionals from local child-protection institutions into their workshops and campaigns.

In the course of the project, it became evident that it was a great challenge for the young participants to produce a campaign that

conveys a positive perspective to their peers. In a few cases, for example, the young participants initially produced videos or posters that were only shocking (e.g. showing young athletes being victims of sexualised violence in their clubs). In these situations the supervision by the trained adult multipliers or the coaching team was necessary in order to ensure that the campaign also offers an empowering perspective – "What are your rights?" "What can you do?" "How to get help if you suffer from violence?" "Who/Where are the local child protection offices?" etc.

These examples show that on the one hand giving the initiative to the young people and on the other hand ensuring an empowering perspective was a challenge the project faced. A good balance between these two sides. needs a profound and intensive educative process as well as a continuous supervision. Last but not least, these processes need time and space for discussion and reflection with and among the young people, in order to develop a personal standpoint and, if possible, a constructive attitude to produce solutions for problems.

Conclusion and recommendations

Looking at the size of the consortium. its limited financial resources and taking into account scientific standards, it was not possible to measure in how far young people were actually empowered by it. Yet, on the basis of the evaluation results it can be stated that Sport respects your rights is a vital part of changing cultures in sport. The project and its activities (trainings, workshops, youth-led campaigns) encourage young people in sport to stand-up for their rights and commit themselves for a culture of respect and integrity in sport. Furthermore, Sport respects your rights produces a vivid network of activities on European, national and local level.

These positive outcomes of the project were facilitated by a remarkable number of organisations and people that got involved throughout the project. The central coordinator (Agnes Kainz at SPORTUNIION Austria), the eight coordinators of the partner organisations, the 44 local partners and many young people at the grassroot-level developed an impressive engagement for the project. Limited resources and difficulties with EU funding guidelines were overcome by an immense load of idealism and volunteer work. This was only possible because the participants of the project were convinced to be part of an important movement – to combat violence and maltreatment and establish a safe and respectful culture in sport!

For all organisations and individuals who want to join the movement of *Sport respects your rights*, we would like to highlight some selected recommendations that might be useful for the implementation of similar activities:

General recommendations

for sport federations and clubs

Following the IOC-Consensus Statement on Sexual Harassment and Abuse in Sport as well as the International Safeguards for Children in Sport¹, the following general recommendations are helpful for sport federations and clubs:

- ▶ Integrate a culture of respect and the prevention of gender harassment and sexualised violence into the organisations vision and policy plan
- ▶ Sensitise for the topic through information and awareness-raising campaigns (e.g. look at the examples from *Sport respects* your rights)

▶ Develop procedures for dealing with complaints and concerns (have a "First-Aid-Plan" in place)

- ▶ Identify two members (ideally male and female) as responsible for the topic ("Child Protection Officers", "Safeguarding Managers")
- ▶ Offer education and training for coaches and other members of the organisation (parents, athletes, ...)
- ▶ Include standards for safeguarding into recruiting-processes for coaches and staff members
- ▶ Collaborate with other stakeholders (national, regional or local) from within and outside the sport domain

Recommendations

for projects aiming at empowering young people through youth-led campaigns

If you aim to join the focus of Sport respects your rights by working with young people to create campaigns for a culture of respect and integrity in sport, the following selected recommendations might be helpful:

Prepare the campaigns by a profound and intense training that focuses on human rights, different forms of discrimination and violence as well as the prevention of harassment and violence in sport

Listen closely to the young people's stories and interests and agree democratically upon the focus of their campaign (sexual harassment, emotional abuse, physical violence, racism, homophobia...)

Install and use a local network

to support the qualifying process, e.g. experts from your local community (e.g. child protection officers, human rights activists, scientists, politicians...)

Take care of the proactive energy in the process by offering assistance, emotional support and supervising

Raise mutual trust and an atmosphere of respect within the campaign-group; empower them to act respectfully among each other, so that they can convey an authentic campaign to their peers

Rely on the young people's potentials to create a campaign, let them use their language and skills in dealing with the topic and contacting their peers

Be aware that empowering young people for a culture of respect is rather a vivid, dialogue-based process than just transmitting knowledge or certain skills to the youth

OUTLOOK

Find a balance between handing over the initiative to the young people and taking over the responsibility for their safety and the content of the campaigns

Support and accompany the young people in producing the campaign, but do not direct them to your result or do not leave them alone

Agree on and take care of the following **standards for the campaigns**:

- ▶ Raise awareness for problems of discrimination and violence in sport, e.g. for sexualised violence and gender harassment
- Avoid the underlying message that a victim of sexual harassment and abuse has any responsibility for the assault
- ▶ Produce a positive, constructive and empowering perspective instead of threatening the target group
- ▶ Do not only present problems, develop ideas for their solutions
- ▶ Present good examples for a culture of respect and integrity in sport!

¹Published by the International Safeguarding Children in Sport Working Group: www.thecpsu.org.uk/ resource-library/2014/ international-safeguardsfor-children-in-sport

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