

## RESPECT IN SPORT – PARENT PROGRAM



### Program Overview

The Respect in Sport Parent Program is a 1 hour bilingual online certification program. It has been accredited by the Canadian Red Cross-Respect Education Division, and is designed to educate parents and guardians who have children or youth involved in sport and community-based programs.

The Program focuses on the fundamentals of how to be a safe, effective, empowered sport parent. It provides users with important information to develop the skills they need to understand, recognize, and act to protect the physical, emotional, and mental health needs of their child. It reinforces a parents' responsibility as a role model in building positive self-esteem in their child. The Program also gives caregivers the tools required to communicate effectively with coaches, activity leaders, and other parents/guardians.

Offered fully online, the program consists of 6 interactive modules which enable users to pace their learning and complete the program on their own schedule.

### Each module contains engaging, interactive components, which include

- Animated & illustrated real-world examples
- Interactive activities
- Comprehensive questions & answers that verify learning and reinforce key content
- Personal messages from experts, athletes, leaders, and game-changers

### Program Objectives

- The objective of the Respect in Sport Parent Program is to educate and empower parents and impart the skills required to support their children and other stakeholders with integrity, knowledge, responsibility, and respect.

### At the end of this program, users will be RESPECT CERTIFIED and equipped to

- Evaluate their own personal motivation for entering their children in sport/activities
- Identify the physical, cognitive, and emotional needs of their child
- Communicate respectfully with all stakeholders
- Intervene in situations of bullying, abuse, harassment, and discrimination
- Understand their legal, moral, and ethical responsibilities
- Set realistic expectations for their child
- Become a positive role model
- Lead by example and set the tone for positivity and good sportsmanship

### **Program Design and Content**

There are six modules in the Respect in Sport Parent Program, some of which have multiple sections. The Program is structured for users to progress through the modules in a linear fashion using sequential unlocking: when the user has completed the first module, the second module will unlock allowing them to move forward.

#### **The Program modules consist of:**

- **Module 1: Children want to please their parents**
  - Including topics like: A child's belief in themselves, A child always wants to please you
- **Module 2: Setting Reasonable Expectations**
  - Including topics like: Abuse, emotional abuse, common parent behaviours in sport, using guilt, misplaced enthusiasm, living through your child, loss of perspective
- **Module 3: People Involved**
  - Including topics like: Referees, officials, judges, impacts of bullying officials, proper communication with coaches, teammates, proper code of conduct, being a positive role model
- **Module 4: Environments and Participation**
  - Including topics like: Bullying and safe environments, winning and losing, physiological elements of balance, making the team
- **Module 5: Injuries and Development**
  - Including topics like: Parents role in injuries, physical development, growth spurts, long-term athlete development, concussion awareness
- **Module 6: The Sport Parent's Commitment**
  - Including topics like: Allowing children to participate voluntarily in sports, , good sportsmanship, supporting coaches' decisions, respecting decisions of officials, intervening in cases of bullying

#### **Program Evaluation Methodologies**

Interactive elements, presented through real-world scenarios, true or false questions, multiple choice quizzes, and engaging activities are used throughout each module to confirm that users understand and retain the information. Users are required to answer all questions to move on, and are given two opportunities to choose the correct answer. After two incorrect answers, users are given the correct answer along with a detailed explanation.

When the user completes all six modules, they are Respect Certified and are presented with a personalized certificate they can print. As part of the certification process, each user must complete an anonymous survey that provides feedback on content, platform acceptance, and relevance of the curriculum.

#### **Required User Resources**

As the Program is offered entirely online, users will need a desktop computer or laptop and an internet connection.

#### **Summary**

The Respect in Sport Parent Program is nationally recognized having certified hundreds of thousands of parents across Canada. It is supported by independent, third-party research that confirms the program is well received and has a positive impact on creating more respectful sport environments.