



Coaching Boys into Men: An Evidence-Based Dating Violence Prevention Program

Project Description

Coaching Boys into Men (CBIM) is a comprehensive violence prevention curriculum that engages athletic coaches to teach their young athletes that *violence never equals strength*. The CBIM Leadership Program comes with strategies, scenarios, and resources needed to talk to boys, specifically, about healthy and respectful relationships, dating violence, sexual assault, and harassment.

Beginning in fall 2009, CBIM underwent a rigorous three-year evaluation of the program in Sacramento, California funded by the Centers for Disease Control (CDC) and conducted by Dr. Elizabeth Miller of the University of Pittsburgh (previously the University of California Davis).

Methodology

Sixteen high schools and over 2,000 athletes participated in the cluster randomized-controlled trial. Athletic coaches from eight of the sixteen schools received training and implemented the program. The remaining eight schools were “control” schools, meaning that they did not participate in CBIM until after the evaluation was complete.

Coaches participating in CBIM completed a 60-minute training session and received the CBIM Coaches Kit to prepare them for the program. Staff from a local violence prevention agency was available to support coaches with tracking progress and delivery of the program.

Coaches and athletes were surveyed before the season began (i.e., baseline “pre-test”), 3 months after the program ended (i.e., “post-test”), and 12 months later (i.e., “follow up”)*.

Desired Outcomes**

The CBIM study focused on three desired outcomes:

- Knowledge of what constitutes abusive or disrespectful behavior;
- Attitudes that promote greater gender equity;
- Intentions to intervene when witnessing disrespectful or abusive behavior.

Results & Conclusion

Athletes who participated in CBIM were significantly more likely to report intentions to intervene (e.g., telling an adult, talking to the people involved) when witnessing abusive or disrespectful behaviors among their peers than those not in the program.

Athletes who participated in the program were also more likely to recognize abusive behaviors, and there was a positive trend toward directly reducing abuse perpetration among athletes who participated in the program.

CBIM has been proven to positively affect the bystander behavior of male athletes who receive the program, supporting the effectiveness of a school athletic-based approach as one strategy to prevent dating violence among teens.

*Results regarding 12 month follow up are pending publication.

**Results published in the *Journal of Adolescent Health*, April 2012. “Coaching Boys into Men’: A Cluster-Randomized Controlled Trial of a Dating Violence Prevention Program.”