

### **Respect in Sport Parent Program**

- Canada's only on-line training program focussed on helping parents become even better Sport Parents
- One hour of on-line, bilingual content, allowing users to log in/out at their own convenience
- Technology
  - Easily administered database
  - Fully audio-based using flash and animation
  - User Certification
  - Low and high speed band-width compatible
  - On-going, on-line resource

**Curriculum** - Abraham Maslow's humanistic theory of child development states that *"a child's belief in themselves is largely a reflection of the extent to which they see significant others believing in them"*. Simply Stated: Your child, from birth, feels strongly driven to please YOU, their parent! **Therefore, set reasonable expectations!**

The Respect in Sport Parent Program is designed to cover a wide range of sport parenting topics that deal with;

- Using guilt on your child
- Misplaced enthusiasm
- Living through your child
- Making the "bigs"
- Losing perspective
- Handling winning and losing
- Balance not burnout
- Making the team
- Establishing positive relationships with referees, coaches, teammates, opponents and other parents
- Ensuring safe environments through better understanding of bullying, abuse and harassment
- Empowering parents to not be silent "bystanders"
- Injury Management
- Physical Development ( LTAD)

**Curriculum Partners** – Canadian Red Cross – RespectED Division

**Research Partners** - PREVNet – A federally funded research organization, Co-chaired by Dr. Debra Pepler and Dr. Wendy Craig that assess youth affecting programs to determine effectiveness and long-term behavioural change.

**Respect in Sport Clients** using Coach, Activity Leader and/or Parent Programs

- Hockey Canada
- Gymnastics Canada
- Karate Canada
- Cross Country Canada
- Sport Manitoba
- SaskSport
- Sport Yukon
- Alberta Lacrosse
- Baseball Alberta
- BC Soccer
- Communities of Hamilton, Town of Markham, Vaudreuil-Dorion, Oyen