

SCOTT PRINCE, NRL LEGEND AND PROUD KALKADOON MAN

RESPECT COACH THE COACH CLINIC PLAYBOOK

EMBEDDING RESPECT INTO YOUR GAMEPLAN



VIOLENCE AGAINST WOMEN
LET'S STOP IT
AT THE START



Australian Government

A joint Australian, state and
territory government initiative.

ACKNOWLEDGEMENT OF COUNTRY

**We acknowledge the Traditional Owners of this Country
and pay our respects to Elders past, present and emerging.**

WELCOME TO THE RESPECT COACH THE COACH CLINIC

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ABOUT THIS CLINIC

In Australia sport is a part of life—playing it, coaching it, watching it. So what happens on the field has a big impact on what happens off the field.

The **Bring Up Respect** coach-the-coach clinics are a critical part of the **Stop it at the Start** initiative and are designed to help teach you how to talk to the young people in your life about respect.

In this playbook, you'll find tips, tools, and things to do to not only continue your **Bring Up Respect** learning journey beyond this clinic, but to run your own version of the clinic for your club or organisation.

ABOUT SCOTT PRINCE

A proud Kalkadoon man from the Mount Isa region, Scott is a former NRL player who debuted in 1998 and played for the Cowboys, Brisbane Broncos and West Tigers across his 16-year career.

He notched up more than 300 NRL games and played on several Indigenous All-stars teams, the QLD State of Origin team, and the Australian

national team. A true legend of league, Scott has been honoured with multiple awards, including the Clive Churchill Medal and the Dally M Player of the Year.

Today, Scott's doing important work in our local communities—particularly with First Nations youth—and coaching with the Brisbane Broncos NRLW side in the Telstra Women's Premiership.

"So many children come to training or footy generally from all parts of life, and everyone's different in their own way. The job of the coach is to bring it all together, get them on the same page and working as a team. A lot of that is about teaching respect.

You know, as a coach (or if you are working in any way with young people) you've got them in the palm of your hands, and you can show them what respect looks like. Not only accepting other footy players, and the referee's decisions, but showing that respect wherever they are."

Scott Prince



WHY BRING UP RESPECT?

The numbers don't lie—across Australia, 1 in 3 women has been a victim of physical or sexual violence since the age of 15. And 1 woman dies almost every week at the hands of their current or former partner.*

That's why breaking the cycle of violence and encouraging ongoing conversations with young people about respect is so vitally important. And some of those conversations can—and should—start when playing sport.

As a ***Stop it at the Start*** ambassador, Scott Prince is calling on coaches, trainers, teachers, and community to speak with the young people in their lives, and take the pledge, to '***Bring Up Respect***'.

“Community has a massive role in teaching our young people about respect. Whatever is accepted when they are young will flow on into their teenage and adult lives, so it's so important that we get them at the start, and teach them what is accepted in community,” he said. “I draw a lot of inspiration for myself as a father, an uncle, a brother and also as a coach. I draw inspiration from my culture and from our Elders to pass down to the next generation. I wanted to be a part of ***Stop it at the Start*** because I'm passionate about respect towards everyone in our community, especially the women in our lives.”

Every conversation you have with a young person shapes them. Bringing up respect grows respect.

*Statistics available at
respect.gov.au/the-campaign/the-issue/



SPORT CAN HELP TEACH YOUNG PEOPLE ABOUT RESPECT

Respect is a vital part of sport. If you didn't respect your team mates and the role they play, the team would fall apart. If you didn't respect the referees, the game would be chaos. And if you don't respect the coaches, you'll never learn to be a better player. Respect on the field helps

young people to learn a whole host of skills, from teamwork, to respect for elders, to how to be respectful when you win... or lose. In short, respect on the field can help teach us about respect off the field.

SPORT CAN ALSO HELP TEACH RESPECT FOR WOMEN AND GIRLS

When sexism, inequality and disrespect are a part of sport, it has a ripple effect on the rest of the community.

If sport promotes concepts like *"be the man"* or *"plays like a girl"*, these stereotypes seep into attitudes and behaviours in families, homes and schools. They become the norm.

When degrading words and phrases and harmful words are justified as *"locker room talk"*, it normalises disrespect of women off the field. The same goes for violence and intimidation

on the field as a way to resolve disputes on the playing field. We normalise the emotional and physical violence and bring it into our clubs, communities and families.

But we can change the story. When we bring up respect and speak with our young people about challenging these stereotypes and calling out harmful and sexist language and behaviours, we make sporting environments more inclusive, welcoming and respectful—not just for women and girls, but for everyone.

RECOGNISING DISRESPECT OFF THE FIELD

OUR YOUNG PEOPLE LEARN FROM US, WHAT ARE WE TEACHING THEM?

Disrespect starts with what we see, the stories we hear and the examples set by adults when we are young. Without realising it, adults can sometimes make excuses, or say and do things that make young people think disrespectful and aggressive behaviours are ok. Over time, our young people start to believe that disrespect is normal.

In the following pages, we'll look at what disrespectful behaviour is, how to recognise it and how to start talking to kids about it.

Not all disrespect towards women ends in violence. But all violence against women starts with disrespectful behaviour.

RECOGNISING DISRESPECT: FIRST, LET'S STOP THINKING IT'S OK

When we talk to our young people about disrespect it's important to be clear about what is ok and what's not. Sometimes we aren't always aware of how we allow boys to develop disrespectful attitudes towards women. It can be hard to question our own behaviours and attitudes towards women and girls. If we don't challenge our thoughts and actions, we might be excusing disrespect, aggression and potentially violence without knowing it.

Examples of disrespectful behaviour include:

- > **putting pressure on someone to do something they are not comfortable with**
- > **using power to control, abuse or bully someone**
- > **treating someone as though they are not as important as you**
- > **treating someone differently because they are different from you in some way**
- > **dismissing what someone believes, or how they feel about something.**

Our young people can misunderstand what we say and see it as an excuse or permission to be disrespectful. Are we making excuses for disrespectful and aggressive behaviour?

We might be. These include:

- > **not taking the behaviour seriously**
- > **accepting aggression as just part of being a boy**
- > **blaming girls.**

HOW TO RECOGNISE OUR MOST COMMON EXCUSES

1 NOT TAKING THE BEHAVIOUR SERIOUSLY

This is when we don't take disrespectful or aggressive actions seriously.

Example: *"He just did it because he likes you."* or *"He just said it because he lost the game."*

Responding in this way teaches our kids and young people that this behaviour is ok and even normal.

2 ACCEPTING AGGRESSION AS JUST PART OF BEING A BOY

When we make excuses, it can send the wrong message that boys and men find it harder to control themselves or they must have had a reason for their behaviour.

Example: *"He had a bad game; it's tough being a boy."* or *"Boys will be boys."* Or, have you ever thought or said to a woman or girl, *"Just ignore it, it wasn't that bad."*? Responding in this way teaches our kids and young people that disrespectful or aggressive behaviour is okay.

3 BLAMING GIRLS

Sometimes we shift the blame when a male is disrespectful or aggressive towards a female.

Example: *"It takes two to have a fight."* Or, have you ever said to a woman or girl, *"Did you say something he didn't like?"* Responding in this way can send the wrong message that she must have done something to cause the behaviour and the situation.

What are some other statements you've heard as excuses for being disrespectful or aggressive?

MAKING THE 'RESPECT CONVERSATION' PART OF THE CLUB

The opportunity to talk with young people may happen at any time, so it's good to be ready for it. We all have a role to play in having that conversation.

Who else at your club (or where you are working with young people) needs to be ready to have a conversation about respect?

Write down who that might be:

Here's some thought starters: volunteers who staff the canteen on game day, assistant coaches, or those who help you out coaching, or older teams who hang out with the young people.

You can work through the rest of this playbook by yourself or bring together a group in your club and get prepared together. That way this will become how your club (or workplace) brings up respect!

9 WAYS TO START TALKING ABOUT RESPECT AT YOUR CLUB

1 CALL IT OUT

In the locker room, getting the equipment out for the game, setting up for the day, during a break, at the canteen—be prepared to talk when you see or hear something you’re not comfortable with. For example, think about how the girls in your club might respond to a boy’s insult or teasing, or what a boy in your team should do if one of his friends showed him a photo of a girl without her permission.

2 THINK OF EXAMPLES

Using examples based on things you have seen, heard, or experienced yourself is a good way to help young people understand the issue. For example, if you have heard someone on the team commenting that their team mate *“runs like a girl”*, you could use this to talk about how disrespectful this is.

What are some other examples you can think of now?

3 BE HONEST

Let the kids on your team know you haven’t got all the answers, but that you do know it’s important to treat others with respect and that others respect us. Explain that we shouldn’t excuse behaviour that is hurtful or harmful.

9 WAYS TO START TALKING ABOUT RESPECT AT YOUR CLUB

4 ASK QUESTIONS

Ask the kids on your team how they feel and what they think, and discuss their answers. For example, you could talk to a female team member about what might happen if a boy was verbally aggressive towards her. Ask her how she might feel, what she might be thinking, what she would do, and how she would feel taking action.

5 SEE IT THEIR WAY

Keep in mind the influences young people already have—such as friends and other people in the community. These influences can sometimes make it hard or confusing for them to know how to react in different situations. You can help guide them by talking regularly and supporting them to feel confident in the actions they take. For example, you could talk to the boys in your team about showing respect to girls even if their friends aren't.

6 LISTEN TO THEM

It's important to listen to young people, as much as it is to talk with them. Listening will tell you about the attitudes they are growing up with and give you the opportunity to talk to them about any issues or challenges they are facing.

7 TEACH BY EXAMPLE

Young people learn from the adults in their lives. That's why it's important to think about how you show respect to others, and how you can be a positive role model. What you say and do influences their attitudes and behaviours. No one expects you to be perfect. The important thing is to be aware of your own behaviour, be honest and consistent, so you can provide your kids with positive examples.

8 KNOW WHEN TO GET INVOLVED

Talk through how young people might handle such situations themselves. If you feel you need to step in, explain this to them. Even if they say they don't want you to get involved, if they are at risk of harm you or another adult in their life may need to step in.

9 WAYS TO START TALKING ABOUT RESPECT AT YOUR CLUB

9 TRY SOME CONVERSATION STARTERS

Sometimes it's hard to start talking with young people about disrespectful and aggressive behaviour.

You might not want to say anything that could harm your relationship with them, or you might feel embarrassed. The suggested topics below might help you begin the conversation. And remember, you don't need to have all the answers, but thinking about the topics you want to talk about and practising your answers beforehand will help you when it's time to talk.

- > Do you notice any differences between how boys and girls are treated at school or on the sporting field?
- > Do you notice any differences between how boys and girls behave at school or during sport?
- > Have you heard something a boy said to a girl that you didn't agree with?

What are some conversation starters that would work at the club?

Take a look at the Respect Checklist on the respect.gov.au website for more topic ideas. These can be used equally in a family, club or community setting.

OTHER WAYS YOU CAN BRING UP RESPECT AT YOUR CLUB

Below are some simple ways you can help spread the respect message at your club. Because you can never bring up respect too often!

> **Host a dedicated session on respect:**

This could be with members of your club including coaches, trainers, parents / caregivers or other volunteers. Aim to define what respect looks like at your club / organisation and how you might embed it.

- > **Develop a respect mantra or promise for your club:** What would your club respect mantra or promise be? Something you all live and breathe by, both on and off the field. Make sure everyone inputs and agrees on what this is, so it's adopted by all.

> **Make it real—embed your respect mantra or promise into your club so that it's always top of mind:**

- **See it**—make up posters, stickers, banners and uniforms that feature your mantra / promise
- **Speak it**—pledge it pre and post game, in speeches and awards
- **Live it / play it**—always reinforce respect on and off the field.

- > **Keep bringing up respect:** Speak about it regularly at club meetings; check in with other coaches / trainers / leaders to see how respect is being adopted at all levels of the club and if changes need to be made; keep bringing it up on the field and in the locker room.



WHAT SHOULD YOUR CLUB'S RESPECT PROMISE OR MANTRA BE?

You've worked through the playbook, you've talked about respect at your club... now what do you and other members of your club think the club's respect promise or mantra should be? Find some common ground and embrace it as a whole of club.

What respect means for this club...

Write it here and think about where you could promote it at your club:

REMEMBER, EVERY CONVERSATION HELPS SHAPE THEM

The more you talk to young people about difficult issues, the easier it becomes. By speaking up when you see or hear harmful attitudes and behaviours, you can contribute to respect for women and girls in your community and help to prevent the cycle of violence.

Violence against women and girls. Let's stop it at the start.

NOTES

NOTES

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