

## Sport GVP: Preventing Gender Based Violence in and through Sport

*Recognising and Addressing GBV in Sports*



## Recognising and Addressing GBV in Sports

*Training Package for Sport Professionals, Staff, and Executives*



# Recognising and Addressing GBV in Sports

**Purpose:** To understand the multifaceted impacts of GBV on athletes across all levels.

## Key Topics:

- Examples of GBV incidents
- Impact of GBV on athletes' mental and physical health
- GBV expressions in various sports cultures and within teams, society and the media
- Role of media and social media in perpetuating GBV in sports

**Target Audience:** Sport professionals, coaches, athletes, sport administrators, educators in sports, sports psychologists, parents of athletes, officials and referees.



# Identifying GBV Incidents in Sports

- **Forms of GBV in Sports:**
  - **Physical violence:** Includes forced training under harmful conditions, physical assault, and excessive discipline.
  - **Sexual violence:** Unwanted advances, coercion, harassment, or abuse.
  - **Psychological violence:** Emotional abuse, emotional manipulation, intimidation, and body shaming.
  - **Financial violence:** Withholding resources, limiting career opportunities based on gender.
  - **Verbal violence:** Harassment, derogatory use of the language, verbal abuse, cursing, swearing.



# Impact of GBV on Athletes' Well-being

## Mental Health Effects:

- Increased risk of depression, anxiety, PTSD.
- Psychological distress leading to performance decline.
- Ripple effect on athletes' relationships, particularly in romantic or social settings.

## Physical Health Consequences:

- Stress-related injuries, long-term physical damage from forced training.

## Long-Term Career Impacts:

- Athletes leaving sports prematurely due to abuse.
- Difficulty transitioning into post-sports careers.



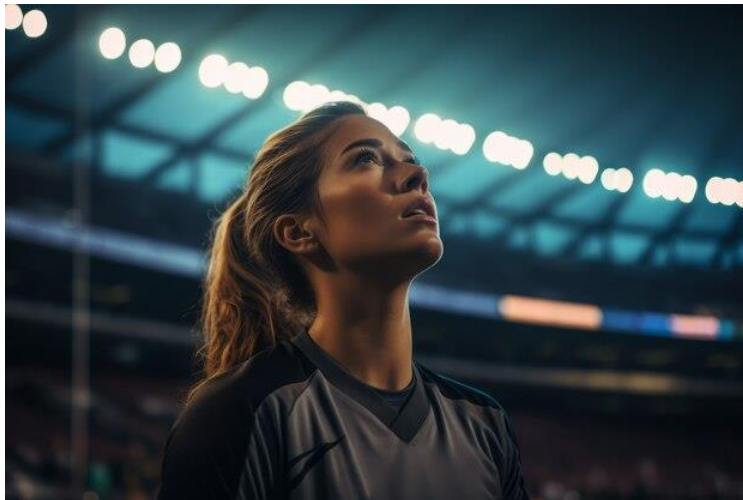
# Overcoming the Culture of Silence

## Barriers to Reporting:

- Fear of retaliation or losing scholarships and contracts.
- Lack of trust in the institution's response.
- Stigma associated with speaking out.

## Encouraging Disclosure:

- Implementing confidential and accessible reporting mechanisms.
- Providing survivor-centred support systems.
- Training sport professionals to handle reports sensitively.





# The Role of Media in GBV in Sports

## How Media Perpetuates GBV:

- Objectification of female athletes.
- Underrepresentation of women's sports.
- Victim-blaming in GBV cases.

## Social Media and Online Harassment:

- Female and LGBTQ+ athletes face disproportionate abuse online.
- Cyberbullying and trolling impact athlete mental health.

## Media as an Advocacy Tool:

- Ethical reporting on GBV cases.
- Awareness campaigns promoting gender equality.



# Reflection and Discussion

- Key Questions
  - *How can sports organisations foster safer environments?*
  - *What role do media and social media play in shaping GBV narratives?*
  - *How can professionals effectively support victims and encourage reporting?*





# Conclusion

## Summary of Key Takeaways

- GBV in sports has severe physical, psychological, and career-related consequences.
- The culture of silence must be addressed through policies and education.
- Ethical media representation can contribute to positive change.



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Questions?



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THANK YOU



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