

CLEAR

COACHING LEADERSHIP,
EQUITY, & RESPECT

CLEAR CHANGES THE GAME!

Coaching Leadership, Equity & Respect (CLEAR), equips college coaches to teach their male athletes about healthy masculinity, positive mental health, and safe relationships through 12 short weekly discussions.

CLEAR builds on the strong evidence-base and multi-national implementation of the CBIM program (CoachesCorner.org).

Support Athlete Wellbeing

1



CLEAR promotes athlete's wellbeing both on and off the field. Weekly lessons are tailored to help young men identify abusive behaviors, teach healthy relationship skills & foster positive mental support.



Promote Healthy Relationships & Respect

2



As leaders themselves, CLEAR gives athletes the tools and vocabulary they need to stand up for respect, integrity and nonviolence while influencing their school's culture.

Leverage the Power of Sports & Coaches

3



Sports have tremendous influence in our culture and in the lives of young people. The principles of teamwork and fair play make sports an ideal platform to teach healthy relationship skills. Coaches are influencers and role models, poised to teach healthy relationship skills.

Hear from CLEAR coaches and athletes



IN THEIR OWN WORDS

College coaches and athletes share their experience leading and learning from the CLEAR program.

“ Learning about ways to **support victims** was very valuable to me. There's multiple methods to go about helping people, and I think that I've learned a lot more through CLEAR. ”

-Football Player
Carnegie Mellon University

“ One thing that stuck out to me was the **bystander intervention**, because I feel like for most of us it's something that can be the most applicable to our everyday lives. ”

-Football Player
Carnegie Mellon University



“ Outside of our sport, what are we doing to make ourselves better? What are we doing to have an **impact in the community**? ”

-Adam Cooper, Men's Head Soccer Coach,
Saint Mary's College of California



“ One of the biggest topics that stood out to me was **mental health**. Being a student-athlete, there's a lot of pressure that weighs on you, and it's important to know that it's okay to talk to somebody about it. ”

-Tyler Harden, Men's Soccer
Saint Mary's College of California

“ We're a bunch of men and we're a bunch of rugby players, so you're supposed to be tough, you're not supposed to talk about things. So I think when we finally **broke down that barrier**, we grew so much. There's a night and day difference from last year until now. ”

-Lleyton Delzell, Men's Rugby
Saint Mary's College of California



“ **Consent** stands out as one of the most fruitful topics, because having that conversation creates an understanding of what consent is, how you get consent, and what is not consent, which is extremely important as well. ”

-Carmelo Montalvo, Defensive Line Football Coach,
Carnegie Mellon University, PA

