

Coaching with Care:

Building Stronger Youth Athletic Teams

Coaching Boys Into Men (CBIM)

CBIM is a program for middle and high school coaches. Through sports, coaches will help young men:

- ✓ **Lead with respect**
- ✓ **Build healthy relationships**
- ✓ **Improve mental wellness**

Team: Changing Minds (T:CM)

T:CM is a quick training to help coaches:

- ✓ **Recognize when an athlete might be struggling**
- ✓ **Respond with care and confidence**
- ✓ **Connect them to the right support**
- ✓ **Take care of your own wellness, too**

How it Works:

Weekly team talks (15 min) on topics like:

- Consent
- Digital Disrespect
- Mental Health
- Communication
- Respect for women and others

Coach's Role:

- Build trust and leadership
- Create a safe team culture
- Guide short but powerful discussions
- Be the adult they can count on

Proven Results:

- Less violence
- More athletes stepping up
- Healthier team culture

Learn More!



Contact Us:

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FUTURES
WITHOUT VIOLENCE