

Support  
Through  
Sport

# GENDER-BASED VIOLENCE AND TEEN DATING VIOLENCE



Coaching Association of Canada  
Association canadienne des entraîneurs



# GENDER-BASED VIOLENCE AND TEEN DATING VIOLENCE

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Public Health  
Agency of Canada

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# The Facts

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# 80%

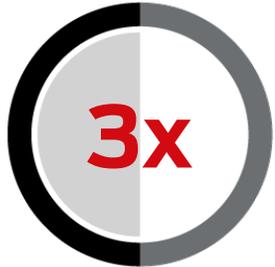
**of teenagers have experienced some sort of violence from a dating partner.**

Teen dating violence can occur in any type of relationship, regardless of a person's sexual orientation, sex, gender, gender expression and gender identity. It may also be a single act of violence or it may involve a pattern of repeated mistreatment that can escalate over time. Teen dating violence can occur online, in one-on-one or in group settings.

# The Facts

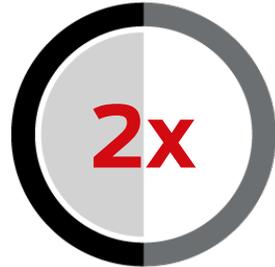
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Who experiences teen dating violence? Here are the facts.



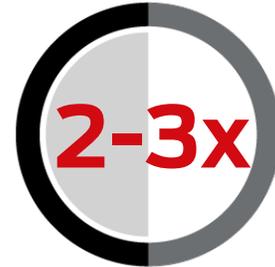
**RATE OF TEEN DATING VIOLENCE AGAINST INDIGENOUS GIRLS AND WOMEN**

The rate of teen dating violence amongst Indigenous girls and women is 3 times that of girls and women who are not Indigenous.



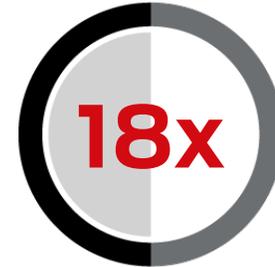
**RATE OF SEXUAL ASSAULT AMONGST WOMEN WITH A DISABILITY**

The rate of sexual assault amongst women with a disability is nearly twice that of women without a disability.



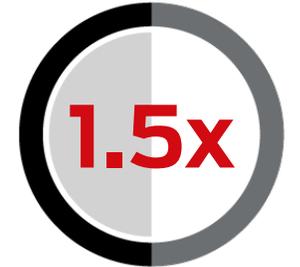
**RATE OF TEEN DATING VIOLENCE AGAINST YOUNG CANADIAN LGBTQ2S**

Young Canadians who identify as LGBTQ2S are 2 to 3 times more likely to experience teen dating violence than those who identify as heterosexual, especially if they haven't disclosed or don't wish to disclose their sexual orientation.



**RATE OF SEXUAL ASSAULT AGAINST CANADIANS AGED 15-24 YEARS OLD**

Young Canadians are more likely to experience sexual assault. The rate of sexual assault for Canadians aged 15 to 24 years is second only to the 25 to 34 age group and 18 times higher than that of Canadians aged 55 and older.



**RATE OF VIOLENCE AT HOME AGAINST GIRLS OVER BOYS**

Girls are 1.5 times more likely than boys to experience violence at home.

# Support Through Sport

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As a coach, it's important to be equipped with tools to understand and recognize the signs.

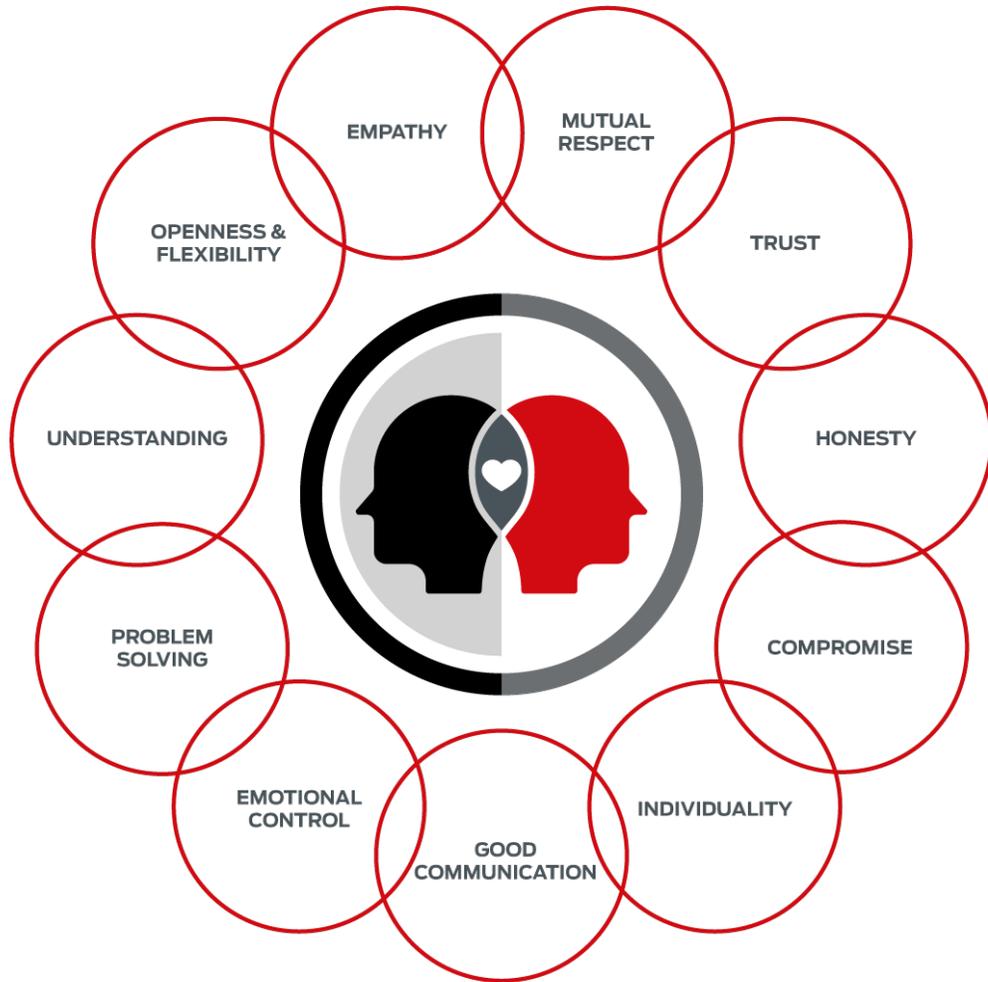
**The Coaching Association of Canada is here to help.**

The Support Through Sport series offers training and resources to empower coaches to recognize and take action to prevent and address gender-based violence and teen dating violence.



# Support Through Sport

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The Support Through Sport eLearning series educates coaches on how to promote healthy relationships in and through sport.

By modelling healthy relationships and building inclusive sport environments, we can all help sport participants thrive throughout their lives.

# The Training

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The Support Through Sport series starts with understanding the issue and how coaches can promote healthy relationships in and through sport.

The first module, Understanding Teen Dating Violence, builds the foundational knowledge of two core concepts: healthy relationships and teen dating violence. The module educates coaches to recognize the signs that a participant may be experiencing violence and ways you can take the appropriate action to support them.

By the end of the 30-40 minute module, you will be better equipped to create healthy environments for sport participants between the ages of 11 and 24 years.

After completing the **Understanding Teen Dating Violence** eLearning module, you will be able to:

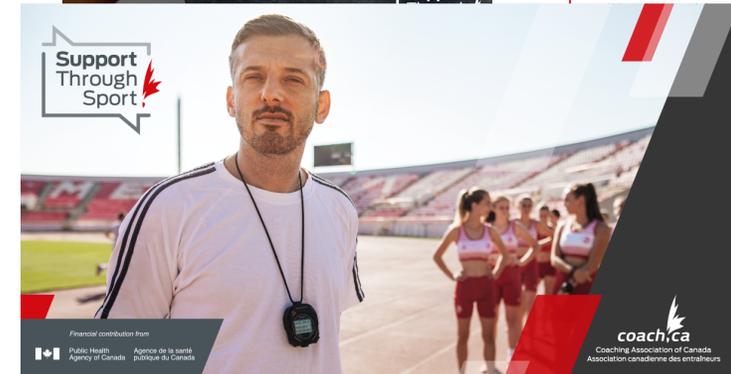
- Identify elements of healthy relationships
- Define teen dating violence
- Take action when teen dating violence is suspected or known



# The Training

## The Benefits

- Once you complete the first module, you will feel confident in knowing the signs of teen and gender-based violence.
- You will have access to a Toolbox of free resources and tools to empower you as a coach
- Coaches who are maintaining their trained or certified status through the National Coaching Certification Program (NCCP) will receive 1 Professional Development (PD) point upon completing each eLearning module.



### Support Through Sport

#### The CALM Model

By simply being a caring adult, a coach can help a sport participant who talks about their experience of dating violence. They don't need to be an expert in counseling. By listening, being empathic and helping the participant find support and resources, coaches are playing an important role.

Keep the participant's feelings in mind, listen carefully and with empathy, and avoid judging or blaming them for their experiences.

The CALM model is an approach for responding to sensitive or disconcerting disclosures:

- C** **Create a safe environment**  
Find a quiet place to meet with the participant and another trusted adult. Be sure to respect the Rule of Two.
- A** **Ask**  
Ask the participant if they are in immediate danger (example: "Do you feel safe right now? When you leave here, do you have a safe place to go?").
- L** **Listen and validate**  
Be patient as they disclose the incident and reassure them that they will not get into trouble for reporting.
- M** **Support and guidance**  
Includes speaking with their parent(s), reporting information or resources, if required, reporting to law enforcement, and providing information on prevention training options.

Resources to help empower coaches in taking action on teen dating violence.





# Take the Training

Visit the Support Through Sport website to start the training now at [coach.ca/SupportThroughSport](https://coach.ca/SupportThroughSport)



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