



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 counselling. 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**
Make sure the participant feels supported. Be patient as they disclose the incident to you at their own pace. Believe them, and reassure them that they will not get into trouble and that you are there to help and support them.
- M** **Make connections for advice, support and guidance**
Encourage them to get help. This may include speaking with their parent(s), guardian(s) or a counsellor, or accessing information or resources. If required, report the suspected violence to the authorities.

From University of Toronto. Online sexual violence education and prevention training module.

Go to www.coach.ca/SupportThroughSport for more resources to help empower coaches in taking action to prevent and address gender-based violence and teen dating violence.

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