

SET THE EXPECTATION

Women's Team Pledge

1. I understand that it is a privilege and NOT a right to play _____ for _____
SPORT
SCHOOL.
2. I understand that as an athlete, I am held to a higher standard and that my community looks to me to be a leader and a positive role model for others.
3. I acknowledge that my words and actions matter and that what I say and do can influence others to do right or wrong.
4. I understand that harmful behavior such as rape, sexual assault, physical violence, domestic/dating violence, stalking, bullying, hazing, and taking or sharing photos and videos of a sexually explicit/violent nature is NEVER okay and will not be tolerated.
5. I understand very distinctly and very clearly that if I commit or participate in any of the harmful behaviors described in #4 - I will be dismissed from this team AND that my teammates will also be dismissed if they commit or participate in the harmful behaviors described in #4.

THEREFORE, I COMMIT MYSELF TO THE FOLLOWING:

_____ I pledge to display courage and stand up against sexism and violence against women and others. I will not stay silent. If I see something, I will say something. I will respectfully challenge other men, women, students, and members of my community and hold them accountable for their words and actions.

_____ I pledge to only practice consensual sex. I understand that “no means no” and only “yes means yes”. I understand that a person incapacitated by drugs and alcohol CANNOT give consent and that the absence of a yes or no is NOT consent.

_____ I pledge to respect myself and always remember that my value and worth as a female, person and athlete is NOT determined by others. I am more than my athletic ability, physical attributes and appearance. Sport is something I DO; it is not who I AM.

_____ I pledge to be a leader and will do my part to change the culture of violence at my school, in my community, my state, and my nation.

By my initials above and my signature below, I agree that I understand what is expected of me and I have been given the opportunity to ask questions.

Student Signature _____ **Date** _____

By signing this, I agree to hold this athlete to the above pledge and I agree to hold myself and my staff to the same standards and expectations.

Coach _____ **Date** _____